

THE RUISLIP EYE

The latest news and updates from Ruislip High School



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Winter Reward Trip

by Lorena (Year 8)

On Friday, 3rd of February, some students had an amazing trip at the cinema. They also had the opportunity to wear their own clothes and left the school after lunch which meant that they skipped period 4 and 5. You may wonder why: well, it is because they had more than 90% attendance and less than 3 warnings in the winter term.

At the cinema, they had the experience of watching *Matilda The Musical*, which is about a brave girl that stands up to her parents who neglect her and dares to change her own destiny. What makes her story very empowering is the way that she not only stands up for herself, but also her fellow classmates, who suffer under Miss Trunchbull, the miserable Headmistress.

One of the real highlights of the trip was being able to enjoy our afternoons without the stresses of the last few Friday lessons, and we were free to wear our own comfortable clothes. Miss Sakr, in particular, was relieved not to teach 8B, and we can imagine that other teachers probably felt that same relief with an early finish to the teaching day!

If you were unlucky this time around, you still have the chance to go on the other reward trips coming up, but only if you improve your attendance and get fewer warnings.

In conclusion, the students have enjoyed this trip a lot and are looking forward to the others that they want to go on in the future.

Languages Week is Back in Full Force

by Jessica (Year 7)

For Languages Week, there were many fun activities going on across the whole school to celebrate Spanish and French. One of the French activities was a French performance, with actors who came to our school and put on a play. Some other activities to celebrate the French language included a French film on Thursday with free popcorn and an exciting adventure movie, projected in the hall, where you could sit with your friends.

To celebrate Spanish, the Language Ambassadors held an assembly with each year group to tell them about the Barcelona trip and all the activities that students could get involved in. On Tuesday, there was a Languages breakfast, where there was music and all the food was free! There was also a free movie, like the one put on for Spanish, and you got to sit next to your friends and get free popcorn and have a blast.

Unfortunately there was not able to be a Spanish play because the Spanish actors

were travelling around the country and were not in London at the right time. But there were so many fun activities to do - even though the teachers tried so hard to get a Spanish play, it doesn't matter because they have arranged so many cool and interactive activities!

Personally, I got to see the Spanish movie, which was absolutely amazing. You felt like you were in a cinema the whole time, even though it was in Spanish. It was the best experience ever. You were able to read the subtitles if you couldn't understand the Spanish being spoken, and overall it was a great experience. I will definitely go again next year, and hope to see you there!

Feedback from students who watched the French movie said it was really fun and they had a blast during their experience. They were able to have popcorn, and they were even able to get





more if they wanted. Similarly to the Spanish film, the English subtitles were on so you were able to read them. They also enjoyed the seats as they were cosy and comfortable to sit in.

Overall, languages week was a massive success, and Year 7 can't wait until they're in Year 9 to partake in the Languages Breakfast!

New Head of Year 11: Mr Sills



by Lorena (Year 7)

In January, Mr Sills came to our school as Head of Year 11 and teacher for different subjects. As students want to know more about him, Lorena from 8B asked him individual questions. Here are the questions she asked with the answers:

1. When he was asked, "What did you do before Ruislip High School?" Mr Sills answered, "I was a teacher in Devon."

2. "What is your impression of Ruislip High School?"

He said, "Students are lovely, welcoming and nice. The staff is supportive and there is a nice atmosphere."

3. "Did you always want to be a teacher?" He answered, "Yes."

4. "What inspired you to become a teacher?" He said, "I was lucky because I was taught by amazing teachers which had an impact in life. It's really inspiring - teachers can have a big impact on students."

5. "What do you think of your year group?" He paused before saying, "Dedicated and hard-working, they're known for being the nicest students in Ruislip High School. They also have a good sense of humour and are excitedly waiting to celebrate prom."

6. "How do you predict year 11's will do in their GCSEs?" He replied, "They will have the best results ever in the school."

7. "What advice would you give them?" He said "To try hard and remember that, regrets are like a rocking chair! They never get you anywhere. Don't regret anything when you leave school."

8. "Are you going to start a club?" He said, "No, but I will be involved with the panto this year."

