

# THE CITY HERALD

# WELCOME

# 2023



We have now ushered in the new year, and have to get used to seeing “2023” instead of “2022”, In the forthcoming months, we face a time of uncertainty, in all parts of life, from personal to political, and it is important now more than ever to come together in these times, and show support for one another. This need for a sense of community is imperative in the present times, to know that we can rely on each other, and aid one another.

Our newspaper this term focuses on the all things community. We take the chance to celebrate things happening around school,



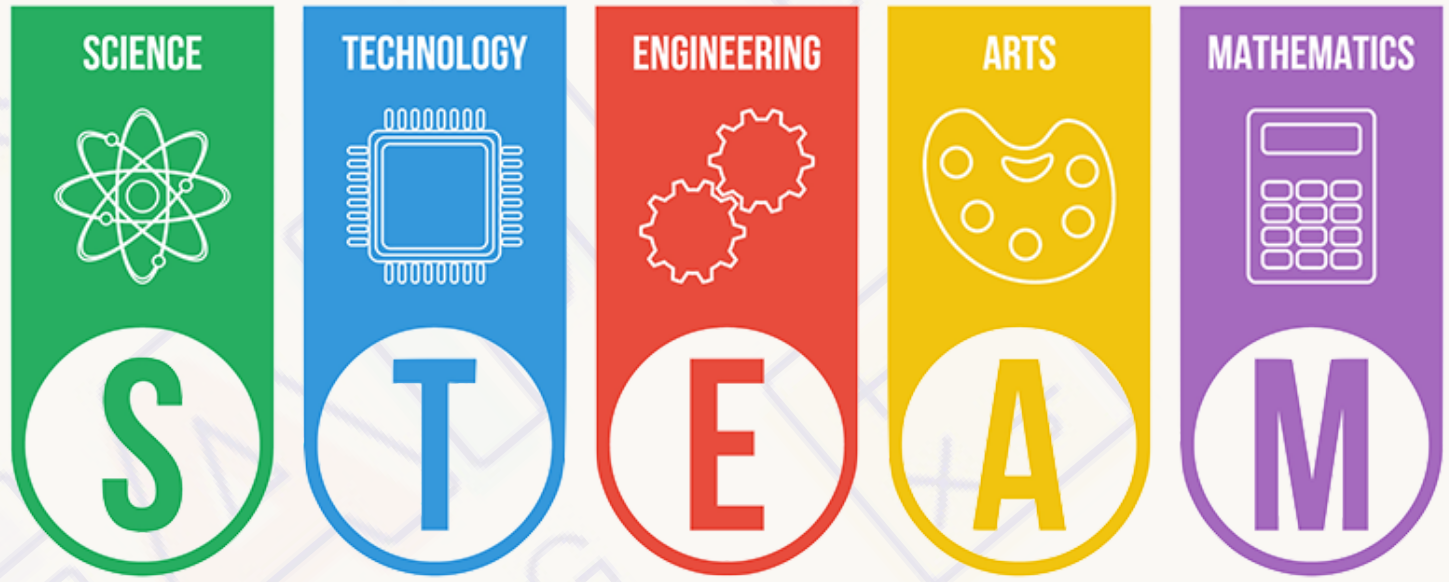
STEAM, our school production, International Women's Day are just a few. Often in the news, we see tragic stories, but what we want to do is to provide you with the stories that you want to know, stories that you don't necessarily know yet and stories that

put a smile on your face So sit back and have a read In this edition, we interviewed Ms Coles, Mrs Wright and got an insight in the school's production. If you would like to see anything special, get in touch and let us know.  
[herald@tcolc.aspirelp.uk](mailto:herald@tcolc.aspirelp.uk)

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# MARCH 2023

As I am sure you all know, in March our school will be celebrating STEAM month. This is a month to celebrate all things to do with Science, Technology, Engineering, Arts and Maths. It's important to recognise that these subjects are not 'stand-alone' subjects but are connected to each other in many ways. In order to find out more information, I chatted to our very own STEAM expert Ms Nelson and this is what she had to say. "I think that STEAM is very beneficial to students of all ages as it exposes students to different creative processes. Due to the variety of subjects, it allows for meaningful collaboration between students and the different fields of study. It will also provide an insight into a variety of careers which becomes more important as you go up the school."

