

THE CITY HERALD

FROM PLASTIC POLLUTION TO PROGRESS

THE REMARKABLE DECLINE IN PLASTIC USAGE

Our disposable culture reveals unpleasant realities: Nearly 100 billion plastic packages are discarded annually in the UK, with only 12% finding a second life through recycling.

In our modern convenience-driven society, we often encounter inconvenient facts, and one of the most glaring examples is the staggering volume of plastic waste. In the United Kingdom alone, a mind-boggling 100 billion pieces of plastic packaging meet their end in bins each year. Shockingly, 12% of this massive plastic pile manages to find its way to recycling facilities.

From October, businesses in England must no longer supply, sell or offer certain single-use plastic items; from forks, to bowls and balloon sticks from McDonalds.

While the UK still grapples with a daily consumption of 10 million disposable bottles, there's encouraging progress in the shift towards reusable options. A remarkable 60% of Britons now use reusable bottles, a significant leap from the 20% seen eight years ago.

The days of feeling awkward about requesting a refill are long gone. In fact, technology has come to the rescue with the advent of apps designed to facilitate such environmentally friendly practices. The 'Refill' app, for instance, conveniently maps out 330,000 locations offering complimentary water refills. This is a small yet significant step toward a more sustainable future.

Checkout 'Plastic Tax' and growing public awareness deliver remarkable decline in single-use bags from major retailers. In 2014, seven leading grocery stores in England handed out a staggering 7.6 billion single-use bags to shoppers.



However, recent government statistics reveal a significant drop, with the annual figure now standing at 133 million, marking a one-third decrease from the previous year. This initiative, also implemented in Ireland, Scotland, and Wales, not only beautifies our streets by reducing litter but also prevents plastic bags from ending up in landfills.

For now, all eyes are on the Global Plastics Treaty. Last year, 175 nations signed up to a UN resolution to reduce plastic pollution by 80 per cent by 2040. Now they just have to decide how to do it. They've given themselves until the end of 2024 to figure it out. A draft treaty is due in November.

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HOW TO ACE Y7

Remember Year 6?

One day you're the big fish in a small pond. You know everyone and everyone knows you. You have a set routine, and everything makes sense.

Then, an exhilarating summer passes, autumn approaches and it is time to put that uniform on again. Only... it's a different uniform. It is not familiar primary school anymore; it is a fresh start to secondary school!

A myriad of emotions run through your body on that first day in Year 7-

- You are nervous.
- You are excited.
- You are terrified.
- You are eager.
- You are nauseous.
- You are curious.

However, the relieving thing is that every student feels the exact same way!

Here are some tips to any students who are still finding their feet. Or you can share these tips with anyone you know who will be coming to secondary school in the coming year-

Listen- there will be a lot of information to take in, so pay attention. Teachers will have valuable information to give you so make sure you do not zone-out in class or chances are you will miss something important.

Be resilient- secondary school is a fast-paced environment and no two days are the same. Be open to change and be open minded about trying new things and new experiences. Take each challenge as an opportunity to learn something. If you make a mistake- it is not the end of the world- see what you can learn from it.

Ask for help- this may be difficult for some people, but asking for help is a critical part of learning. Doing this will help build your confidence. Your teachers are more than happy to help. If you are lost on your way to class, consider asking an older student for help. They may be intimidating- but it will be their pleasure to assist you.

Aim to be an ambitious learner- work hard, strive to be the very best version of yourself you can be. Go the extra mile. Do not finish secondary school with regrets for not taking every opportunity available to you. And also be kind! This character trait is wonderful. Being kind to others will give a fantastic impression to others about yourself and will in turn result with people being kind to you.

A CATALYST FOR CHANGE: ROSA PARKS

MARYAMN | 7PAS

Rosa Parks; a name which we are all familiar with. A black woman who made history was born on February 4th, 1913, in the US and died on October 24, 2005. Rosa Parks lived a life full of courage and activism in the face of injustice. Her actions; refusal to give up her seat on a public bus was the catalyst for change. Her actions and commitment to this day continue to inspire people around the world.

Her parents were James McCauley who was a skilled stoneman and carpenter and Leona Edwards McCauley who was a teacher. Rosa spent most of her childhood and youth ill with chronic tonsillitis; she was constantly battling with

her health. Her parents divorced and without her father from then on, she and her brother moved with their mother to live on a farm outside Montgomery. For most of her childhood Rosa was educated by her mother who also worked as a teacher at a nearby school. She helped with the housework and learnt how to cook and sew.

She grew up in an environment marked by racial slurs, racial assaults, and blatant racism. The situation was hostile and aggressive and Rosa's grandfather would often keep watch at night with a rifle waiting for a group of violent white men who would attack.