Overall, Mr Sills is a great addition to the school and it is very clear that he will help our Year 11s succeed in their GCSEs.



Boris' Big Visit to Ruislip High

by Sadie (Year 7)

To kick off Sustainability Week, local MP Boris Johnson visits our school and cheers on runners.

About Our Local MP

He was originally born in Upper East Side, New York, United States and had a great upbringing with Stanley Patrick Johnson as his dad and his mum, Charlotte Johnson Wahl. Boris Johnson can speak 2 languages: English and French. He went to Eton college and studied classics at Balliol College in Oxford.

About His Visit

He has visited Ruislip High many times, including a few weeks before this newspaper article was released. Johnson last came to Ruislip High on the first of March to spread awareness about keeping our planet

sustainable. Some lucky students were able to talk to him, but unfortunately, I wasn't one of them.

When he visited he made a speech on how it isn't fair that all the old people left the mess for us but in the future our kids will think the same of us if we don't change something.

What Have We Learned from Sustainability Week

This week allowed us to realise all the problems with our ecosystem sustainability and what we can do to fix the problems caused. He has also allowed us to have a charity run with some of the strongest runners in year 7 and 8 to raise money for our chosen charity of our school.

L **G**
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C **S**

On Fridays after school, as you know, you can play board games.

However, new to the LRC is break and lunch time chess: come and check it out!



World Book Day 2023

by Lorena (Year 8)



World Book Day was started when Vincente Clavel (director of Cervantes Publishing House in Barcelona) came up with the idea of it in 1922, in honour of the author Miguel de Cervantes and the boost of the sales of his books. In celebration of the high sales of these books, he decided to dedicate one day to celebrating books.

The first day World Book Day was ever celebrated was 7 October 1926, which is Cervantes' birthday. However, shortly after it was moved to be honoured on 23 April 1930 the day Cervantes' died.

However, in the UK and Ireland, World Book Day is celebrated on the first Thursday of March.

But how is it acknowledged at Ruislip High School?

This year (2023) World Book Day was honoured on Friday 3 March at Ruislip High School, but we could not do it on Thursday 2 March because of the Teachers' Strike.

On Friday students had different activities to complete:

The first one was to guess the teacher by their voice, in an activity called The Masked Reader. Students were shown a video of teachers reading a book, but their faces were covered with different emoji. You may have heard Mr Joseph as the Robot and Mrs Austen as the unicorn.

The second activity was to read a bit of a story in every lesson. Everyone in Key Stage 3 read the story, "Jack in the Box", however they did not read it all at once: the story was divided into 5 parts as there are five lessons per day in the school. Also, students had to answer some questions about the story to make sure they didn't forget it from lesson to lesson.

Did the LRC do anything special?

Yes, of course, Mrs Austen arranged with her workers an amazing day with many activities and a huge amount of prizes to win. However, only people that came throughout the year to the LRC got their entry ticket to those fun opportunities.

First of all, at break time students had their first task from the LRC, which was a quiz where they had 3 facts about a teacher and they had to guess the teacher. As a prize for coming at break, each student got a small bag of sweets.

The second task was at lunch time, and it consisted of another quiz, however it was not guess the teacher; this time it was about popular books and students had a range of easy and hard questions about them. Like at break time, the students got a bag of sweets.



Paris Reward Trip 2023

by Marwa (Year 7)

It's been a long, tragic wait, but it's finally here again: the Paris Reward Trip. The last time this trip ran was when the current Year 11s were little innocent Year 7s. In the pre-COVID days, Ms Loizou and the lucky Year 11s spent three exhilarating days roaming the magical streets from Adventureland to Fantasyland, munching on Mickey and Minnie snacks. Luckily, this year's Year 7s will have this opportunity to relive the magic!

Once we arrive in Paris, we will check in and be staying at the Staycity Aparthotel Paris-Marne La Vallee. At this hotel, food, including breakfast, lunch and dinner will be served. Boys and girls will have separate rooms and the rooms will have 3 to 5 people in each room. As the calendar date approaches, Ms Loizou will inform what groups you will be assigned. Excitingly, the Paris trip will be 3 days long with 150 Year 7 students going.