It's important for us all to recognise and take the opportunities that we have in school to realise that they do fit in with the "real world". Ms Nelson said that "students often see subjects as independent, having no connection to other subjects or the 'real-world'. If they become aware of STEAM subjects and the links between them, they will see how what they are learning in, for example Science and Maths, will benefit other subjects (and how other subjects benefit Science and Maths too!)."

To celebrate STEAM month, there are lots of things happening around school. The STEAM departments are currently running several clubs for KS3 and KS4 students, including Science Club, Silver Crest Award Club, and Textiles Club. KS4 and 5 students have the opportunity to take part in the Science Olympiads, students in all year groups participate in the UK Maths Challenge. During the month we have arranged several different activities for students of all key stages to take part in; exotic animals, 3D printing, the ever-popular lunch time Maths activity sessions, lunchtime Science experiments and Lego coding to name just a few. There is A LOT more happening and I am sure that everyone will find something that interests them!

**BEN S (Y10)**





*"Our best show yet!"*

Our school production "No Place Like Home" has started rehearsals in full wing. In order to get the latest news I sat down with the show's director Mrs Wright and she gave me the insiders scoop. I am looking forward to show night. Be sure to look out for my review.

Luca: So, can you tell us a bit more about the play?

Mrs Wright: The play is a take on the classic The Wizard of Oz. Ms Douglas has rewritten it to incorporate the modern world and the amazing technology we have access to nowadays. However, what happens when the internet goes down? How are the influencers going to post their thoughts about another person?

Luca: We are so excited to watch the performance, we know how much hard work has gone in to the making of the performance. Just how long has it taken you to take this from script to rehearsal to stage?

Mrs Wright: We started rehearsals during September and these are weekly (currently) we are finding it difficult to only have the full cast together once a week afterschool and due to split lunches, this is preventing additional rehearsals as a team. However, we have a brilliant, dedicated group of students who are flourishing and are really focused on making this their best show yet!

Luca: Is there any specific you want us to look out for when we watch the performance?

Mrs Wright: The characters have been loosely based on the original, therefore, we would love for you to identify the evil witch, the amazing Oz & of course D!

Luca: Who is your favourite character in the play?

Mrs Wright: My favourite character is the evil witch. She is so manipulative and has such brilliant control over majority of the characters.

Luca: What part are you most excited to see in the play?

Mrs Wright: The reveal of Oz...no further comments...

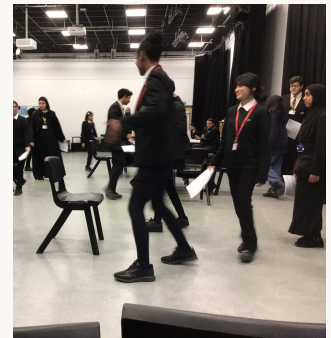
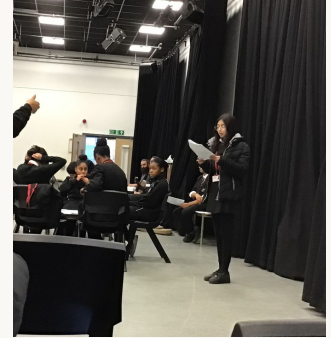
Luca: What have you enjoyed the most about seeing in the rehearsals?

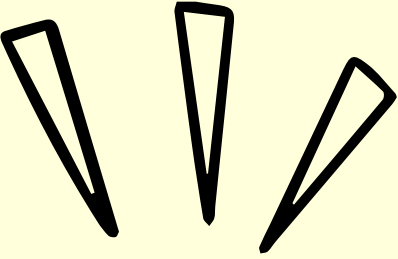
Mrs Wright: I love watching the students develop their social skills, by working with people they would never have worked with before. We are seeing leaders emerge and such fantastic supportive friendships. We have students from Year 7-11 taking part and it's been great to see the bond growing as a team.





## BEHIND THE SCENES





# EQUALITY FOR WOMEN

JUDE D (Y12)  
SNEHA G (Y12)



International Women's Day is about women from all around the world. IWD is a day to celebrate activists on a global level, raising awareness of their work and the challenges they face. This year, we are celebrating it on Wednesday 8th March 2023.

It is integral now more than ever, to recognise the importance of women, and their contributions to society as we know it today. International women's day is the chance to place a spotlight on women's achievement's, and showcase their talents, in ways that are not done enough in the other 364 days of the year.

Whilst international women's day is an important occasion, to some those 24 hours may not feel like enough time raise awareness on women's challenges, or their achievement's. However, it is still something that must be made the most of, and can even start close to home, by striking up a conversation with family, peers and friends.





