

EDITORIAL TAKE:  
COP26 Climate  
Conference

NASA's DART Mission

# THE KENDRICK GAZETTE

- The Student Voice of Kendrick School -

Migrant Crisis



STOP COP26 Fossil Fuels  
ACT NOW!

A Salute to Stephen Sondheim

Rounding up 2021



**Kendrick School**  
*Lead, inspire, make a difference*

## The Kendrick School Student View: COP26 Climate Conference

“We must listen — and we must act — and we must choose wisely.”



“Humanity has long since run down the clock on climate change. It’s one minute to midnight on that Doomsday clock and we need to act now.”

~ Boris Johnson, UK Prime Minister

### What is COP26?

On the 31st October 2021, the 26th United Nations Climate Change conference began in Glasgow. COP26 is the most recent climate conference held by the UN, and was the first in 2 years. These discussions began in Germany, in 1995, as an attempt to help the world “adapt to protect communities and natural habitats”. 26 meetings on, what has been achieved?

It was originally hoped that the greenhouse gas crisis would be averted by 2030, but that deadline has now been extended.

### Why is it important?

Climate change is a pressing issue which has had a continuous presence in the news and in our lives.

Promises have already been made - for example, the Paris Climate Agreement - and yet we still see rising temperatures, oceans and risk of irreversibility and extreme damage. So far, there’s been a 1°C rise in global temperatures over the past 100 years. It may seem a small amount, but the effects have been disastrous.

Millions in Asia live in constant fear of earthquakes and tsunamis. Tornados have wrecked through North America. Hurricanes have become an annual headline on the news, and thousands of properties have been destroyed due to floods. Many innocent people die in Africa due to famine and drought- Africa, the world's lowest carbon emitter, yet suffering the greatest. Millions have starved, been displaced or lost loved ones. These incidents are drastically increasing; dangerously becoming a new norm. All as a result of the 1°C rise.



COP26 brought together the world's largest governments to try and limit temperature rise and prevent that degree from becoming degrees. The aim is to be at net-zero by mid-century and keep temperatures from increasing past 1.5°C.

### What were the aims?

The primary goal of these discussions was to make agreements that will keep global warming below 1.5°C by the end of the century. The aims can be summed up into four distinct goals:

1

#### Net Zero and 1.5°C

For countries to reach net-zero carbon emissions by the year 2050 and keep global temperatures below a 1.5°C rise.

2

#### Protect Ecosystems

Protect and restore ecosystems and build resilient infrastructure to withstand climate change.

3

#### Mobilise Finance

Developed nations are asked to mobilise \$100bn for developing countries per year.

4

#### Collaboration

Parties must collaborate to finalise the Paris Rulebook which sets the rules for the Paris Agreement.

As technology advances, so does our carbon footprint. While it isn't realistic for us to simply drop everything that requires energy, our fuel consumption has to be regulated - COP26 was an

attempt to establish some regulations before the damage done to the planet is completely irreversible.

### What was achieved?

Before COP26, we were on track to heat up to 2.7°C by the end of the century. Perhaps after the conference, we can reduce it to 2.4°C.

The promises and pledges made:

More than 40 countries agreed to **quit coal** in the 2030s, which is essential in preventing climate change from increasing

Over 140 countries vowed to **end deforestation**, including the US, Brazil, and Russia. The combined land of these 140 nations comprises over 90% of the world's forest cover.

More than 100 governments signed the Global Methane Pledge which aims to **cut methane emissions by 30% by the end of the decade**.

At least 6 major automakers and 30 nations have agreed to **phase out gasoline and diesel-powered vehicles by 2040**. Transportation accounts for 20% of all greenhouse gas emissions globally.

**The US-China Agreement** means that the two biggest polluters will work together to cut their emissions in the coming decades.



COP26 President Alok Sharma noted that before only 30% of the global economy had **net-zero emissions pledges**. Now almost 90% do have pledges for the coming decades.

The COP part of COP26 stands for “conference of the parties” and 197 countries were present at this conference. Coming together as a planet is the only way to abate the forecasted catastrophic changes we’re seeing.



Remember this:

**“Your actions matter. No action or voice is too small to make a difference.”**

- Vanessa Nakate,  
Ugandan Climate Activist

Right now:

Sea levels are rising

All around us, temperatures are rising

Many storms and floods are following

Ice is quickly melting

Tornadoes are annually raging

You can make a difference by stopping your emissions.

**Everyone must help.**

Humanity has long since run the clock with climate change - we are close to midnight on Doomsday. If we are going to make a difference it must be now, not later. One more degree, one more car and one more factory is one more person who may be hurt, one more species that may cease to exist and one more problem we’ll have to face.



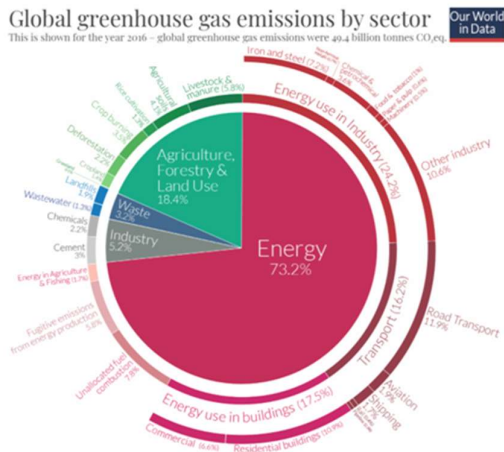
## How Much Difference Can You Make?

Climate change.

How do we stop it? You can eat less meat, maybe go vegan, travel less by car and plane, get an electric car... the list goes on from all the things a person can do that will change the course of climate change. Simple isn't it?

*Not really.*

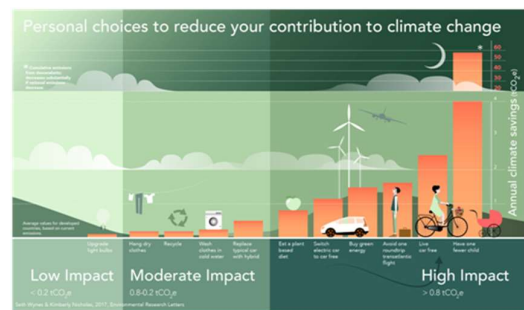
The IPCC report that came out this year was clear - we are heading in the wrong direction and fast. We know what's going to happen – what has already happened - so why can't we just make it stop?



Money has a large role in the reason for this - rich countries want to keep their money and will have no trouble finding loopholes or excuses if it means they get to keep it. Developing countries are arguing that they also deserve to develop. Asking a nation to stop cutting their forests and invest in

solar panels and other renewable energy sources when they can barely provide an adequate standard of living for a significant portion of their population hardly seems realistic.

Most people know about the serious impacts of burping cows and eating beef, travelling by plane or using a car. But the bigger polluters rarely come up in conversations surrounding climate change.



Take concrete. 8% of CO<sub>2</sub> emissions are released from the concrete manufacturing industry. The emissions produced when making a new car are equivalent to those of building just 2 meters of road. So really, how much difference will a switch to an electric car make if we keep building roads the same way?

Another big emitter is food production as it contributes to 26% of all greenhouse gas emissions. The world's population is expected to reach 10 billion by 2060 but the way we currently produce food relies heavily on fertilisers - which produce nitrous oxide (a strong greenhouse gas) - and manure, which makes it currently impossible to have a zero-emissions food industry.



Rice is a common household staple, but did you know that rice production emits so much methane each year it almost equals the amount produced by all the air traffic around the world (1.3% and 1.9% respectively)?

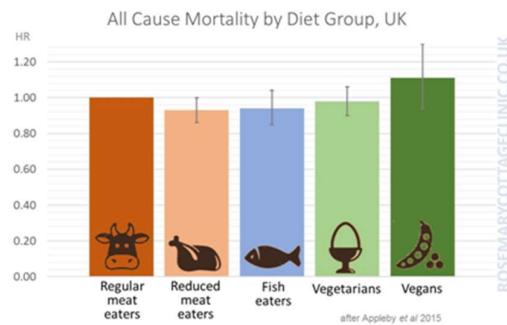
Growing food also requires land which results in deforestation. The cutting down of trees which absorb carbon dioxide. This incidentally causes heating up of the planet. The forests in the Amazon are trapping the CO<sub>2</sub> in the atmosphere, but when cut down, this CO<sub>2</sub> is again released, and the land is used to feed animals.

Recently, many people have turned vegan to play their part in combating climate change, but is it all that good?