When we first arrive, we will get straight into cultural exploration, visiting exciting sights in the city of love. Then, during our stay in Paris, we will also be going to Disneyland. When we reach Disneyland, we will separate into groups of 15 and we will meet again in mid-morning and mid-afternoon, just to make sure no one got lost wandering the unfamiliar Parisian

streets. Apart from those two checkpoints, students are free to have fun at Disneyland Paris!

Wondering how you're going to get to Paris? How long it will take? If you can take electronics? Well, to answer your bursting queries, we will go to Paris by coach, and it will be 6 hours long. On this trip, we will be allowed electronics but with limitations. During the coach ride, we will also take breaks, with one of the main breaks being going on a ferry during it!

Overall, it sounds like a really promising adventure. All you have to do from now until then is cross the days off your calendar, as you keep your positive points up and negatives away!

Berlin Trip 2023: Interview

by Eleftheria (Year 7)



Year 10 and 11 GCSE History students visited Berlin at the beginning of the February half-term, and in this article you will read details from an interview with Nick (11F) who went on the trip.

Firstly, his favourite part about the trip was visiting museums, such as the Jewish Museum Berlin, and the Checkpoint Charlie museum, as he learnt a lot about German history. There was a multitude of great food, his favourite being the burgers and schnitzels! Schnitzels are thin slices of meat that are breaded - and are a German speciality! And of course, desserts were plentiful; he had a nice brownie for dessert.

They stayed for four days and three nights. The teachers that went were: Mr Maud, Mr Tibbey, Mr Warrington, Miss Horton, and Miss Bonnie. A lot of students attended the trip, and in reply to my question about whether he would recommend it, he said: "I would definitely recommend it - it's a fun and enjoyable experience, and you get to learn new things about Germany!"

Many thanks to Nick for his time, and hopefully this serves as motivation for the teachers to hold another fantastic trip to Berlin!



The Spring Festival at Ruislip High School

by Jessica (Year 8) | This article was written before the Spring Festival (2023)

The spring festival is a chance for the form groups in years 7 & 8 to express themselves and create a stall about different areas in London. Excitingly, this is the first year since the pandemic cancelled everything that we've been able to bring this event back!

There will be various activities to partake in at each stall. Some places in London, which have inspired the stalls, include Camden, Wembley, Olympic Village and many more. The event will take place on the 22nd of March and the tickets have gone on sale from the Friday 24th of February.

Excitingly, there will be multiple performances from the music department and drama club. The drama performance will involve different scenes and sketches, and the Year 9s will be performing *Macbeth* in the second half of the show. The purpose of the festival is to build communities in Years 7 and 8 to show families what we are learning in school - mostly, it's to have a bit of fun!

There will also be some sporty stalls such as 8S' stall, Wembley, which will be holding a penalty shoot out. Be sure to check it out!

After the Event:

After checking it out myself, the Spring Festival was a very fun evening. It truly felt like a trip around London! It consisted of crazy penalty shoot outs from teachers, delicious decorated biscuits and your very own Paddington paper hat (which you were able to hide a marmalade sandwich in)! Overall, it was a great opportunity to see the best the school could offer in terms of community.

Debate of the Issue: Should we have a spring reward trip?

by Rahma (Year 7)

The summer and winter reward trips are events we are all familiar with and if you need a reminder on what we need to do to qualify here are the things you need to do:

- less than 3 warnings,
- no detention,
- over 90% attendance.

Seeing as this is a hard thing to accomplish and we have three school terms, you may be wondering: why don't we also have a spring reward trip?

Arguments For the Motion

If you're new to this school, you would think that if there is a winter and summer reward trip, there must be a spring one, right? Since the school year is divided into three terms, it would only make sense to celebrate the students' achievements to make each of those terms.

Well, you thought wrong, and you may not believe me, but ask the person sitting next to you. They will say, unfortunately, that we don't have a spring trip.

A spring reward trip can motivate us in the right way to stop getting more warnings and be the best version of ourselves. Additionally, it would improve the mood and general morale of the students in school. This is because there's a bigger gap between the winter and summer reward trips, which would then mean that there might be less motivation among the students, especially because there are more chances of getting warnings and detentions. In order to keep students motivated, we should have the spring reward trip to help tackle this issue.