# Emma RADUCANU



## THE REMARKABLE RISE OF RADUCANU

Emma Raducanu has burst on the British and global sporting scene this year, enjoying a meteoric rise into the public's sphere in a way few people have ever done before. While she may have only become a household name over the past few months, this moment has been a long time in the making, dating back to when she first picked up a racket as a young child.

## SERVING ON THE COURT AND OFF THE COURT

Raducanu sat her A-Levels, achieving an A\* grade in Maths and an A in Economics. Ranked 338th in the world, Raducanu made her grand slam debut at Wimbledon, reaching the last 16 before retiring in the second set against Ajla Tomljanovic after experiencing breathing difficulties. That performance led to a world ranking of 150 by August.

By September, she was ranked 23rd in the world and was Britain's No 1.

## FEARLESS US OPEN CHAMPION. A CELEBRATION OF HER GREATNESS. #IWD

She won the US Open in September 2021 without dropping a single set, and became the first British female to win a grand slam since Virginia Wade in 1977 (a long long time ago!) and collected a cheque worth \$2.5m (£1.8m) in the process.

She is definitely an inspirational teenager and one we can all learn some resilience from and to celebrate on IWD. Since then, she has also received an MBE from King Charles celebrating her achievements.

Aum T (Y7)



# THE PRESSURE

*To be perfect*

Today, I write to you as a 14 year old filled with hope, as a friend who understands your pain, and as a young girl who will fight for change.

We live in a world where validation comes from looks and body image, we live in a world where society has non sensical standards, where women are under constant pressure to fit the unrealistic social standards the media has put across our vulnerable minds. Women are only valued and appreciated if they have something that's appealing to men. This NEEDS to change. Growing up in this bubble, I have seen how women are only validated if they are sexualised. 1 in 8 women have been diagnosed with depression or anxiety due to these unrealistic expectations put on them by society. six in 10 women are severely depressed due to the expectations put onto them by society. Young girls are being exposed to the idea that their differences aren't accepted in society and that they should look a certain way. I am disgusted, I am appalled and I am disappointed. We need to appreciate women and beauty without making any woman feel less than another.

They say change comes within yourself but how can a woman change her standards? How is she expected to if society pressures us to be perfect? How, when we are manipulated to conform these expectations and stereotypes. Have you noticed how the media constantly harasses us with adverts? Whitening creams, edited pictures, acne treatment, beauty products that enhance body parts or face diet pills. .

These are easily accessible and many influencers promote these. These adverts convey a message to us that love and acceptance only comes through changing yourself, and that your appearance can either be the success or the cause of your downfall. As a result of this it has become more frequent for young girls and women to adopt a low self-esteem and develop depression. This needs to change. We are the society that needs to change.

By the time the average British girl reaches 18 she has seen 320,000 adverts across adverts on social media aimed to change her appearance. These ideals cause extreme amounts of emotional pain and normalises the acceptance of pain through beauty. These toxic beauty standards promote harmful body practices such as cosmetic surgery which give young women the satisfaction of physical "perfection". This is not acceptable. We cannot grow up in this environment any more. It's time to wake up and see the truth.

I know we as a community, as a sisterhood and as the new generation can destroy these ideas and embrace inner beauty. Let's change the traditional definition of beauty from physical appearance to a more meaningful one. As what Emma Watson says, "I don't want other people to decide what I am, I want to decide for myself". Let's build a future where we can all feel beautiful and most importantly accepted, where we can all love each other.