The house doors and windows were barricaded shut with the family inside and they were frequently joined with her widowed aunt and her five children. Often, Rosa and her cousins would wear their clothes to bed in preparation of their escape. This was the norm in America and highlighted the racial segregation. Behaviour like this was normalised and accepted because of laws like the Jim Crow laws. On December 1st, 1955, Rosa went to travel on a public bus which had no seats left for black people. This was a regular occurrence as on public transport they had limited seats for blacks. She sat on a white American's seat as she wanted to show that white and black people can mix. She wanted to object to the segregation. When a white American entered and claimed the seat, she was sitting on she refused and kept on refusing. She refused to the point where police were called, and she was arrested. Her arrest and protest was a pivotal point in the civil rights movement in America as this sparked the Montgomery Bus Boycott. The Bus Boycott was a peaceful and nonviolent protest of African American residents of Montgomery refusing to use the city's bus system. The Boycott in Alabama became the spark that ignited the civil rights of America. The boycott lasted for 381 days and led to a Supreme Court ruling which declared segregation on public buses unconstitutional.

HEAR!— **MRS. ROSA PARKS**

those arrest, because she
refused to be segregated,
led to the Bus Boycott in
Montgomery, Alabama.

BALTIMORE BRANCH N.A.A.C.P.

**KICK-OFF
MASS MEETING**





VANESSA KINGORI

MAKING HISTORY

In the ever-evolving landscape of the publishing industry, there are trailblazers who not only make their mark but also break barriers that inspire generations to come. Vanessa Kingori is one such remarkable figure who has shattered glass ceilings and paved the way for others to follow. Her journey to becoming the **first female publisher in British Vogue's 102-year-long** history is not just a personal achievement but a symbol of progress and inclusivity in an industry that has historically been dominated by a particular demographic.



peanutstarther



Vanessa Kingori's commitment to uplifting women extends beyond her work in publishing and diversity initiatives. Her dedication to supporting female tech and business entrepreneurs through StartHER exemplify her commitment to positive change.

StartHER serves as a catalyst for change, providing a platform for female entrepreneurs to network, learn, and grow. By offering mentorship, resources, and a supportive community, Vanessa Kingori and StartHER are helping to level the playing field in male-dominated industries, creating a more equitable landscape for women to thrive and succeed.

TEACHER SPOTLIGHT

FOR EACH EDITION OF THE STUDENT NEWSPAPER, WE WILL SHINE A SPOTLIGHT UNDER SOME OF OUR TEACHERS. TODAY, WE INTERVIEW MS HAMMONDS. IF YOU WANT YOUR FAVOURITE TEACHER UNDER THE SPOTLIGHT NEXT -

EMAIL US AT HERALD@TCOLC.ASPIRELP.UK



MS HAMMONDS

DEV: WHAT DO YOU THINK MAKES A GOOD FOOD TECH TEACHER?

MS H: WELL THAT'S VERY KIND TO SUGGEST I AM 'GOOD'. I THINK I INSIST ON MUTUAL RESPECT AND WORK HARD ON BUILDING POSITIVE RELATIONSHIPS WITH STUDENTS. I HAVE A PASSION FOR THE SUBJECT AND HOPE THAT MY ENTHUSIASM FOR FOOD RUBS OFF ON STUDENTS.

BENAN: WHAT WAS YOUR FAVOURITE SUBJECT WHEN YOU WERE AT SCHOOL?

MS H: FOOD & NUTRITION OF COURSE, ALTHOUGH IT WAS CALLED HOME ECONOMICS THEN. MY SECOND FAVOURITE WAS GEOGRAPHY.

PARMPREET: WHAT IS YOUR FAVOURITE CUISINE?

MS H: THAT'S VERY DIFFICULT AS I LOVE MOST FOODS BUT PROBABLY INDIAN FOOD.

DEV: WHAT IS YOUR FAVOURITE DISH TO COOK?

MS H: I'M PRETTY GOOD AT A ROAST DINNER. MY CHRISTMAS GRAVY TAKES ME TWO DAYS TO PERFECT. I ALSO LOVE TO COOK INDIAN & ITALIAN FOOD.

BENAN: WHAT DO YOU THINK ABOUT PINEAPPLE ON PIZZA?

MS H: WELL I HATE TO ADMIT THAT I LOVE IT.

PARMPREET: IF YOU HAD TO TEACH ANOTHER SUBJECT, WHAT WOULD IT BE?

MS H: I WOULD REALLY ENJOY TEACHING ART, I FIND IT FASCINATING.

TEACHER SPOTLIGHT

DEV: WHAT LIFE/WORK SKILLS DID YOU GAIN THROUGH CHOOSING THIS CAREER PATH?

