

THE RUISLIP EYE

The latest news and updates from Ruislip High School



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Insight into Year 7 at Ruislip High School

By Eleftheria (Year 7)

We've all been in Year 7 before, and we've all had different experiences. Some of us have easily made friends, while others have struggled, with some people having even been bullied. As a Year 7 student, I understand what it is like being new to the school. It is ginormous at first, but once you get used to it, it won't be so hard to get around, and you will end up enjoying it, I'm sure! There are many experiences to get involved with, such as the newspaper club! As I mentioned earlier, some people have difficulty making friends at first. Since I came from a school nobody else was going to, I was extremely anxious



about making friends, as everyone else would have someone from their primary school. I found out, though, that it's not that hard! All it takes is a little bit of courage and personality, and everyone progresses at their own pace.

Another humongous difference between Primary and Secondary school is going from being the oldest in the school to being the youngest. One moment you're the most powerful in the school, then you find yourself in a place where nearly everyone is bigger than you! Don't worry though! Everyone will be friendly to you.

Additionally, in primary school, you tend to only have one teacher, and probably only one seating plan. Then, if you compare that to here, where you have a different teacher and seating plan for every subject, it can be overwhelming. Lots of people are already settling in. However, an additional challenge is having to complete copious amounts of homework! In most primary schools, you would get little homework or none. Now, we get homework for nearly every lesson.

Finally, the last significant difference is the amount of clubs. While you may have had clubs in your primary school, the sheer volume of clubs here will blow your mind! For culinary enthusiasts, why not join the chefs club? For young Picassos, what's holding you back from unleashing your true creative capabilities in the art club? For budding athletes, why not join one of the many sports clubs on offer?

All in all, Year 7 at Ruislip High is a new but fulfilling experience that has many opportunities for you to enjoy. And if you see any wandering Year 7 students, please help them feel welcome.



FRENCH CLUB

French Games, Traditions, Food and Culture Talks
Mondays | 2:50 PM | Room A215 in the MFL corridor

What is really going on in Iran?

By Laylah (Year 9)

London life is relatively nice: we have plenty of food, free healthcare and a democratic government. However, this is not the case for other countries around the world; for example, America doesn't have free healthcare, some parts of Ethiopia struggle with food shortages and Iran has a very corrupt government.

Iranians have led a very difficult life; battling against an unjust government must be very overwhelming - especially when other countries don't support you financially or politically. In Iran, as a woman, it is compulsory to cover your hair with a hijab or headscarf, but on the 16th September 2022, a woman named Mahsa Amini was caught not wearing the hijab - that she is bound to by law. When a group of policemen found her without a headscarf, they beat her. With the shock, force and the pure brutality of the policemen, she collapsed.

A few hours after being beaten she was put into a coma at Kasra Hospital in Tehran; after three hours of unconsciousness, she unfortunately passed away. When the public found out about how the policemen treated her, they were appalled but even more so when they found out how the policemen got away with murdering her. The government didn't want people to find out how she



passed away so they decided to find a cover up for her death, it ended up being too late to find a cover up so the only thing that was left for the government to do was do what they do best: control the nation once again. They closed the roads to the hospital she passed in, they hurt protesters in an attempt to silence them but as we know Iranians won't take no for an answer.

After the majority of the general public of Iran found out, they were quite obviously upset and angry at their government, so they decided to protest. And they protested in the bravest ways: Iranian women are burning their hijab, going into the streets and letting their hair run free in the wind! They are also cutting their hair off as a sign of defiance toward the controlling men in charge of their country. Even though Iran is upset at Mahsa's death, the rest of the world is absolutely infuriated! In almost every country there has been a protest or debate about Ms Ahmini's death.

I know this sounds scary and like a big world issue that doesn't involve you, however you can help and you shouldn't worry! There are many different petitions you can sign; you don't need to donate money - all you need is your signatures! All you need to do is go onto Google (or any other internet browser) and search up 'Mahsa Amini Petition'. I recommend the ones on Change.org, where you can sign as many or as little as you like.

Whilst the fight for female empowerment and freedom still goes on, we still need to celebrate how far we have come and how far we are going to go. The future of feminism is looking bright, and with Mahsa's death showing us how much we need to value women all over the world we can see that deaths like these will no longer be tolerated.