On one hand, eating vegan reduces the total amount of methane emitted by animals - cows in particular, as they are in lower demand and so less of them are kept and farmed. However, despite carbon dioxide being less harmful than methane in regards to global warming, there are many more factors contributing to the carbon dioxide levels in the atmosphere.

In addition, not eating any meat can also affect your health. For example, as the graph below shows, vegans are more likely to have health complications than regular meat eaters. Also, it depends on what you eat after you become vegan as to how much you are contributing towards climate change. One example of this is a vegan Italian couple who were surveyed that had an environmental impact considerably higher than many

meat-eaters. This was because they only ate fruit! Huge amounts of fruit (around 8kg a day!) It doesn't matter if you are vegan, it matters what you eat in general. Processed food and food shipped across the world also have large CO<sub>2</sub> emissions.



In theory, all these problems are ones we can overcome, but currently we don't have the knowledge or willingness to do so - because money is always a factor to consider.

There are solutions such as direct air capture of CO<sub>2</sub>, which directly extracts CO<sub>2</sub> from the atmosphere and permanently stores it in deep geological formations; or carbon pricing - either putting a carbon tax on emitters per tonne of emissions or using the cap-and-trade scheme, in which the government sets a total amount of emissions that can be released and then issues a limited number of emission permits which can be traded - meaning companies which decarbonise quicker can sell their permits to those who haven't.



But, it is still more beneficial for governments to invest in oil and gas - artificially keeping the price of fuel low makes shipping cheaper and therefore everyday goods cheaper. This may result in political lobbies and a cycle which is difficult to break.

We are running an experiment on the one planet we have and we need to implement solutions fast - so, can you step in and fix it? This is a recurring theme of what you should be wearing, what you should be eating, how you should be travelling to stop climate change.

Because shifting the blame to the average person from the largest emitters is much easier. But we've seen the effects of staying home, barely using transportation and consuming less overall during the pandemic. All this only resulted in a 7% reduction in CO<sub>2</sub> emissions in 2020. While sizable, clearly something else is contributing far more than we are.

In 2005, the oil producer BP popularised the concept of a personal carbon footprint in an ad campaign, which effectively shifted the blame from them to the common person. But in reality, if you stopped all your CO<sub>2</sub> emissions for the rest of your life, you would save one second's worth of emissions from the global energy sector. This means that an individual alone is not going to single-handedly stop climate change.

However, that does not mean there is nothing we can do.

For systemic changes, the people in power need to understand that their constituents, who are the biggest tax contributors, care deeply about this crisis and change their policies. They should be pressured into making decisions which will have a bigger and more positive impact on climate change. Not just policies like banning straws but much larger scale differences.

If you can afford it, you could look at investing in some low carbon technologies that still need research - meaning they cost time and money. This money is something which governments are not prioritising on paying. So we, the people who will be affected by these decisions, must ensure that the large amounts of money poured into the activities contributing towards global warming are instead used for more environmentally friendly options.

Granted, no solution will satisfy everyone, but acknowledging this is the first step to making honest changes to our approach.

A glacier is formed by thousands of tiny snowflakes all compacted together. But taking one snowflake out is not going to destroy the glacier. Similarly, if **each** individual person does their part for climate change, it will snowball to a much greater impact.

- Shravya S, Nidhi M and Tvishi T



## 1 year later: Farmers' strike in India

Following the end of COP26 (the UN Climate Conference), the world's focus has shifted to India. Hundreds of government seats are available this year in 5 separate states within India. Naturally, this has led to more scrutiny of the Indian government in the media, with one ongoing issue standing out: The Farmers' Strike.

It's been over a year since the protests began in September 2020, and the government has revoked the laws that were causing the problem. However, the elections mean the incident won't (and shouldn't) be overlooked. Last year, the government passed multiple acts in an attempt to reform Indian agriculture. The new laws loosened rules around sale, pricing and storage of farm produce, and banned private buyers from stockpiling essential items. Farmers would be able to sell their goods directly to private corporations such as agricultural firms and supermarket chains at market prices. The majority of Indian farmers before sold the bulk of their goods at guaranteed floor prices at government-controlled markets (**mandis**).

Thousands of farmers called for the laws to be revoked, eventually going on strike until their demands were met. The protesters believe some of these changes would end price-regulated mandis, eventually leaving farmers at the mercy of large-scale corporations. Authorities have denied this and claim the reforms are for the better.

Why did it have to come to this, the unnecessary death of civilians?

It's important to note that many people have been martyred on both sides this year due to these protests. Both sides had grounds for their reluctance to switch viewpoints. Mandis cost money to set up and maintain - in addition, less price regulations mean crops could be sold cheaper to the public. During a time where much of India lives in extreme poverty, making essentials more accessible should be a priority.

On the other hand, many farmers are part of that impoverished population. Agriculture is their primary source of income, and many will find themselves unable to survive if earnings are reduced any further.

However, if mandis were eventually shut down, it could lead to an increase in taxes on farmers to compensate for the government's economic loss.

While logical arguments can be made in favour of either party, it doesn't excuse the hundreds of casualties that occurred. Many farmers were willing to die for their cause, and too many farmers did. Many died from starvation and cold as they camped at the borders of Delhi, while others, on both sides, were injured in the tractor rally that led to one of India's most important monuments being stormed by the farmers.





As previously mentioned, major elections will be occurring within India during 2022. Punjab and Uttar Pradesh, the 2 most populous states, are involved in elections next year, and their seats alone total over 500. Both states voted for a different government in 2017. Coincidentally, the farmers' protests have been centred around both Punjab and Uttar Pradesh (in the North of India)

It's possible that the government's surrender to the protests was influenced by political thinking - namely, the laws would have stayed if not for the elections. The government conceding could suggest a change in their attitude towards India's population, perhaps to gain their favour, the effect of which we would see in upcoming elections.

Other sectors of India's workforce may be inspired by the movement, seeing it as an opportunity to make reforms. Alternatively, the government may exercise more caution when passing future laws. It's possible we could see restrictions on people protesting in an attempt to prevent similar incidents following. However, it's too early to make any predictions, as it has been mere weeks since the acts were revoked.

We'll have to wait to see whether this is indeed a shift in India's power balance. It's difficult to decide whether each side was right or wrong, but it's important to remember the people that were tragically killed during the protests. When a similar situation is

encountered in the future, we can only hope that it can be resolved more easily than in this case, and that authorities will be more cautious when passing potentially controversial laws in hopes of preventing such a situation entirely, even if only for their own political gain.



## 27 Dead as Migrant Crisis Leaves Many Bereaved

On Wednesday 24th November, 27 migrants drowned on French territory attempting to reach Britain. This is the worst disaster on record involving migrants attempting to cross the English Channel. 30 people attempted to cross - only two have non-fatal injuries, and one is missing. That leaves 17 men, seven women, one of whom was pregnant, and three children who have died. Both the UK and France have released statements over this event.

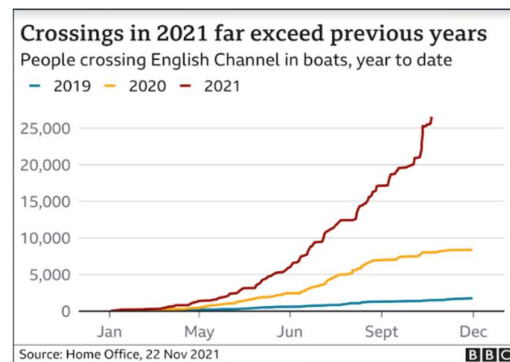
Boris Johnson insisted that the two nations to work together and said he remained “confident that our two great countries could rise to the challenge”. However, Johnson was accused by France’s Interior Minister Gerald Darmanin of making a mockery of UK-French relations and was told he must take responsibility for the migrant crisis.

Gerald Darmanin responded with “Great Britain needs to open up a legal immigration route, because at the moment anyone who wants to ask for asylum has no other choice but to cross the Channel.”

While much has been said by both the French and the British concerning this incident, these statements seem to be passing the blame for the tragedy instead of trying to effectively prevent similar events from happening again.

Attempts to cross into the UK in 2021 have been far greater than in previous years, increasing the issue of dangerous migration that French and UK officials have been facing.

### So why is the UK so popular?



According to a Refugee Action spokesman: “Refugees want a place where they can rebuild their lives where they feel safe. Where refugees feel safe is the same place most people feel safe, among families, among friends, in a country that perhaps has familiar customs, like the UK would have to its former colonies, or in a place where you speak the language.”

“Or simply a country that is renowned for upholding the rule of law and human rights.”

Additionally, for some, the UK is seen as a better place to gain informal work without the necessary paperwork.