*Love Yourself*

# Happiness CHALLENGE

WAKE UP EACH DAY AND LIST 3 THINGS  
YOU'RE GRATEFUL FOR

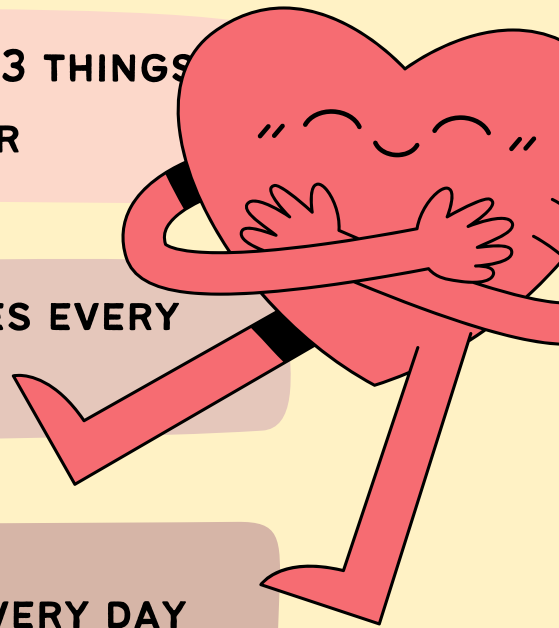
SPEND TIME WITH LOVED ONES EVERY  
DAY

MEDITATE FOR 10 MINUTES EVERY DAY

PERFORM AN ACT OF KINDNESS EVERY  
DAY

EXERCISE FOR 30 MINUTES EVERY DAY

READ FOR 30 MINUTES EVERY DAY



# SOCIAL MEDIA DETOX

## CAN YOU HANDLE THE CHALLENGE?



**The No-Phone Challenge**



**The Social Media Cleanse**



**The Screen-Free Week**



**Take a Break from Technology**



**Disconnect for a Day**



**Unplug for a Weekend**

WRITE ABOUT YOUR EXPERIENCE AND SUBMIT IT TO:

**HERALD@TCOLC.ASPIRELP.UK**

**ARCHIE K (Y7)**







In the digital age, media and medicine, unsurprisingly, go hand in hand. Misinformation is rife, with headlines like “Ginger is Stronger than Chemotherapy for Cancer” and further claims that it is “10,000x more effective”, it can be hard to differentiate between the truth and the lies. Starting with the aforementioned headline, there have been studies into the treatment of cancer with ginger, and yes it has been effective - but on nowhere near the scale of what chemotherapy does.

## MEDIA

# MISINFORMATION, MEDICINE AND MORE

The media tends to blow thing out of proportion, and thus starts mass hysteria on dangerous levels. So much so, that it could have adverse effects. By advertising these “treatments”, many people’s lives are put at risk, and the steps they may be taking in their treatment may be causing more harm than help. It can mean spending extra time in consultations

alleviating worries, which could instead be spent on getting to the root of the issue. Or it can mean falsely believing you are helping yourself, when in fact you are causing a risk of harm to yourself. However, you should always try and do research into treatment, precautionary measures etc., but make sure to question - is this source credible?



SNEHA G (Y12)

Are all of the details being mentioned, or have some parts of the research “conveniently” been cut out? For the previously mentioned article on ginger, the fact that the test subjects for the study were not human, but mice, was not mentioned, so the claim of ginger being “10,000x” more effective” is effectively baseless. Thorough research, and thought of existing health ailments, family history etc, can mean that sometimes not going down a popular medical path is the best thing for you, which is completely understandable. However, misleading headlines and edited studies that leave out crucial points, can lead to a misinformed population, unknowingly walking down a path of hospital visits, time away from family, and a preventable diagnosis.

"Among Us" is a murder-mystery type game but has a twist. It is set in space. In 2017, this game was the talk of the town being played all across the world when suddenly in 2018 it turned into a desert with no players. But in 2022, the game had a new lease of life with a brand new mode released called "Hide and Seek" and VR (virtual reality). This became almost like a sequel. People were excited to play the game again, it was being talked about everywhere!

The game play is simple, you rather get chosen as a crewmate (innocent) or an imposter (murderer) and then if you're a crewmate you do your task so the ship that you are on will explode. If you're an imposter, you need to kill, sabotage and try to blend in. if you find a body, you report it and you get to have a meeting with everyone else and get to guess who the killer is and chuck them off the ship. The cycle then repeats itself until the imposter is kicked off the ship or the imposter kills everyone.



# AMONG US

I quite like the gameplay and there is more roles like you can be like engineer or a guardian angel. This game is especially fun if you play online and I'm glad there is no over the top story (looking at FNAF security breach).

I rate this a solid 8/10

**READY,  
RAVE,  
REVIEW**

**HARRY E (Y7)**  
**VIDEO GAME EXTRAORDNAIRE**



# THE PERSPECTIVE OF THE OTHER

I'm afraid. I'm so scared. As a young girl living in Syria I want to achieve my dreams, my hopes. But they have been crushed. By people in power, by the injustice in society, by the inhumane acts that happen in war. My biggest problem, my biggest fear. War. I didn't ask to be born in a city of chaos. Born in the wrong place at the wrong time. Where did it go? My endless nights of summer laughter. There's nowhere for me to grow. Nowhere for us to learn. Taught to sway in the wars relentless wind like a reed. Is this all there is? Meanwhile six thousand miles west you all worry about playoffs. Glued to a flat screen Tv, devoid of crime. Worried about your toast burning in the toaster, while my house and others burn down around me.