Arguments Against the Motion

Money can buy people a lot of things like food, a roof under your head and clothes. Trips also cost money and unless we have to pay to go to an expensive venue, we won't be getting a spring reward trip in a long time.

Furthermore, I'm sure there is at least one person you dislike or even hate. This loath for this certain person can spoil your day on the trip.

Also, in spring, hay fever is more common at this time of the year. This could put you on the bench while you watch your friends having the fun you could be having. However, because of your springtime hay fever, you might not be able to enjoy it to the fullest.

Conclusion

To conclude, the spring reward trip has both pros and cons, but ultimately, it would be a great idea to have a spring reward trip, for the above mentioned reasons: the motivation it will provide and encouraging us to be the best versions of ourselves.

The Importance of Self-Defence



by Eleftheria (Year 7)

In this age, self defence is an important and necessary skill to have.

With kidnappers, robbers and attackers very common in a big, central city like London, learning self-defence makes London a safer place for you. Even bullies can hurt you, and knowing how to protect yourself is crucial.

The National Centre for Educational Statistics, 2019, revealed that one in five students report being bullied. While some bullying is not physical and instead mental and online (which of course are just as important), physical bullying does exist. According to The Child Crime Prevention & Safety Centre, '[e]very 40 seconds, a child goes missing or is abducted in the United States. Approximately 840,000 children are reported missing each year', and that is just in America. Of course, guns are legal there, but the numbers aren't that off compared to here, in the UK.

Clearly, there is a great need for self-defence in our world, and so, the many benefits include:

- Self-protection from harm when in public
- Exercise
- Stress relief



Where can you learn self-defence? Good question! There are many places that offer self defence, everywhere: from a university to a local community centre. I, myself, take self-defence, in a hired church hall! There are free and paid lessons, all of which have their pros and cons.

And you don't even need to leave the comfort of your home! There are many online courses you can take, and YouTube offers many self-defence videos. Matt Pasquinilli is a YouTuber, who is the owner and head-instructor of Florida-based Quantum martial arts, and has been teaching children and adults for 30 years, but also takes the time to upload helpful videos.

Streetwise Defence offers to send someone to your house for private 1-1 lessons, for women, teenagers and men. Also, you also have the option to do private zoom lessons! All in all, self-defence, even very little, can be very effective. 15 min a day is enough to learn, and as someone who actively practises self-defence, it is good exercise.

All About Easter

by Fatima (Year 7)

Easter is a Christian celebration that many people around the world celebrate. Easter is not just one day, it is a whole week!

What is Easter?

Easter is a Christian celebration, where they commemorate the death and resurrection of Jesus. Firstly, there is Shrove Monday, followed by Shrove Tuesday, also known as Pancake Day, then Ash Wednesday, Holy Thursday, then Good Friday. After that Holy Saturday, also known as Easter Eve, and lastly, Easter Sunday!

What do people do on these days?

On Shrove Monday, people have carnivals, parades and floats. Then, on Shrove Tuesday people start to participate in confession and absolutions. They also eat pancakes and sweets (as it is Pancake Day).

After Ash Wednesday, lent begins, during which Christians fast for 40 days (as Jesus fasted for 40 days). On Holy Thursday, bishops and priests go to their local cathedral to celebrate the institution of priesthood.

Then on Good Friday, some might attend a service that recounts Jesus's painful crucifixion, and some even refrain from eating to show their sorrow.

On Holy Saturday (also called Easter Eve) the church honours Christ in the tomb. Then, finally, on Easter Sunday, people celebrate with special church services, music, candlelight, flowers and the ringing of church bells.

Traditional Easter Foods

In England, the most traditional food is roasted lamb. In America, their traditional Easter food contains ham, potatoes, and vegetable side dishes. Similarly, in Germany, they have lamb accompanied by fresh vegetables and potatoes. Obviously, Easter isn't Easter without the chocolate! Some Easter desserts include simnel cake (a type of fruitcake), hot cross buns and chocolate.

Some Easter-Themed Jokes:

- Why don't rabbits get hot in the summer?
-They have hare conditioning.
- Why did the bunnies go on strike?
-Because they wanted a better celery.
- What do you get if you cross a frog with a rabbit?
-A bunny ribbit!