## How are the governments trying to prevent this from happening again?

UK and French authorities are determined to prevent crossings over the Channel by making the route “unviable” for migrants hoping to enter Britain from France.

The following statement was released: “Both the Home Secretary and Interior Minister agreed to strengthen operational cooperation. More must be done to stop the dangerous crossings.”

They agreed to accelerate the delivery of the commitments made in the joint agreement of July 2021: to prevent 100% of crossings and make this deadly route unviable.

However, Downing Street has called on the French government to do more to reduce the number of people travelling across the Channel in small boats, leading to a growing diplomatic row over who bears greater responsibility. The UK government responded to the crisis by pledging £54m to France to improve its patrols on its northern coastline, from which many migrant boats are launched.

The day after the drownings, Mr Johnson released his letter to French President Emmanuel Macron, in which he proposed 4 ideas on how to tackle the crisis:

- 1.) Joint patrol operations in each other’s territorial waters
- 2.) Deploying more advanced technology
- 3.) Joint airborne surveillance by manned and unmanned aircraft
- 4.) Better real time intelligence sharing to deliver arrests and prosecution on both sides of the Channel

He ended his letter by expressing how he is certain that both countries can rise to this challenge.

The laws around migration in the UK aren’t as firm as laws in other countries; there is more opportunity for illegal migrants to get jobs here, which is why many make the dangerous journey from France to the UK. And there are also the groups of people who exploit this crisis by offering risky transportation for high rates.

It has to be stopped.

Human trafficking is a crime, and migrants are putting themselves at risk in hopes of finding themselves a better life for them and their families. The exploitation of desperate migrants is not new; it has been a major issue for a long time. It is a worldwide problem, and won’t be fixed overnight. But these 27 innocent deaths must mark the end of years spent passing blame and the beginning of world leaders taking this crisis seriously.

- Kashvi Tyagi



## TV Show Recs:

### Romance

**Yuri On Ice!** - Yuri on Ice is the story of Japanese figure skater Yuri Katsuki. At the start of the show, we see Yuri suffer a crushing loss at the Grand Prix Final. Defeated and depressed, he finishes up college and returns home to sort out his life. Although Yuri has fallen out of shape since the competition, he still loves the sport. One night he performs a routine originally skated by his idol and competitor, Victor Nikiforov, which a few local kids capture on video and post online. The video goes viral. Victor himself sees the clip and flies to Japan to offer Yuri his help: he'll be his coach and train him to win what is very likely to be Yuri's last season.

### Drama

**Lemony Snicket's A Series of Unfortunate Events** - The Baudelaire family have always had it easy, until they met Count Olaf. Disasters strike at every step, and destruction seems to follow. Unfortunate event after another, will the Baudelaires get through?

**Gilmore Girls** - a really comforting and cute show about a girl and a mother who has an obsession for coffee

**Sherlock** - Sherlock Holmes is a private detective who has keen powers of observation. He lives at 221b Baker Street in London. He notices things that others simply don't and then he draws accurate conclusions about what he sees. He experiences strong mood swings, plays the violin, and is a master of deductive reasoning.

**Killing Eve** - Being recruited by an intelligence agency puts Eve in the direct path of Villanelle, an assassin. Though the mission is to kill her, the two women find themselves strangely drawn to each other.

### Historical

**A Very English Scandal** - Based on a true story. An English politician's past homosexual affair comes back to haunt him as his career reaches its peak, culminating in one of the most intense murder trials in history.

### Action/Thriller

**Terror In Resonance** - in an alternative iteration of the present, two teenage boys who go by the names Nine and Twelve steal a prototype bomb in an apparent terrorist attack. Calling themselves 'Sphinx', they threaten to destroy Tokyo unless their riddle is solved. Their main aim is to expose the nefarious activities of the organization that experimented on them and they do this with the help of a schoolgirl called Lisa that they befriend.

**WandaVision** - Wanda Maximoff and Vision settle down with new lives as a family. However, not all is as it seems



**Marvel's Agents of S.H.I.E.L.D** - Phil Coulson puts together a team of agents to fight extraordinary threats. A very engaging show with lots of action and humour, and recommended for anyone who enjoys Marvel or other action films.

### **Comedy**

**The Suite Life of Zack and Cody** - Zack and Cody, who are identical twin brothers, find their lives taking a hilarious turn when their mother starts working at one of Boston's finest hotels, the Tipton.

**Space Dandy** - A slightly random show, Space Dandy tells the story of Dandy who searches for rare aliens, with his robot assistant QT, and Meow, his cat.

**DuckTales** - Don't laugh at me- it's a cartoon abt ducks!



## Movie Recs:

### Dark Comedy

**Heathers (1988)** - A dark comedy with a lot of murder and some typical high school drama.

### Crime

**Red Notice** - Police officer has to work with criminal to track down another criminal- starring: Dwayne Johnson, Ryan Reynolds, and Gal Gadot

### Fantasy

**Twilight** - Edward Cullen and Bella Swan are vampires for 5 entire movies

**Jack the Giant Slayer** - Jack has been listening to stories about giants from his mother ever since he was little, but when he gets magic beans that will change his status in society, not long after a girl comes to him (who is a princess) his life changes forever.

### Romance

**After** - Tessa Young is a dedicated student, dutiful daughter and loyal girlfriend to her high school sweetheart. Entering her first semester of college, Tessa's guarded world opens up when she meets Hardin Scott, a mysterious and brooding rebel who makes her question all she thought she knew about herself -- and what she wants out of life.

### Thriller

**Dismissed** - A psychological thriller when an optimistic, straight-edged teacher finds trouble when a star student is willing to do anything to get an A.

**Jaws** - Shark attacks a small American tourist town.

**Paprika (2006)** - A science-fiction, psychological thriller, anime film where a dream terrorist steals a device that allows people to share their dreams fights with a research psychologist who enters this dream universe and morphs into Paprika (a dream detective). Dreams and reality slowly begin to merge, and reality starts to become unreal.

**Along Came a Spider** - a psychological thriller- a senator's daughter and the treasurer's son are kidnapped from a private school and Alex Cross, a prominent detective and psychologist, tries to solve the case and find the children before it's too late.

### Coming of Age

**3 Idiots** - In college, Farhan and Raju form a great bond with Rancho due to his refreshing outlook. Years later, a bet gives them a chance to look for their long-lost friend whose existence seems rather elusive.



## Action

**Megamind** - A supervillain named Megamind defeats and kills his enemy. Out of boredom he creates a superhero who becomes evil, forcing Megamind to turn into a hero.

**Spiderman: No Way Home** - Peter Parker's identity has been revealed for the first time and everyone thinks he is a criminal. Trying to reverse this, he tries to eradicate the event. The spell goes wrong, and the multiverse is broken. Villains come from alternate multiverses with a target - kill Peter Parker. How will Peter defeat them, and will everyone survive?

**Avengers: Endgame** - The conclusion to the Infinity Saga - the Avengers try once again to save the world from Thanos

## Historical Fiction

**The Book Thief** - Liesel lives with her foster parents Hans and Rosa Hubermann in Nazi Germany. She finds solace from the horrors around her by stealing books from the mayor's house to learn new words.

**Dunkirk** - In May 1940, Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found. At the end of this heroic mission, 330,000 French, British, Belgian and Dutch soldiers were safely evacuated.

## LGBTQ+ Films

**The Boys in the Band** - It's gay, Harold is a bit over-the-top but it's so good. And Leonard Nimoy plays him well. Basically a group of gays in 1968 (note: pre-Stonewall) have a birthday party and a straight person interrupts unexpectedly. Party goes a bit very sideways from there. Watch for the drama and because Matt Bomer is in it :D



## **NASA'S DART Mission: The Double Asteroid Redirection Test**

NASA's Double Asteroid Redirection Test (DART) is the world's first full-scale mission to test technology for defending Earth against future asteroid hazards through deflection. No matter how small the threat of potential asteroid impacts may seem, it is still a real danger that cannot be ignored. And, through missions like DART, we can aspire to prevent these risks and protect our planet from future asteroid threats.

In November 2021, the DART spacecraft was launched from the SpaceX Falcon 9 rocket, and by October 2022, it will have hit the target asteroid.

So how do NASA aim to explore asteroid deflection?

Run by the John Hopkins Applied Physics Laboratory, the DART mission specifically involves trialling the kinetic impactor technique. This involves sending one or more large, high-speed spacecrafts into the path of an approaching near-earth object.