Ruislip's High Library

By Lorena (Year 8)

In Ruislip High School we have a huge Library (what we call the LRC). LRC stands for Learning Resource Centre. In the LRC you can do various different fun things.

You can come to the LRC at lunch, break, before school and after school. In the LRC at lunch and break you can read silently and do homework. You can read many different books from our shelves or you can read on the computers on our app SORA, where you have many different, various books online (so if you don't find a book in our shelves you can always read it on SORA with your login from school).

Who is in charge of the LRC?

If you ever have a question about the LRC, you can ask one of the workers but if it is really important you can ask Miss Austen the LRC Manager she can answer you any questions about the LRC.

What do you do before and after school?

Before and after school the LRC has many different clubs like:

In the morning from 7:45-8:25

Monday-Your book recommendations
 Tuesday- Silent Reading
 Wednesday-Women in literature
 Thursday- Celebrity autobiographies
 Friday- Articles

After School from 14:45-15:00-

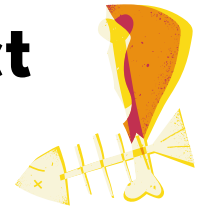
Everyday silent reading

From 15:00-16:00

Monday - Diversify your bookshelf
 Tuesday - Silent Reading
 Wednesday - Booktok
 Thursday - Books into Films
 Friday - Silent reading and Games



Food waste: How does it impact everything around us?



By Daria (Year 8)

Are you one of those people who buys many groceries and 2 weeks later sees them rot in the back of the fridge? We all do this, however we must do something to stop food waste from increasing this drastically. About one third of all food produced for human consumption ends up being thrown away yearly; that is around 1.3 billion tonnes!

Ordering food and going out to eat is a nice way to treat yourself every once in a while, nevertheless the vast amount of food thrown away at restaurants or fast food places is increasing - and becoming a great problem for our environment.

Food waste has a big impact on climate change and pollution due to the harmful methane gases emitted in the atmosphere, which happens when a quantity of food waste ends up in a landfill site and starts rotting.

Food waste actually wastes water too due to the fact that it takes a great deal of water to produce our food. Some take more water than others, for example: some meats and celery require a lot of water for production, and things like tea and wine do not need as much. No matter how much water those foods need to be produced, they still waste a high quantity since global demand for many is high and numerous foods are mass produced.

Adding to the list of problems with food waste is the loss of biodiversity. Biodiversity is all of the different and unique species of animal, insect and plant: something that is vital to a stable cycle of life. This is because without a wide range of species in our ecosystem, we will not have things like food and nutrition stability, growth or continuation of medicine and healthcare, and many more crucial parts of life. Now the population of many of these species is declining. Insects have a very important part in our ecosystem, even though they can be quite annoying sometimes when we see them in the corners of our home. They do a substantial amount of things for the Earth, like aerating and freshening up the soil. Aerating the soil helps it become more fertile so that we can have strong, healthy plants growing and giving us oxygen; without having insects aerating the soil, all the waste and organic matter would overflow!

Moreover, most species of birds only eat insects, and some eat them as only part of their diet. Nevertheless they are still a big part of a bird's diet; without insects, all bird species would be extinct in about 2 months. All because of the food waste that is damaging our biodiversity.

However, the most important insect and most important species in general is bees. They pollinate flowers, fertilising them and therefore helping all of our crops grow.



There are 20,000 species of bees, and the honey bee alone pollinates around 80% of flowering plants! Even wasps have a purpose in our world, and not just to make your life harder during spring and summer. They keep the number of spiders and insects at a reasonable amount, which we need to have a steady ecosystem. Without bees, the world would simply not cope; Albert Einstein once said, "If the bee disappears from the surface of the Earth, man would have no more than

four years left to live."

This, like many other important issues, are often ignored or shut down by conspiracy theories or just denial, when we know that we have to do something about all of these issues otherwise there will be no safe and healthy Earth left.

The World's Suffering: Climate Change

By Liam (Year 9)



Climate change (or global warming) is the process of our planet heating up. Scientists estimate that since the Industrial Revolution, human activity has caused the Earth to warm by approximately 1°C. While that might not sound like much, it means big things for people and wildlife around the globe.

Unfortunately, rising temperatures don't just mean that we'll get nicer weather – if only! The changing climate will actually make our weather more extreme and unpredictable. As temperatures rise, some areas will get wetter and lots of animals (and humans!) could find they're not able to adapt to their changing climate.