Aliyah A (Y10)  
*An insight to how children of war and mass destruction live.*



People think that war is a solution to bring peace. It cannot exist without war, just as death is a meaningless concept without life. Most people who hear the question "is a world without war possible?", they would say no. Why is war part of human history. Why can the history of humanity be told as the history of war? From the classical ages to the dark ages to modern history, war fare has always been a significant part of human history.

Wars have become increasingly destructive as industrialisation and technology have advanced and the productions of nukes cost billions. I don't want to grow up and repeat what I've seen. There is corruption at every corner. I have had enough and same have they. People relying on me to make a change, the only person to give them hope. No one prays for the children of war. We are all alone. Innocent people who didn't even know the meaning of the world war. Who didn't see the corruption and hatred in the hearts of mankind. The innocents.

ut you are still not grateful of the things you already have. Millions of people are affected by your need for power and money. Millions are affected by your need for revenge, by showing people your power. WWI. 40 million dead. Why? One assassination. Is the need for power more important than basic human rights. The right to live. WWII.

The deadliest and most destructive war in human history. 75 million dead. In the Vietnamese war, 2 million civilians dead. Only civilians. Not counting the thousands of soldiers on both sides. Second Congo war. An estimated 5.4 million deaths. My home country, my land. Palestine. Fighting over which land is whose. Never ending conflict. Thousands dead. Mostly children.

I nearly finished my education. But they bombed the school. My grandma was getting better, her treatment nearly finished. They bombed the hospital.

She is gone. How shall I hope if everyone around me is falling. My parents. Where are they? My house burned down. I went to play, but now I play hide and seek. Hoping the bomb doesn't fall on me. Pain. So much pain. All I have is hope. We need to stop fighting. We need to stop spreading hate. This deep-rooted anger will not go with war. It will go with spreading love and kindness and helping people instead of killing them. Stop thinking about power and revenge. Think about humanity for once. As John F. Kennedy famously said, "Mankind must put an end to war before war puts an end to mankind."

There is no point in a grim, bleak war. No point at all.





# TEACHER SPOTLIGHT

FOR EACH EDITION OF THE STUDENT NEWSPAPER, WE WILL SHINE A SPOTLIGHT UNDER SOME OF OUR TEACHERS. FOR THE FIRST EDITION, WE PUT MR VERNON UNDER THE SPOTLIGHT, BUT THIS TIME ROUND WE INTERVIEWED MISS COLES - OUR NEW HEAD OF ENGLISH. IF YOU WANT YOUR FAVOURITE TEACHER UNDER THE SPOTLIGHT NEXT - EMAIL US AT [HERALD@TCOLC.ASPIRELP.UK](mailto:HERALD@TCOLC.ASPIRELP.UK)



MISS COLES

**TEGHVIR: WHAT MAKES A GOOD ENGLISH TEACHER?**

MISS COLES: SOMEONE WHO'S REALLY PASSIONATE ABOUT BOOKS, READING. SOMEONE WHO TAKE AN INTEREST AROUND IN THE WORLD AROUND THEM, SOMEONE WHO UNDERSTANDS THE POWER OF THE ENGLISH LANGUAGE, SOMEONE WHO SHARES THE POWER OF THE ENGLISH LANGUAGE TO THEIR STUDENTS.