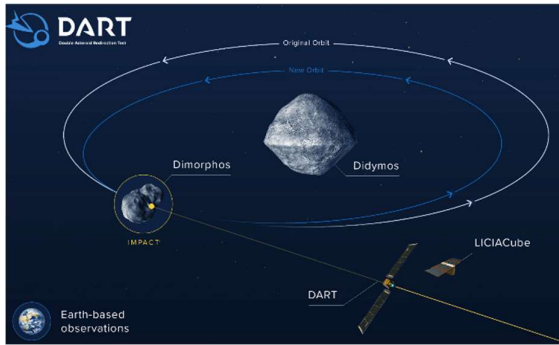
However, DART's target asteroid is not a threat to Earth, allowing it to be used as a testing ground with minimal collateral damage. In addition, the spacecraft will be using solar-powered panels to provide energy for its electric propulsion system, as well as demonstrating ion engine technology.

DART's target is the binary asteroid system Didymos, which means "twin" in Greek (and explains the word "double" in the mission's name). The system comprises two asteroids: the primary body, which is *also* named Didymos (diameter: 780m, 2534.4 ft), and the secondary body, Dimorphos (diameter: 160m, 525 ft) which orbits the larger asteroid.

The DART spacecraft will impact Dimorphos, the collision changing the speed of the moonlet in its orbit around Didymos by a fraction of one percent. Nevertheless, this will shorten its orbital period by several minutes - enough to be observed and measured using telescopes on Earth. In addition, these telescopes can measure the







regular variation in brightness of the combined Didymos system, allowing us to determine the orbit of the secondary body.

The DART spacecraft is set to reach Dimorphos next September. The asteroid is within 11 million kilometres of us, so telescopes on Earth will be able to observe how Dimorphos' momentum is

affected as the spacecraft collides with it. If the technology is able to neutralise any threats from asteroids, it could protect humanity for years to come.

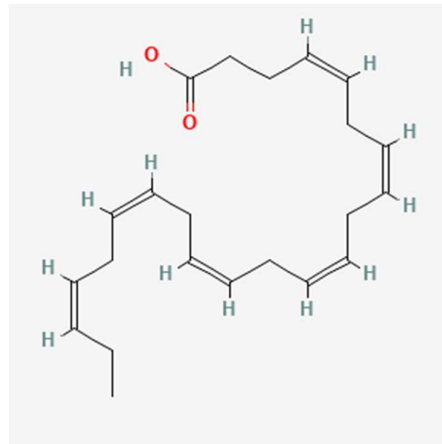
- Zahra Talukder



## Docosahexaenoic acid: the most important acid you've never heard of

Do you think you worked hard to get into this school? Did you believe the reason was that you studied? Whatever you believe it was, it wasn't you. Not really. Instead, it was this acid: Docosahexaenoic acid (DHA).

Docosahexaenoic acid is a polyunsaturated omega-3 fatty acid. Polyunsaturated is used to describe the chemical structure: "poly" meaning many and "unsaturated" referring to the double bonds. Omega-3 references the double bond located at the third carbon from the "omega" end (highlighted in red). DHA is crucial for brain development during the prenatal period and early childhood, making up 97% of the omega-3 fatty acids found in the brain, and 25% of the brain's total fat content. As well as this, it is associated with multiple health benefits, with increased intake of docosahexaenoic acid throughout life being essential for maintaining healthy brain function.



From the National Library of Medicine

During pregnancy, increased intake can: improve eye health, reduce chances of preterm labour, result in better childhood neurodevelopmental health and stimulate brain development of the child. Moreover, higher levels of docosahexaenoic acid in early childhood can lead to improved cognitive growth and performance, memory, and a more heightened mental task performance speed.

Moving forward into adulthood, intake of docosahexaenoic acid can protect against age-related cognitive decline and reduce the risk of heart disease.

As your body does not produce a lot of docosahexaenoic acid, it is advised that additional DHA should be taken in the form of supplements or food. Fatty fish - including shellfish, mackerel, salmon, sardines and herring - are all very high in DHA, each containing a few grams per serving. Fish oil and algae also have it. However, DHA supplements are available for those who don't eat seafood.



We are made up of many, many intricate pieces. So intricate that we don't yet have the capacity to fully grasp them. As William Shakespeare once said, "There are more things in heaven and earth, [Horatio], than are dreamt of in [your] philosophy." There is far more in the universe than we can ever hope to comprehend. As such, we are limited by our 5 senses as much as they allow us to experience the world. This idea is reflected in the existence of many things - such as DHA. In fact, the things that make us who we are, are far more complex than we realise, and DHA is just one of the many things that contribute to us as people.

- Elizabeth Coupe



## Agony Aunt Column

### Is it odd that I am not in a friendship group?

*It can certainly feel odd when everyone around you always seems to be in a friendship group when you're not. Odd isn't always bad though: you are a unique individual and the sort of friendships you want and need might be different to what other people see as normal. So you don't have a single friend group, do you have at least a few people you can trust and rely on (friends or family)? If so, that might be enough (if not, please feel free to write in again or use other resources). I spoke to a friend of mine who has several friendships but doesn't really have a friendship group. They noted a key upside: mixing with lots of different people allows you to access lots of different sides of yourself (rather than only using the sides of yourself that fit a specific group's dynamic). Of course, the downside is that you might feel lost or isolated, especially when the groups meet up but don't invite you because you're not quite part of them. One way to combat that is to effectively invite yourself. It sounds scary but if you don't ask, you don't get. Sure, don't be rude or pushy, but if you hear about a meet up and you know you get along with all the people attending, ask if you can come! Another idea is for you to host a meet up and invite people you're comfortable around (effectively starting to forge your own group). A less scary idea is simply to focus on individual friendships and invest more time into those, meeting up one-to-one with the friends you do have. It really does depend on the sort of person you are: not everyone thrives in a group dynamic and that's ok. I'll let you in on a secret: many many friend groups are more fickle and short-lived than they first appear. It's those one-to-one friendships that are more likely to stand the test of time.*

### I can't ever seem to focus in some lessons. Like, I'll draw on my hand in french when I should be learning the past tense. Do you have any advice for how to stay on task?

*Often procrastination is something we fall back on very easily. It can be caused by many things: either you're not engaging with the subject matter you're being taught, or your mind is elsewhere. Or sometimes, you just can't seem to focus in, no matter how hard you try. The first thing to remember and affirm within yourself is that it is not your fault. You're not "lazy" or a "bad student". By reaching out like this, it shows you really do care about learning, but something isn't quite on your side.*

*Two reasons for this:*

*Your mind is already exhausted. With school life being a large constant in all of our lives, it's hard to take breaks sometimes. And by breaks, I mean, real, effective periods of rest. Not a timed, anxiety-ridden forced break that doesn't actually let you unwind. Burnout comes at different stages for everyone, but it does happen to us all. If you don't take the time out of your day to really let go and do something you love or something mindless, it will catch up to you. This rest needs to happen aside from sleeping. But of course, that helps too.*

*Some things that help me unwind when I need to: having a list of all the things I need to do. If all the tasks expected of me are swirling around my mind during my break,*



*I'll be itching to get some of it done, but I know I won't do it effectively. You need to rest, to achieve your goals. So taking it out of my mind, writing it down so I can see practically all the things I need to get done and prioritise it: "is it due tomorrow? can I afford to do it when my mind is in a better place? can I ask for an extension? does this test really matter, or will it simply be an anomaly if something does go wrong?". Evaluating these things can help you just take a minute away from all the noise and see things at face value.*

*2) You just struggle to focus in on new things. Maybe the idea of learning something new when your brain is already full is too daunting, or maybe you really just can't focus. Some things that might help with that: set yourself small goals. Achievable ones that make the mountain of a lesson seem like small hills. Maybe listen in for five minutes and make detailed notes. Then reward yourself: this can be by taking a small break, or doodling, or even a sweet treat if you're not in lesson. These are effective small tasks that you're more than capable of achieving and once you do, your confidence that the problem isn't with you is sure to grow. It's not a disaster if you miss a bit of a lesson by zoning out. Because the chances are your friends have notes on it, or the internet definitely will.*

*If it seems to keep happening in specific lessons, try evaluating what feels different to you about that subject. Maybe your mindset is already negative, you're already thinking this won't go well, or you won't be able to focus. That's already an obstacle in your way. It may sound cheesy, but really do try going into those lessons being prepared to learn. Even if you don't particularly enjoy it, it doesn't mean you can't learn something cool.*

*You can always talk to your teachers as well if you're struggling to focus. It can help them see too that you really do care, and it's not yours or their fault that you can't focus. Teachers are good allies to have on your side in these situations. You can also always let one of your friends know, if teachers are too scary. Maybe tell them if they notice you zoning out, to give you a little nudge and help refocus your attention back on the task at hand. They're your friends and would be more than happy to help with that. Feeling helpless isn't the answer, but there are real solutions to this.*