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

Easter Word Search

April	Parade
Egg Hunt	Grass
Good Friday	Believe
Tradition	Custom
Basket	Rabbit
Celebration	Flowers



Gilmore Girls: A Review

by Marwa (Year 7)



Image taken from: https://www.google.com/search?q=gilmore+girls&rlz=1C5GCEM_enGB1033GB1033&source=lnms&bm=isch&sa=X&sqi=2&pj=1&ved=2ahUKEwiW76Pawrj9AhXTuaQKHWhdCKgQ_AUoAXoECAEQAw&biw=2240&bih=1038&dpr=2#imgrc=wmm1FN44FFOsFM_imgdii=f4OJQCMgv95rPM

Want to watch a feel-good, heart-warming series? I would recommend Gilmore Girls! Gilmore Girls features 7 seasons of this sensationally satisfying series!

Gilmore Girls has an 11+ rating, therefore everyone in high school can feel free to watch it.

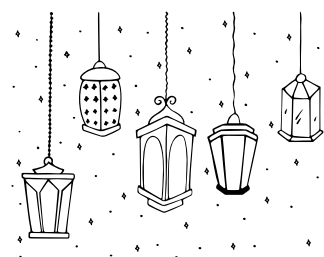
The main story line of this series is Rory and Lorelai Gilmore, who are a family of two. Lorelai is Rory's mum and she slowly grows to see their relationship as mother and daughter expand and grow. Throughout the series, they experience hardship, new relationships, unravelled secrets, and difficult family relationships.

Disclaimer: if you're not into romance series, I would still recommend you to try it as you should get a different perspective of things. The dramatic elements will keep you hooked and you'll be bingeing it for years to come (or weeks)!

Some of the main cast included: Kelly Bishop as Emily Gilmore, Scott Patterson as Luke Danes, Alexis Belden as Rory Gilmore, etc.

Personally my favourite character is Liza Weil as Paris. Paris is one of Rory's close friends throughout the series. My favourite part of the series is the school-based scenes because of how relatable they are. Overall though, my favourite aspect of watching this series is the warm, comforting feeling and, of course, the dramatic intense moments.

In conclusion, although everyone has their own opinions there's always room to expand your taste. With this I mean - with Gilmore Girls - you can try a new series outside of your comfort zone. And, you never know, you might love something new!



Ramadan 2023

by Fatima (Year 7)

Every year, Muslims around the world celebrate Ramadan - an event where many Muslims around the world don't eat food or drink for a month. Surprisingly, Christianity and Judaism also fast, but in different ways than Muslims. For example, Christians would fast, but they might drink water.

What is Ramadan?

Ramadan is the ninth month in the Islamic calendar. Ramadan is a lunar month: the difference between a lunar month and a solar month is that a lunar month can have 29 or 30 days, whereas solar months have more days. Also, Ramadan's fasting is the third pillar of Islam - an obligatory aspect of being a Muslim.

Ramadan never has an exact date as every year it moves up ten days, becoming earlier every year. Now that Ramadan is moving up into the winter months, closer to January, it will become easier for Muslims to fast because the days are shorter.

Why do people fast for Ramadan?

Muslims fast for Ramadan (firstly) because it's a way to grow our love for God. Secondly, it's a way to control your body to not eat, to show self-restraint. Thirdly, we fast to empathise with the people that have trouble finding food and show respect to them. We also fast because the Prophet Mohammed (peace be upon him) received the revelation of the Quran and it was a night called 'Laylatul Qadr' which means the night of destiny. This day falls within the Ramadan event.



Is it obligatory to fast for the whole month?

It is obligatory to fast for the whole month, except for the people that are ill or have a disease, pregnant women and the people who are travelling. Of course, children under thirteen don't have to fast either. Because it adds a bit of pressure and is harder due to their unique circumstances, they are exempted from participating.

Ramadan is an important event for adults and for kids - it's like a party! Kids try to fast the whole month like the adults, even though it isn't necessary for them to fast. For me, I always feel excited for Ramadan even months before it begins - the anticipation builds within me.

What is Eid and how is it related to Ramadan?