**TEGHVIR: WHAT DO YOU THINK OF STUDENT ASPIRATIONS?**

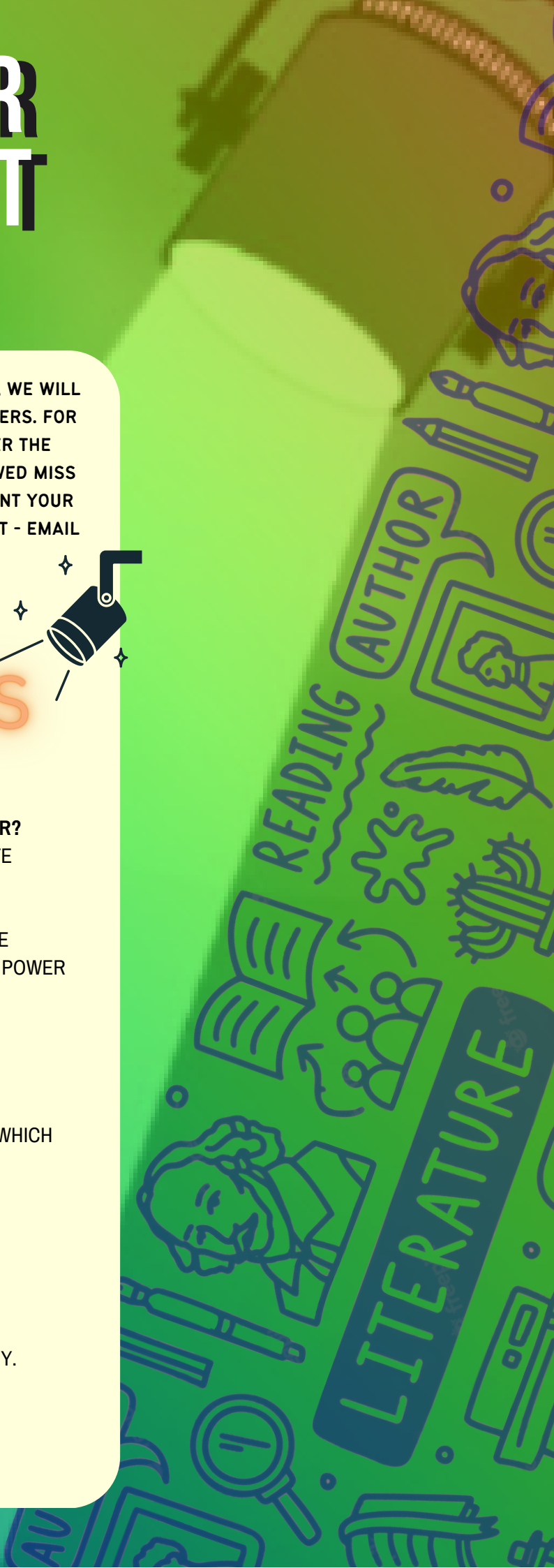
MISS COLES: SO, WE'VE GOT A LOT OF FANTASTIC STUDENTS WHO HAVE HIGHLY AMBITIOUS GOALS, WHICH IS REALLY INSPIRING TO SEE.

**TEGHVIR: WHAT'S THE BEST KEPT SECRET IN THE ENGLISH DEPARTMENT?**

MISS COLES: WHERE WE HIDE THE BISCUITS.

**TEGHVIR: WHAT'S YOUR FAVOURITE BOOK?**

MISS COLES: BRAVE NEW WORLD – ALDOUS HUXLEY.



# TEACHER SPOTLIGHT

**TEGHVIR: WHAT BOOK WOULD YOU RECOMMEND TO STUDENTS TO READ AT LEAST ONCE IN THEIR LIFETIME?**  
**MISS COLES:** GHOST BOYS – JEWEL PARKER RHODES.

**TEGHVIR: WHAT WAS YOUR FAVOURITE SUBJECT AT SCHOOL?**  
**MISS COLES:** MATHEMATICS, NEXT IS ENGLISH.

**TEGHVIR: DO YOU LIKE PINEAPPLE ON PIZZA?**  
**MISS COLES:** NEUTRAL.

**TEGHVIR: WHAT'S YOUR FAVOURITE FOOD?**  
**MISS COLES:** TOFU PANANG CURRY.

**TEGHVIR: IF YOU COULD HAVE ANYONE IN THE SCHOOL BE YOUR TEACHER, WHO WOULD IT BE?**  
**MISS COLES:** MRS LAMONT, HER SCIENCE LESSONS LOOK FASCINATING.

**TEGHVIR: WHAT DO YOU LIKE DOING IN YOUR SPARE TIME?**  
**MISS COLES:** WALKING MY DOG, THEIR NAME IS DOLLY, READING, COOKING, TRAVELLING.

**TEGHVIR S | Y10**



# THE CITY HERALD

G17 WEDNESDAY 3:20-4:20

AUTUMN ISSUE 2022

# RECRUITING NOW



**G17 WEDNESDAY  
3:20-4:00**

## **POSITIONS AVAILABLE:**

- **REPORTERS**
- **JOURNALISTS**
- **COPY EDITORS**
- **COLUMNISTS**
- **NEWS EDITOR**
- **EDITOR-IN-CHIEF**



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