*Obviously, different ones work for different people, but try implementing some of them, and if that doesn't quite work, try something else. I've attached a link below to an article on things that might help you. Try working your way through the list to see what helps and what doesn't. Most of the time, a plan to get yourself back on track is made up of many small things that help you, not one big perfect solution :)*

<https://www.healthline.com/health/mental-health/how-to-stay-focused>

**It feels like everyone's abandoning me. I know they're not, but it feels that way. My friends parents are really strict, but it still makes me feel lonely. I think I probably have attachment issues, and I should probably work on that, but it feels like people use me for stuff and then leave me. Do you have any advice on how to cope with this, because it makes me feel just so low sometimes.**

*Thank you for writing in. When we go through things like this, it can feel so lonely and cruel, so it's good for other readers to see that they're not alone in this*



*experience. Certainly I can see myself in your place, and so I know there are many ways to approach this:*

*Firstly, you have to know that your worth does not change depending on how you are treated. Develop a sense of self that is separate from how you can be used (while being helpful and empathetic are good traits, they're still more about service than self). Focus on virtues such as enthusiasm or curiosity or hobbies or honesty or morality (surely you have some of these, and others can be developed). You are someone worthy of love and attention, regardless of whether you receive it or not.*

*Secondly, keep things in perspective (you have already started doing this by mentioning your friends' parents being strict). There are always factors other than how much our friends value us. Even if you see them hanging out with other friends instead of you, it might be because that friend is having a hard time and they think they need them more than you do. (Sure you might doubt that, but people can surprise you). Some people need to prioritise other things, like school, over friendships. That is just how they are. Friendships are about meeting people where they are, accepting them as they are. It's your choice whether to always expect more of them than they will give (and then be disappointed), or to lower your expectations (so invest less into the relationship and aim to prioritise it to the same level they do), even if it hurts. The right friendships are worth making that choice, while other friendships aren't worth the pain of either option. Some people thrive best in relationships where all is equal, others don't mind being the one who cares (and gives) more.*

*Regarding feeling used, the best way to cope is to avoid those situations when people use you. Sure, lending someone a pencil is absolutely fine, but if someone asks you to spend ten, twenty minutes explaining lesson content to them, and then never gives you their time outside of that, you can see how that's unfair. So next time someone asks you for a favour or empathy or comfort, consider critically whether they are likely to return it when you need it. If the answer is no, you have another choice: either you are the sort of person who wants to always be kinder than the world is to them or you are the sort of person who will be hurt too much by that and needs to refuse to help people who won't help them back. Or you can be any of the sorts of people between those extremes, who agree to 'be used' sometimes, but refuse other times. As long as you aren't harming others, you don't need to justify yourself to anyone. For the record, none of those sorts of people are better than the others: they are all just different ways of existing in a way that works best for you.*

*Finally, focus on the people who ARE there for you, who haven't abandoned you. There are likely some in your family, and probably a few of your friends (look to those smaller friendships you may be overlooking). Focus on building trust with these relationships, being a little slower and ensuring things are more equal (if that's what you need) throughout the process might prevent you being used and left. I hope you know you deserve friendships that are more than that.*



## Affirmations Page

**Priya Yalla**- besties the BEST friend and has got me through so much<3

**Tisha Raj Yajaman** For always being by me no matter what and helping me get through the worst of days. She's always there to cheer me on and make me smile every single day without fail. I literally don't know what I would do without her <333

**Monique**, you are the most funniest person I know and you are really nice

**Anayah Waqar (7MAH)** for being really great

**Koyenum Adoh** - because she can always make you laugh when you need cheering up:)

**AVA** - nice :D

**Nidhi 9EG** For being an amazing friend and putting up with me since Year 7 :)

**Trishna Venkatesh** from 11CJD- She is the most caring person I know, who always looks out for her friends and has such a lovable personality. <3

**Evie Crowson**- You are amazing, and are always there for me!

**Tatiana Karataeva** - because she can brighten up any situation :)

**Parker Pigozne** - you legend i love you you're so so so so so so snazzy and you're so cool hehe :D jamming to the beatles is one of my favourite passtimes in the morning!! ilysm <33

**gabby** - they keep asking me to watch this show and i love hearing about what they have to say (although i may not act like i do heh) they're just a generally funny person and im glad they are my friend and that we can listen to each other's random interests at the time

**Isabella Huber Valencia** For being so amazing honest and nice all the time (and a little crazy but I love that) <3

**Ayati Tyagi + Avisha Talwar** I am sorry I chose 2 but they are both wonderful friends and have helped me in year 7 a lot they are funny kind and amazing

**Emma Barton-Roberts** - She exists. She loves lemon sherbets. She is legend. <3

**Avani**- For always being there when I need them most nad always being a humorous and kind friend. Thanks :)

**Hagar Nisar** - She is a wonderful person and she always makes me laugh during lessons

**nikitha prabhakar** - has constantly supported me for years now and i really wouldnt be as happy as i am now without her, merry christmas niki

**Akshaya Yeddula**- You are awesome, and so talented!

**Jiya Jadav** - because she's a really great friend you can always rely on:)



**Paris Akbarian Miandouab** - you can always rely on her to help you when you're stuck:)

**Sarayu Potluri**: For being the best friend anyone could ask for.

**madhu** ur cute <333333

More of a collective but... Everyone involved with **Legally Blonde** has worked so hard to give a great performance, the rehearsals have been quite hard on quite few people but I have heard that they have still tried to make it to all the rehearsals. It was also so nice to see all the years bonding and being friends!

**Amy Grace Upton** - they are super nice and funny and they make me laugh a lot :D

**sOphia** - very smart and helpful and nice :)))

**Rowena (Year 11)** - Rowena is a great friend who is always caring and kind to everyone. She is enthusiastic about everything she does, and just generally makes me feel happier when she's around.

**Elise Shaffer** - because you can always go to her for help :)

**Laiba** because she's so interesting and passionate about everything.

**isABELLE** - VERY NICE HAIR :D

**Charlotte** - A great friend who is always enthusiastic and shares her snacks :)).

**emma** - :D MAKES ME NOT lonely

**Lauren Routledge 8PB** - Because they are my bff, and they are the best thing that has happened to me at this school. luv ya bestieeeeeeeeeee <3333

**Fatimah Khan 11CEC** - There is so much to say about how just wonderful she is yet it is very hard to express in little words, and pretty sure everyone can agree! Always so sweet, friendly and ever-so-caring! Thank you so much for being my friend through all these years and dealing with my craziness, I can't ever thank you enough! ( p.s. You are short. In a good way of course! ) :D

**Daisy Banks** You are an all round funny and great friend





## Teacher Appreciation:

**Mrs Cooper** - the amount of work she put in to get Legally Blonde together and make it good was absolutely phenomenal, combined with keeping running bands, choirs and lessons right up until the last week, and organising an online Christmas concert all just shows how absolutely amazing she is. We're all so grateful and really hope she gets a proper break over Christmas after this insane term :)

**Mrs Cooper, Miss Hyde and Heather** for helping so much with Legally Blonde and putting it all together.

I think **Miss Parris** deserves recognition because she is such a great teacher. Whenever any of her students feel upset about something she is always there to listen and is respectful and caring no matter how small the problem is and she is also super fun! If every teacher in the world was like Miss Parris everybody would love school.

**Miss Parris** as she is the best teacher ever. I don't know if she has recognition or not



## A Salute to Stephen Sondheim

The outpouring of tributes and grief for the recently deceased Stephen Sondheim (1930-2021) only serve as testament to the love and respect held for him in the musical theatre world. His legacy as a “reinventor of the American musical” and as one of the most influential figures of 20<sup>th</sup> century musical theatre is the deserved result of a lifetime of wide-ranging and extraordinary compositions. Some of these include the music for *Company*, *Into the Woods*, *Follies* and *Sunday in the Park with George*; this impressive catalogue earned him a record 8 Tonys, 8 Grammys, a multitude of other awards and, on top of this, a Presidential Medal of Freedom for his outstanding impact on musical theatre.

Sondheim was born into a Jewish family in New York on 22<sup>nd</sup> March in 1930. He was the only child of fairly wealthy parents, and whether despite or because of this was described as an “isolated, emotionally neglected child”.

He wrote his first musical, *By George!*, at the age of 13 while at a private Quaker prep school, and later attended Williams College, a liberal arts college in Massachusetts where he received the Hubbard Hutchinson Prize, a 2-year fellowship to study music.