Eid is a celebration that occurs after Ramadan, and this is why it is directly linked to it. Also, the specific dates of Eid change every year as it follows Ramadan (which also moves ten days, as was previously mentioned). On Eid, we do some special things we wouldn't normally do on a regular day. We wake up quite early to go to a mosque and pray the Eid prayer (which consists of two units). When we come back home, we eat breakfast with pastries and sweets!

To gain further insights and opinions about Ramadan from a child's perspective, I went to interview two Muslim girls.

First I interviewed Rahma:

Fatima: What is your opinion about Ramadan? How do you feel about it?

Rahma: I feel like it's a great way to teach people self-control and how to restrain yourself from things like alcohol, if you just converted and used to drink alcohol.

Fatima: What do you do during Ramadan (other than fasting)?

Rahma: An example of what I would do would be having more respect towards my parents, reading the Quran more often and donating to charities.

Fatima: In your opinion, is it safe for people to fast when they have never fasted before?

Rahma: I think it would be a good idea for people to try it out, but if they never fasted before I would suggest gradually building up the days of fasting. For example, at the beginning, you would fast for 7 hours on the first day, and by the end you would fast for the whole day.

RAMADAN
MUBARAK

Later, I interviewed another student, Marwa.

Fatima: What is your opinion about Ramadan?

Marwa: I think that Ramadan is very meaningful but hard as we have to practically starve.

Fatima: Do you like Ramadan?

Marwa: I very much enjoy Ramadan as it is a very good build up to Eid.

Fatima: Do you suggest Ramadan to people that never tried fasting?

Marwa: If you are religious or intend on converting, I would 100 percent insist on it. It's a religious thing to do, and it also makes you feel closer to God and safer.

Conclusion

Overall, Ramadan is an opportunity to see how the homeless suffer and help them more. An added benefit is that it can be quite fun for children. It may be hard to do the whole month, but you can start by doing a couple of days.

Book Review: The Boy in the Tower

by Eleftheria (Year 7)

The Boy in the Tower is a striking debut novel by Polly Ho-Yen, and was shortlisted for the Blue Peter Book Award, Waterstones Children's Book Prize and the Federation of Children's Book Groups Book Award. I love this book because of its ability to cover all genres of literature: it has an adventurous sense, but also lots of mystery, mixed with sadness.

Here is a quote found on the blurb: *'When they first arrived, they came quietly and stealthily as if they tip-toed into the world when we were all looking the other way.'*

Clearly, from this quote, you can see how spooky and mysterious the novel is. Tension builds as suspense rises throughout the story.

The main character and narrator is a young boy called Ade, in a dystopian setting surrounded by blocks of buildings. One day, a building mysteriously topples down, though it had been stable.

When people suddenly start dying just by going outside, he and his friend, Gaia, know that it had to be related to the fallen building. As everyone evacuates, his mum refuses to leave and he knows he must stay with her. What will Ade do?

It's a personal favourite of mine, and even though it is a children's book (9 - 10 age rating), I believe anybody, of any age, would love it.

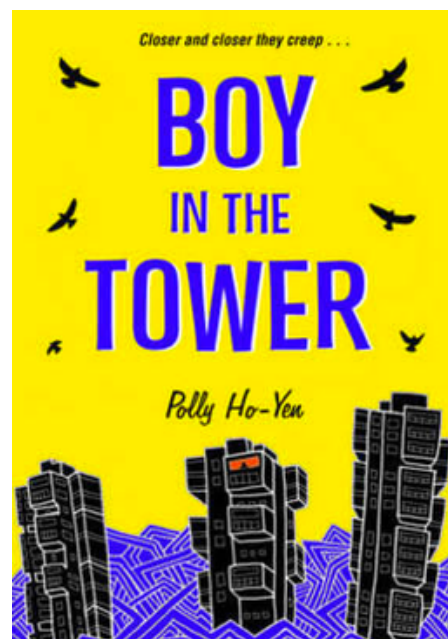


Image taken from: <https://www.letterboxlibrary.com/acatalog/boyinthetower.jpg>

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AT THE LRC THERE IS THE OPPORTUNITY TO SWAP BOOKS. ALL YOU HAVE TO DO IS BRING ANY BOOK AND DONATE IT TO THE LRC, THEN YOU WILL GET A CHANCE TO CHOOSE ANY OF THE BOOKS TO KEEP.