The negative impacts of climate change are mounting much faster than scientists predicted less than a decade ago. Due to this the consequences of climate change

include more frequent wildfires, longer periods of drought in some regions, and an increase in the duration and intensity of tropical storms.

However, don't give up hope; here are some things you can do to help with climate change:

- Reduce food waste
- Reduce, reuse and recycle
- Plant a tree
- Drive less
- Use public transport

UNCOMFORTABLE TRUTH: DID YOU KNOW THAT ONLY 100 COMPANIES ARE RESPONSIBLE FOR 71% OF THE WORLD'S GREENHOUSE GAS EMISSIONS?

What causes climate change?

Firstly, burnings fossils fuels are one of the major contributing factors to climate change. Many countries, over the past 150 years, have used significantly detrimental amount of fossil fuels, like oil and gas. This harmful process releases destructive particles into the atmosphere, creating an unseen blanket of heat that is trapped and warms the earth. This is why we're experiencing unnaturally high temperatures in the summer!

Secondly, another contributor to climate change are, surprisingly, cow farts. Cows' farts release methane, which goes into our atmosphere and contributes to greenhouse gases. It sounds a bit hilarious; however, there are almost 1.5 billion cows releasing all that gas.

Finally, deforestation is third contributor to climate change because trees hold within their trunks carbon dioxide in order to provide us with oxygen. This process is called photosynthesis. Importantly, the Amazon rainforest acts like the Earth's fan because there are so much foliage that the immense amount of carbon dioxide that it takes in, it gives us back equally - which is loads! Unfortunately, many rainforests are burning down through forest fires and being cut down at the hands of humans.





Dear Agony Aunt,

I am absolutely devastated and have lost all my faith in humanity! Please help me - last week I was just minding my own business when all of a sudden, someone stole my money from my blazer. It was my life saving! I don't know what to do with myself because I spent 8 months saving up my allowance and I'm not going to be able to get that £400 back. What should I do?

Miserable Miser



Dear Miserable Miser,

I'm really sorry to hear about this devastating financial loss. Luckily, there are a range of ways you can deal with this problem. Firstly, confront the person who's stolen the money - not physically, but with your words, calmly, and explain the situation.

If that doesn't work, try option #2: tell a teacher or trusted adult, and they can help you with further ways to confront the thief. Thirdly, you shouldn't be carrying that much money in school! Ideally, keep it safe in a piggybank at home, where you know it won't be stolen. Only carry around the money you absolutely need for that day, then hopefully you won't get into a situation like that again.

Your favourite money-manager,
Agony Aunt

Dear Agony Aunt,

I just caught my boyfriend cheating on me last week, and I don't know what to do. I know I should be angry, but I still love him. He was my Romeo, I his Juliet. I guess Shakespeare thought it just wasn't meant to be. My boyfriend went to an ice rink, for a "little exercise", as he put it. He didn't know I had bought an extra ticket to come and surprise him. Imagine my dread when I skated onto the rink and found my loved one in the embrace of another. I raced off, and I haven't seen him since then, other than small peeks at school. I am heartbroken, and there is nobody to comfort me, as it was my best friend he had been with. She also had a boyfriend. Please tell me: what do I do?

Star-Crossed lover



Dear Star-Crossed Lover,

I am sorry for your pain. I hope your social life starts looking up in the near future, as you sound like a wonderful person who deserves their special Romeo. As hard as it might be, it might be worth delving into this as there may be a reason for his sudden betrayal.

If you loved this person so much, he would at least be willing to tell you what might have gone wrong. Why don't you ask him yourself why he had done what he did? As for your friend, the same goes! Ask her what happened that night. If, indeed, what you say is valid, then it's likely that your ex-boyfriend is not as great as you may have thought. In fact, the same might be true for your friend, as your friend also had a supposed "loved one". Therefore, confront him about it, and you might actually find that he may be in need of some comfort as much as you.

Wishing you the best,
Agony Aunt



Crossword: Back to School

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

ART
 DRAMA
 GEOGRAPHY
 MATHS
 SPANISH
 CITIZENSHIP
 ENGLISH
 GRAPHICS
 PE
 TEXTILES
 COMPUTING
 FRENCH
 HISTORY
 SCIENCE