During much of his early years, Sondheim was profoundly influenced by Oscar Hammerstein II, his mentor and essentially surrogate father outside of his tumultuous family home. Hammerstein helped him to develop his love for musical theatre, passed on a depth of knowledge from his experiences writing music for the stage and Sondheim credited him with, in one afternoon, teaching him more about musical theatre and songwriting “than most people learn in a lifetime”.

Sondheim’s status as a rising star of Broadway was first cemented by his now famous collaboration with Leonard Bernstein for *West Side Story*, a modernized Romeo and Juliet that has recently been remade by Steven Spielberg – the affectionately titled SS2 to Sondheim’s SS1. While Sondheim later said that he regretted parts of his lyrics for the famous score, it remains an iconic classic in musical theatre repertoire and can be given significant credit for his rise to prominence in the theatre.

After the iconic *West Side Story* and lyrics for another Broadway hit - *Gypsy*, Sondheim’s first professional score for which he wrote both the music and lyrics was the hugely successful *A Funny Thing Happened on the Way to the Forum*, a production that won 6 Tony Awards, including Best Musical, and ran for over 900 performances on Broadway, making it Sondheim’s longest running stage musical.



Skimming over several years of compositions with mixed success, a marked turning point in Sondheim's career was the start of his collaborations with Harold "Hal" Prince in 1970. The first of these collaborations was the hit concept musical *Company*; this being a show based on the life of a single man and his married friends, exploring the difficulty in forming relationships and the complexity of marriage. The show won the Tony awards for Best Musical, Best Score, and Best Lyrics, emphasizing the extent to which Sondheim's genius elevated the musical. This partnership with Hal Prince also produced amazing musicals such as *Follies*, *Sweeney Todd – the Demon Barber of Fleet Street*, and *A Little Night Music*, the show from which *Send in the Clowns* - one of Sondheim's best-known songs - was born. Sondheim's 1984 collaboration with James Lapin - creating *Sunday in the Park with George* - won the pair a Pulitzer Prize for Drama, and their later work *Into the Woods* was made into a star-studded movie musical in 2014.

Sondheim's prolific writing started to slow down into the early 2000s, something he attributed to both age and, potentially surprisingly for such a beloved and ingenious composer, "an increasing lack of confidence... . People expect more of you and you're aware of it and you shouldn't be". This decrease in time spent on original works left room for some astounding collaborations showcasing some of his most iconic music - one of which (entitled *A Bed and a Chair: A New York Love Affair*) emerged from a partnership with jazz and trumpet legend Wynton Marsalis. The concert featured over two dozen of Sondheim's best-known songs, all reimagined by Marsalis for jazz band.

Aside from musicals, Sondheim was an avid creator of puzzles and games and is credited with introducing the very British phenomenon of the cryptic crossword to the US market with a series of puzzles published in the New York Times, a further testament to his astounding way with words and grasp of the human psyche. His love of puzzles has been described as "legendary in theatre circles" and this renown resulted in him being the inspiration for the main character in Anthony Shaffer's play *Sleuth* with his musical puzzle ingenuity.

Throughout his career, Sondheim worked with several younger composers in order to improve or comment upon their work as he was inspired by his invaluable mentoring from Oscar Hammerstein in his youth. These include Johnathon Larsson (later known for musicals such as *Tick, Tick... Boom!* - the recent adaptation of which Sondheim provided a voice cameo for), and Lin Manuel Miranda, who sought his guidance when working on the original idea for *Hamilton* (then called *The Hamilton Mixtape*).

Many others have been greatly influenced by his diligence when replying to letters from the public – these letters from Sondheim can now be found being treasured by all who received them. Since his death, social media pages have emerged for people sharing the letters they received from the late award-winning composer, and his



commitment to writing genuinely personal responses and the joy they have brought is another small part of his legacy that will live on.

When speaking of Sondheim's legacy, one could quite easily look to the multitude of official tributes and accolades he amassed during his lifetime; these including tens of awards, the two theatres named after him, his 2008 Special Tony Award for Lifetime Achievement in Theatre or the Stephen Sondheim Society (which was established to provide information about his works but also funding two annual prizes for outstanding young performers and composers).

However in truth, Sondheim's legacy will be forever embedded in the hearts of the innumerable people he inspired with his music. He credited his own passion for the theatre to a performance of *Very Warm for May* he saw on Broadway at the age of nine – imagine for a second the number of people who Sondheim's own musicals will have inspired in this way, and only then can one realise the enormity of Sondheim's impact on both musical theatre, and the world, at large.

- Katy Harrison



## Book Recs:

### Fantasy

**Chain of Gold** - Cordelia Carstairs is a Shadowhunter, a warrior trained since childhood to battle demons. When her father is accused of a terrible crime, she and her brother travel to London in hopes of preventing the family's ruin, before discovering their own connection to a dark legacy that gifts them with incredible powers.

**The School for Good and Evil** - Every four years, two children are kidnapped from the village of Gavaldon. Legend has it these lost children are sent to the School for Good and Evil, the fabled institution where they become fairytale heroes or villains. When Sophie and Agatha are taken, however, at first it seems that their fortunes have been reversed, but what if this mistake is the first clue to discovering who the two of them actually are?

**The Shadow and Bone Trilogy** - The books follow a war-torn world in which cartographer Alina Starkhov resides. A sudden turn of events sees Alina realising she has extraordinary powers that could be the key to setting her homeland free from a dark entity called The Fold filled with monstrous creatures called volcra. Whilst on the course of training to ready herself for this mission, she meets the Darkling who she initially tries to impress, before the discovery of a huge secret leaves her unsure of who to trust.

**Artemis Fowl** - This book series is about young criminal mastermind Artemis Fowl, who discovers the People, fairies who live at the earth's core; but these fairies aren't the ones from the bed time stories. These creatures are high tech, advanced and far more intelligent than humans, and they are discovered by Artemis when he kidnaps elf Captain Holly Short, who is pretty annoyed about the kidnapping.

### MYSTERY

**Sherlock Holmes** - Sherlock Holmes is a private detective with a keen power of observation, solving various mysteries nobody else is able to by using his skills of reasoning and deduction, assisted by his friend and narrator Dr Watson.



**A Good Girl's Guide to Murder** - The case is closed. Five years ago, schoolgirl Andie Bell was murdered by Sal Singh. The police know he did it. Everyone in town knows he did it. But having grown up in the same small town that was consumed by the murder, Pippa Fitz-Amobi isn't so sure, and when she chooses the case as the topic for her final year project, she starts to uncover secrets that someone in town desperately wants to stay hidden. And if the real killer is still out there, how far will they go to keep Pip from the truth?

**As Good As Dead** - Pip Fitz-Amobi is haunted by the way her last investigation ended, before another case finds her... and this time it's all about Pip. Pip is used to online death threats, but there's one that catches her eye, someone who keeps asking: who will look for you when you're the one who disappears? And it's not just online, Pip has a stalker who knows where she lives. The police refuse to act but then Pip finds connections between her stalker and a local serial killer, who has been in prison for six years, but Pip suspects that the wrong man is behind bars. As the deadly game plays out, Pip realises that everything in Little Kilton is finally coming full circle. If Pip doesn't find the answers, this time she will be the one who disappears...

**Dead Popular** - Kate Jordan-Ferreira is the most powerful girl in school and keeps her position by playing ruthless. However, long held secrets start coming to light about the students and she realizes someone is playing a much more dangerous game. Kate races against time to find out who is releasing these secrets and to make sure that her last year at her school isn't the last year of her life.

## **SCI - FI**

**Battle Royale** - 42 9th graders are sent to a deserted island. They are given a map, food, and various weapons. An explosive collar is fitted around their neck. If they break a rule, the collar explodes. Their mission: kill each other and be the last one standing. The last survivor is allowed to leave the island. If there is more than one survivor, the collars will explode and kill them all.

## **ROMANCE**

**The Seven Husbands of Evelyn Hugo** - Aging and reclusive Hollywood movie icon Evelyn Hugo is finally ready to tell the truth about her



glamorous and scandalous life. But when she chooses unknown magazine reporter Monique Grant for the job, no one is more astounded than Monique herself. However, as Evelyn tells her story, Monique begins to feel a very real connection to the legendary star, but as it nears its conclusion, it becomes clear that her life intersects with Monique's own in tragic and irreversible ways.