Ghanaian Culture

by Milcah (Year 8)

Once colonised by Britain, Ghana has now become a place of freedom and human rights, where the people enjoy the warm weather and eat flavourful food that explode with spice with every bite. Ghana is the gateway to Africa and is part of the Commonwealth. It has a population of 28.21 million people. It is known for being the first African country to gain independence.



Languages

Ghana is a multilingual country and has English as its main language. The most used languages in Ghana are: Akan, Ewe, Dagbani and Ga. What makes the language unique is that it has a unique sound and is considered to be very harmonious.

Interestingly, in most Ghanaian languages, there is no C - and in all the history of the language, there wasn't one. Also, there are two types E-sounds, one is more like the English E, but the other sounds like 'air' without the R. Here's the alphabet:

A a	B b	D d	E e	F f	G g	H h
[a]	[b]	[d]	[e]	[f]	[g]	[h]
I i	K k	L l	M m	N n	O o	P p
[i]	[k]	[l]	[m]	[n]	[o]	[p]
R r	S s	T t	U u	V v	W w	Y y
[r]	[s]	[t]	[u]	[v]	[w]	[y]
Z z						
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Food

Ghana is best known for its delicious food. The flavours are very unique from other countries. The best dishes to eat in Ghana include Jollof rice, Fufu, bean stew and many more.

Jollof rice is a classic dish, which originated in Senegal. Then, the Ghanaians 'stole' it and made it better! We added more spices, meat, fish, vegetables - lots more combinations to enhance it and make it superior. But there is now an ongoing feud between Ghana and Nigeria about whose Jollof rice is better. (Ghana's, of course!)

Fufu is a soft, dough-y delicacy. It must be eaten with a soup of vegetables, meat and lots of pepper. The best way to eat it is with your hands. Don't watch the way it's eaten on TikTok - it's completely wrong because they slap it before they eat it! Other disturbing TikToks you might see involve hot chocolate fufu and fufu pizza. Ignore them; they're not original!



Image taken from: <https://soundsdafrique.com/blog/5-ghanaian-restaurants-you-must-visit-in-london>

The main ingredients in Ghanaian dishes are vegetables and spices. Ghanaian main dishes are organised around a starchy staple food, which goes with a sauce or soup containing a protein source.

Clothing

The Kente is a traditional Ghanaian fabric. The colours include red, brown, black and white. Men and women do not have the same styles when wearing the Kente. Men wrap the Kente cloth around their waist, and then flip it over the opposite shoulder; unlike women, who wear it like a dress and add lots of jewellery to it.

Overall, as you can see, Ghana is an amazing country that deserves more recognition. Its culture is full of food and bright colours, just like the people who are full of life.

Year 7 Poetry

Written by various Year 7 students | Typed by Eleftheria (Year 7)

In Year 7 English, we have been learning about poems, and our teachers have picked a few which they thought were worth publishing. Enjoy, and well done to the students for these fabulous poems!

Justice

by Cormac (7S)

A man filled with the struggles of work and restlessness came home
 He dumped himself on the bed,
 Put his phone and laptop there
 He put his work and evidence from a case on the bed
 He put there the cheap microwave dinner from the petrol station next to
 sounds of crying and anger -
 his childhood, which was like a rock, rough and hard.
 On the bed the man put
 The tunnel vision he had for work
 his failures in the day that changed someone's life for the worst
 He put that there
 He put sides of him he loves and hates,
 the man put that on the bed too
 1+0 is still only 1
 he put that 1 on the bed
 He was next to the curtains that were thrust shut
 he reached out and placed on the bed the justice he worked all his life for.



"Poetry: the best words in the best order."