## CONTEMPORARY

**A Library of Lemons** - Calypso's mum died a few years ago and her emotionally incompetent Dad can't, or won't, talk about her at all. Instead, he throws himself into writing his book *A History of the Lemon*. Meanwhile Calypso retreats into her own world of books and fiction. When a new girl, Mae, arrives at Calypso's school, the girls' shared love of reading and writing stories draws them together. Mae's friendship and her lively and chaotic home - where people argue and hug each other - make Calypso feel more normal than she has for a long time. But when Calypso finally plucks up the courage to invite Mae over to her own house, the girls discover the truth about her dad and his magnum opus - and Calypso's happiness starts to unravel.

**The Twins at St. Clare's** - The twins are simply not having it. St Clare's is beneath them and they're determined to cause a stir. But life at St Clare's is not as easy as they thought. They have several surprises and arguments before they admit their troubles are of their own making, and settle down to make friends. Expect mischief at St Clare's!

**Cities I've Never Lived In** - Fourteen stories that contain intimate glimpses of a young New England woman whose life must begin afresh after a divorce. The stories circle the dreams of a narrator who finds herself turning to storytelling as a means of working through the world and of understanding herself. A book that upends our ideas of love and belonging, and which asks how much of ourselves we leave behind with each departure we make, and reveals the way in which we are most of all citizens of the places where we cannot stay.



**No Longer Human** - It tells the poignant and fascinating story of a young man who is an addict, alcoholic and womaniser, who is caught between the breakup of the traditions of a northern Japanese aristocratic family and the impact of Western ideas. In consequence, he feels himself "disqualified from being human". It is semi-autobiographical and etched with loathing and self despair.





## What to do at home for Christmas?

I'm sure that you all have your tinsel up and your best decorations on the tree (and if you don't, you will do so promptly) but that is likely to be where your Christmas activity ends until the day itself arrives.

Well, this list will show you a plethora of things that you can do to ensure you keep your - and others' - Christmas spirit alive all throughout December, some of which help local businesses in Reading in the process.

### **Create your own Christmas Decorations!**

Use any of the random materials around your house to make some decorations for... anywhere you like! Take some pictures too, so you can show others and bring the Christmas spirit to them.

### **Take a look at the 'Twilight Trail: Biscuit Town'!**

This trail around the Abbey Ruins and Forbury Gardens is all about Reading's old nickname 'Biscuit Town' because of the historic *Huntley and Palmer's company*, which even supplied biscuits to Queen Victoria and Napoleon. Tickets are on sale from 3rd-31st December - £6 for children, £8 for adults and £26 for a family pass.

### **Why not go see A World Premiere Adaptation of Charles Dickens' A Christmas Carol?**

Reading Rep Theatre brings you a new version of this festive classic, written by Beth Flintoff, for the whole family to enjoy! Prices range from £14-£29 for 14th to 31st December so book while you can!

### **Have a Christmas movie night in!**

Gather all of your blankets and pillows so you can watch all of your Christmas favourites without having to get off the sofa.

### **Enjoy some Christmas Karaoke!**

Instead of carolling like every year, get your friends and family to join you in singing some joyful Christmas songs... karaoke style! It could be some good ol' classics or you could introduce them to some new Christmas tunes that won't get out of your head!

### **Try your hand at baking a Christmas recipe!**

There's nothing better to do at Christmas time than bake! Whether it's as complicated as making your own Christmas pudding or as easy as making boxed gingerbread houses, baking is always a great way to boost Christmas spirit!

### **Take a wander around your local garden centre!**

It is always incredibly Christmassy in garden centres and just being there can help you soak up some extra Christmas spirit.

### **Tour the local Christmas displays!**

I know I love wandering around admiring everyone else's beautiful Christmas lights, and when there are



decorations that stretch beyond that, it just fills me with joy.

**Have a Christmas jumper catwalk!**

Strut your stuff wearing your favourite Christmas outfit in front of those you love dearest.

**Encourage your family to have a Christmas game night!**

Dig out all of your old board games and go all out to become the Christmas game champion!

Do as many or as little of these as you like because even the littlest thing can make you feel ready for a very merry Christmas!

- Ava Ford



## Rounding up 2021

2021 has been an eventful year. As we approach the end, we thought we'd look back on the major news stories that took place. Here's to hoping 2022 will be full of happier news for everyone!

### January

#### **AstraZeneca vaccine rollout begins**

- the first Astra-Zeneca vaccine for COVID-19 is delivered to an 82 year old on the morning of 4 January.

#### **UK lockdown until mid-February**

**Capitol Riot** - A riot started by Trump supporters claiming the election was fixed shook the news to its core and resulted in 5 people dying. A chaotic end to Trump's presidency.

#### **Biden officially becomes president -**

After four years of bad tweets, a new president was elected even in the turbulent situation.

**Indian farmer protests** - The protesters had a parade on Republic Day, but some protesters ended up storming Delhi's Red Fort, resulting in tragic injuries and deaths.

### February

**Myanmar military coup** - Myanmar's military deposed the elected members of the country's government, jailing the President and the State Counsellor Aung San Suu Kyi, before taking charge.

**NASA's Perseverance Rover** - The rover was launched on 30th July 2020 and successfully landed on Mars on 18th February as part of NASA's Mars 2020 project.

### March

**Ever Given gets stuck in the Suez Canal** - The Ever Given was a huge container ship that got stuck in the Suez Canal, blocking it for 6 days and disrupting global trade.

**Sarah Everard** - Police officer Wayne Couzens kidnapped, harassed and murdered Sarah Everard, starting a national debate on women's safety in the country.

### April

**Prince Philip dies at the age of 99** - He died on 9th April, having been married to the Queen for 70 years.

### May

**Israel and Palestine** - Fighting between Israel and Hamas escalates, with Israel bombarding the Palestinian Gaza Strip and both sides attacking each other, resulting in hundreds of deaths.

### June

**COVID-19 in the UK** - Zero daily deaths reported for the first time since March 2020

Pfizer vaccine approved for ages 12-15



## July

**UEFA Euro 2020** - England lost to Italy 3 - 2 on penalties in the finals in the most watched program since Princess Diana's funeral.

**Jeff Bezos Into Space** - Jeff Bezos flew to space on a rocket made by his space company Blue Origin, marking the first crewed flight made by the company and the start of a plan for "space tourism".

## August

**Tokyo Olympics** - The postponed 2020 Tokyo Olympics finally took place this year, with the USA coming first in the medal table.

**Greece wildfires** - These wildfires have killed 3 people, injured 20 and burned down several homes after a historic heatwave.

**USA withdrew troops from Afghanistan and Taliban take over** - The USA follow through with their decision to withdraw US troops from Afghanistan on August 31 after 20 years, but the Taliban start taking over provincial capitals, ending with taking over Kabul on August 15 and causing the government to collapse.

## September

**Texas Abortion Law** - The Texas Heartbeat Law is passed banning any abortions after 6 weeks (which is before most women are aware they are pregnant)

**Emma Raducanu won US Open**

## October

**Alec Baldwin shoots Halyna Hutchins** On the set of the movie "Rust", the lead actor Alec Baldwin accidentally shot cinematographer Halyna Hutchins when firing a stunt gun that wasn't supposed to be loaded.

## November

**COP26** - The UN Climate Change Conference took place in Glasgow as world leaders came together to try and reach a global agreement to stop climate change.

**Britney Spears conservatorship ended** - The conservatorship of Britney Spears, where her finances and personal affairs were controlled by her father due to her being deemed unable to do so, came to an end after 13 years.

**Omicron emerges in South Africa** - A new COVID variant later named Omicron was first discovered in South Africa by scientists, which could render vaccines less effective due to gene mutations.

## December

**Angela Merkel stepped down as Chancellor** - After 16 years, Angela Merkel stepped down as Chancellor of Germany. Her successor is Olaf Scholz.

- Inakshi Gaba and Dora Abbi



## Song Recs

### POP

**Black and White** by Niall Horan  
**80 in the friend zone** by Courtship  
**Just Because** by Mallory Merk  
**SugarCrash!** by ElyOtto  
**Blank Space** by Taylor Swift  
**Mask** by Dream  
**Have We Met Before** by Sarah Barrios (with Eric Nam)  
**Stop The Rain** by Ed Sheeran  
**Bad Habits** by Ed Sheeran  
**Shivers** by Ed Sheeran  
**everything sucks** by vaultboy  
**Take You Dancing** by Jason Derulo

### KPOP

**Mikrokosmos** by BTS  
**Maria** by Hwasa  
**LO\$ER=LOVER** by TXT  
**November Song** by Yerin Baek

**Nothing On Me** by KAI  
**Espresso** by TWICE  
**Gashina** by SUNMI  
**Wish For You** by Kang In-soo & Lee Sang

### ALTERNATIVE/INDIE

**Fetch the Bolt Cutters** by Fiona Apple  
**ANTONYMPH** by Zelda Lulamoon  
**Okay** by Chase Atlantic  
**Talk Too Much** by Coin  
**Bed** by Niko Rubio  
**Afraid** by The Neighbourhood  
**Ultraviolence** by Lana Del Ray

### DANCE/ELECTRONIC

**moment** by vierre cloud

### R&B/SOUL

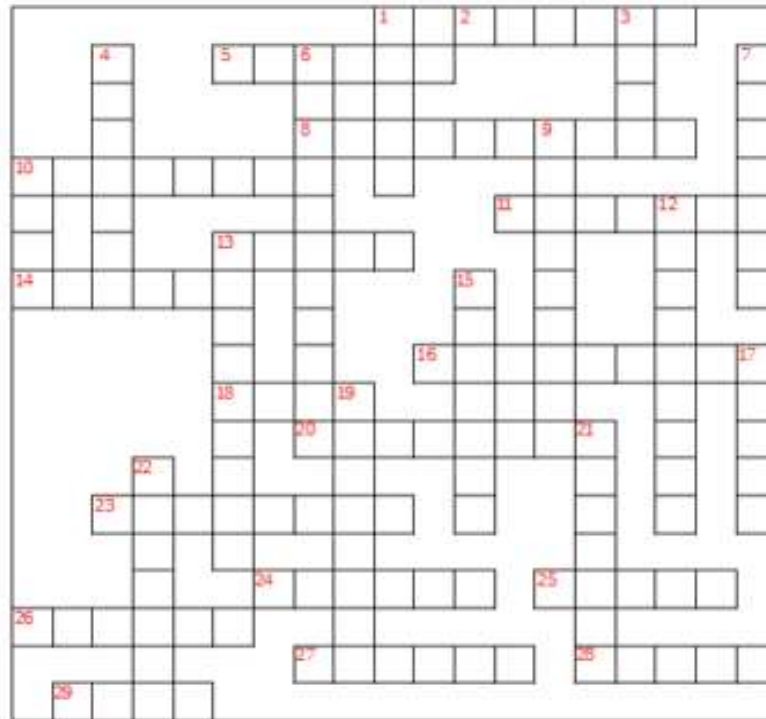
**lowkey** by Niki



# Entertainments Page

## Festive themed!

# Christmas



### Across

- 2 Famous snowman
- 5 Traditional dairy drink
- 8 An opener or a famous ballet
- 10 Hung over the fireplace
- 11 Carrot-nosed figure
- 13 Christmas song
- 14 Circular decoration
- 16 Dance of the \_\_\_\_ Fairy
- 18 Tree topper
- 20 Christmas month
- 23 Tree decoration
- 24 Santa's ride
- 25 Santa's helpers
- 26 \_\_\_\_ Bells
- 27 Green Christmas thief
- 28 Plant with red berries
- 29 The First Christmas. 'The First \_\_\_\_'

### Down

- 1 \_\_\_\_ Pole
- 3 Green Christmas decoration
- 4 Mean or misery person
- 6 Treat used to build miniature houses
- 7 How Santa gets in
- 9 Striped sweet
- 10 Frozen rain
- 12 Christmas "kissing" plant
- 13 Gift giving holiday
- 15 Little \_\_\_\_ Boy
- 17 \_\_\_\_ Christmas: A season's greeting
- 19 Rudolph and friends
- 21 Lead reindeer
- 22 Kris \_\_\_\_

ADVANCED

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**Kendrick School**  
Lead, inspire, make a difference

## RIDDLES

- 1.) Why didn't the turkey want to eat on Christmas day?
- 2.) Why are Christmas trees bad at knitting?
- 3.) What do you call a snowman in the summer?
- 4.) Who is the rudest out of all Santa's reindeer?
- 5.) Why is Santa really good at karate?
- 6.) How do snowglobes feel about Christmas?

## CHRISTMAS KNOWLEDGE QUIZ!

1. Which Hollywood actor played six different roles in The Polar Express?
2. Who wrote, "Christmas doesn't come from a store, maybe Christmas perhaps means a little bit more?"
3. Three of Santa's reindeer's names begin with the letter "D." What are those names?
4. Which real life person is Santa Claus based on?
5. Which country did eggnog come from?
6. Father Christmas is also known as Kris...?
7. Tinsel was originally made with strands of silver. True or False?
8. With what three words was the Grinch described in How the Grinch Stole Christmas?
9. What is the name of the last ghost that visits Scrooge in A Christmas Carol?
10. What popular Christmas song was actually written for Thanksgiving?
11. What are Christmas trees also called?
12. If you were born on Christmas Day, what's your star sign?
13. How many scrabble points would you get for the word 'Christmas'?
14. How many presents, in total, were given in the 12 Days of Christmas?
15. What is the chemical formula of snow?
16. What colour are mistletoe berries?
17. In Italy, what is Father Christmas known as?
18. True or False? A snowflake has 7 points.
19. Balsam, Douglas, Fraser, and Noble are all types of what?
20. Children in what country leave out Pan de Pascua (sponge cake with fruit, ginger, and honey) for Santa Claus?



## SUDOKU

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5	6	3						8
						3		
7			2					
	2			7				
	1			5				4
			7	3	5		2	
			9	8				6
9			4	1				

	7	4						
			1		9		5	
						3		8
4		6			3		8	
		5				1		
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5	7							
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		4	6			9		
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3	8		4				9	
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4			8					6
				1			4	3
5				6				
						3		
			7		8			
	6	7		4	1			5

Here's a link to more sudoku puzzles if you're interested!

- <https://sudoku.cba.si/en/>





## ANSWERS:

### Crossword-

CANDYCANE – Striped sweet (9D)	
CAROL – Christmas song (13A)	
CHIMNEY – How Santa gets in (7D)	
CHRISTMAS – Gift giving holiday (13D)	
DECEMBER – Christmas month (20A)	
DRUMMER – Little _____ Boy (15D)	
EGGNOG – Traditional dairy drink (5A)	
ELVES – Santa's helpers (25A)	
FROSTY – Famous snowman (2A)	REINDEER – Rudolph and friends (19D)
GINGERBREAD – Treat used to build miniature houses (6D)	RUDOLPH – Lead reindeer (21D)
GRINCH – Green Christmas thief (27A)	SCROOGE – Mean or miserly person (4D)
HOLLY – Plant with red berries (28A)	SLEIGH – Santa's ride (24A)
JINGLE – _____ Bells (26A)	SNOW – Frozen rain (10D)
KRINGLE – Kris _____ (22D)	SNOWMAN – Carrot-nosed figure (11A)
MERRY – _____ Christmas; A season's greeting (17D)	STAR – Tree topper (18A)
MISTLETOE – Christmas "kissing" plant (12D)	STOCKING – Hung over the fireplace (10A)
NOEL – The First Christmas, "The First _____" (29A)	SUGARPLUM – Dance of the _____ Fairy (16A)
NORTH – _____ Pole (1D)	TREE – Green Christmas decoration (3D)
NUTCRACKER – An opener or a famous ballet (8A)	WREATH – Circular decoration (14A)
ORNAMENT – Tree decoration (23A)	

### Riddles-

- 1) Because it was already stuffed.
- 2) Because they always drop their needles.
- 3) A puddle.
- 4) Rude-olph.
- 5) Because he has a black belt.
- 6) It always leaves them a bit shaken up.

### Christmas Knowledge Quiz-

- 1) Tom Hanks
- 2) Dr Seuss
- 3) Dancer, Dasher, Donner.
- 4) The Bishop St Nicholas



- 5) England
- 6) Kringle
- 7) True
- 8) Stink, Stank, Stunk
- 9) The Ghost of Christmas Yet to Come
- 10) Jingle Bells
- 11) Yule-trees
- 12) Capricorn
- 13) 16
- 14) 364
- 15) H<sub>2</sub>O
- 16) White
- 17) Babbo Natale
- 18) False- a snowflake has 6.
- 19) Christmas trees
- 20) Chile



## Editor's Note

That brings to a close the third issue of our school newspaper. Thanks to all of our writers for making this a possibility, we could not have done it without you. This symbolises the voice of the student body, so we hope you found something of interest or learned something new. The amazing cover art for this issue was done by Sofia Kar Almazan. Our editorial was written by Dora Abbi, Kaya Garcha, Anya Bensouiah, Nivi Premanand and Elizabeth Coupe. We as an editorial team are glad we were able to bring this together, and we hope to publish many more issues just like this one.

- Arya Kalavath (Editor-in-Chief)