-Samuel Taylor Coleridge



Grandma's closet

by Eleftheria (Year 7)

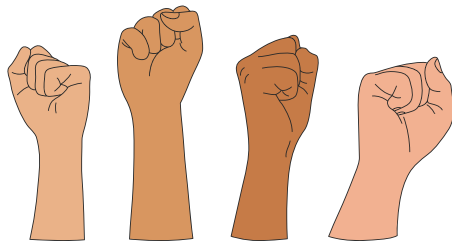
A child full of grieving comes home.
 She places her grandma's favourite book in the closet.
 Puts the sweet fragrance of her
 and her gentle laugh.
 Her honey pie baked with love and sugar,
 too.
 In go rainclouds to weaken and test the closet,
 but it holds.
 A lullaby of old passed through the generations.
 What else to give, the child wonders.
 No memory left of her.
 Only one thing.
 One leg in, followed by an arm.
 The closet topples, but stays firm.
 The child gives thanks.
 An ear, a nose.
 But wait - a gentle arm on her shoulder.
 She is pulled out, and sits down.
 She and her friend mourn together.

Sad Day

by Maira (Year 7)

A child full of wonder and curiosity walked home,
Put their shoes on the bed along with their coat,
Picked up a myriad of pens and placed them in the shoes.
They searched around the room, finding some paper,
And placed it next to their coat.
On the bed, the child put
A handful of happiness,
A pinch of pity,
A teaspoon of tears.
Adjacent to their feelings, the child put,
A recipe for Blackberry pie.
They nicked a name, and placed it down,
Along with pride and joy.
They put their one and only ambition,
To leave this wretched, tear-filled place,
Beside the paper,
Before wrapping the blanket over it,
Saving it for another day.

The blanket didn't mind the heavy weight,
And obliged to what the child did,
It was a little unsteady, and wobbled a tad,
But it held the child's hopes and dreams
And was put away for another sad day.



Newspaper Report: Noughts & Crosses

by James (Year 9)

Yesterday, Persephone Hadley, daughter of Kamal Hadley, the widely known Deputy Prime Minister, was involved in an incident in the lunch hall, where she was forced to move away from her nought friends' table.

Persephone, commonly known as Sephy, was forced away from the noughts' table yesterday lunchtime, after claiming bravely that they were her friends and that she was doing nothing wrong. The same face was seen earlier this week, trying to stop a Cross-led protest about three nought students, who had passed the entrance exam, attempting to calmly enter the school.

Sephy was, allegedly, caught up in a fight proceeding the lunch time incident. When we interviewed Persephone, she said she would keep these bullies anonymous. She also said, in the same interview, that she was just trying to fight the injustice and segregation that "has a hold over the school," when asked why she was sitting with the noughts, and that she and her friend,

Callum, should not be separated by race. These modern and political statements may anger and confuse you, but some of you may find them intriguing and uplifting; we certainly did.

In an interview with the Headmaster, Mr Corsa, about the incident, he made a strongly opposing case, saying that these students had the brainpower to get into this school and should be recognised for it but to have a Cross student sit at their table is “taking it too far.”

Both have powerful points, but at the end of the day, it is a question of whether this social segregation is ethical or not. Should these nought students be accepted or tossed aside as nothing? If you think the latter, ask yourself: weren't they good enough to pass the entrance exam and join our school? What doesn't make them good enough to sit with us?



Dear Agony Aunt,

I am at loss as to what to do! My girlfriend and her parents have decided that they would like to meet my parents, but my parents are like... well, you know! If she comes over, my parents will surely embarrass me in front of her parents, and then there goes the relationship! I really like her, and am desperate to please her parents. And before you tell me to ask my parents not to do anything that would embarrass me, think twice. I have asked them before in an old relationship, and they completely ruined it! Asking them to be cool makes it worse. Please, tell me, what do I do?

-Distraught Dylan



Dear Distraught Dylan,

I understand. Parents can be, well, difficult. Let's leave it at that. Honestly? I believe you should sit down with your girlfriend and her parents, and tell them your predicament. Now, at first glance, I understand that this is a preposterous

concept. But think deeply about it, and you'll see that if your girlfriend is really worth it, she won't mind. Or, you could tell her how you're feeling, and she could help talking it through with her parents while you figure out a solution. But still, you should talk to your girlfriend, and together explain the situation. Otherwise, if she doesn't help, maybe you deserve someone better.

Good luck,
Agony Aunt



by Ocean (Year 8)