MS H: AFTER SCHOOL I WENT TO DO A BTEC IN HOTEL & CATERING MANAGEMENT AT LEICESTER COLLEGE. I REALLY ENJOYED THE CHEF TRAINING PART AND LEARNT SO MUCH ABOUT THE BASICS OF COOKERY. MY FIRST FULL TIME JOB WAS A CONFERENCE CO-ORDINATOR AT LEICESTER CITY FOOTBALL CLUB. THIS WAS A FANTASTIC EXPERIENCE AS I GAINED SO MANY SKILLS SUCH AS FOOD & BEVERAGE SERVICE, STAFF MANAGEMENT, DEALING WITH CLIENTS & PLANNING EVENTS. THE BEST PART WAS MEETING LOTS OF CELEBRITIES! MY FAMILY SET UP A BUSINESS ON QUEENS RD CALLED 'JONES' CAFÉ BISTRO' AS JONES IS MY FAMILY NAME. THIS WAS THE HARDEST I HAVE EVER HAD TO WORK IN MY LIFE. 60-70 HOUR WEEKS BUT IT WAS AN AMAZING EXPERIENCE. I RAN THE RESTAURANT AND WAS THE HEAD CHEF AND COOKED FOR 1000'S OF PEOPLE OVER THE 5 YEARS. THIS TAUGHT ME SO MUCH ABOUT WHAT HARD WORK REALLY WAS. MULTITASKING FROM CLEANING TOILETS, DOING ACCOUNTS, SERVING CUSTOMERS, BAR SERVICE, COOKING AND MANAGING STAFF. I THINK THE HARDEST PART OF THIS WAS DEALING WITH THE GENERAL PUBLIC AS WE DID COME ACROSS SOME INTERESTING CHARACTERS. I FELL INTO TEACHING AS SOMEONE TOLD ME TCOLC WERE DESPERATE FOR A FOOD TEACHER. I SAID I WOULD GIVE IT A GO AND WITH NO TRAINING I STARTED TEACHING FOOD. I COMPLETED MY DEGREE THROUGH THE OPEN UNIVERSITY AND THEN MY TEACHER TRAINING. 21 YEARS LATER AND I'M STILL HERE! I ABSOLUTELY LOVE WORKING WITH THE STUDENTS & SHARING A PASSION FOR FOOD WITH THEM. ALTHOUGH VERY TOUGH AT TIMES I NOW UNDERSTAND RESILIENCE. A 'THANK YOU' OR A VERY HAPPY FACE ON RESULTS DAY MAKES IT ALL WORTHWHILE. AS A TEACHER I THINK YOU GAIN SO MANY SKILLS ALONG THE WAY, NO TWO DAYS ARE THE SAME.

BENAN: WHAT ADVICE WOULD YOU GIVE FOR ASPIRING CHEFS IN THE SCHOOL?

MS H: COOK, COOK & COOK MORE. COOK FOR FRIENDS & FAMILY, MAKE MISTAKES & ENJOY IT. I REALLY RECOMMEND LEICESTER COLLEGE AS THEIR TRAINING FACILITIES ARE EXCELLENT. GET A PART-TIME JOB WORKING IN A CAFÉ OR RESTAURANT TO GAIN EXPERIENCE OF HOW KITCHENS WORK. I STARTED WASHING UP AT 13 YEARS OLD AND JUST USED TO WATCH THE CHEFS. THERE ARE SOME FANTASTIC UNIVERSITY COURSES IN ARTISAN COOKERY, I WOULD OF LOVED TO DO ONE OF THESE.



MS HAMMONDS SHARES HER 'BEST YORKSHIRE PUDDINGS'

Ingredients

- 270g Plain Flour
- 100ml Whole Milk
- 200ml Water
- 4 Large Eggs
- Salt & pepper
- 3-5 tbsp oil

**“britain’s favourite
regional delicacy”**

Method

- ✓ Put the flour in a bowl. In a jug, measure the milk and water. Then crack in the eggs and add salt & pepper to taste.
- ✓ Whisk the mixture and then add to the flour. Whisk this until smooth. Cover and rest for one hour in the fridge.
- ✓ Set your oven temperature to 220. Put your muffin tin in the oven to heat up for 10 minutes and then add 1 tsp of oil to each mould and put the tray back in the oven for 10 minutes.
- ✓ Give the batter a quick stir and pour equal amounts into the mould quickly, put back in the oven and close the door. DO NOT open the oven door again and bake for 30 minutes. If they are golden and risen, then they are ready to serve (otherwise cook for a further 5 minutes).

FROM THE PITCH TO THE STAGE

Kamakaze discusses his dual passions in exclusive interview with The City Herald.

CH: What is your creative process like when writing lyrics and composing rap songs?

K: I like solitude, I don't like distractions and because I live a very full and hectic lifestyle I don't spend a lot of time in the studio. I wrote the majority of my most recent work in my head driving to work.

CH: How do you stay current and innovative in the ever-evolving world of hip-hop and rap music?

K: I just say what's relevant to me, my life has changed a lot since I started making music, so I just try and stay current to who I am and I feel like your fanbase is normally at a similar level or place within their lives.

“an opinion belongs to that person and doesn't have to reflect either the truth or how you see it.”

CH: Have you faced any challenges or obstacles in your career and how did you overcome them?

K: I'm also a professional footballer so my schedule is very tight and I rarely have time to hit the studio or tour with my music. Time management is one of the most useful skills I've learned during my time as an artist. That has always been the biggest challenge for me but I've managed to straddle it well enough. Other obstacles are the same as in any career: people trying to out do you, people trying to take money when they're not supposed to, it is an industry after all.

CH: Are there any specific messages or social issues you aim to address through your music?

K: Being an honorable person who can stand by everything he says. Some issues are harder to solve than others but setting a good and honest example for my supporters as well as touching on things I take issue with is very important to me.

CH: How do you handle criticism and feedback from your audience and peers?

K: As long as you can stand by what you're making musically, you will learn that justifying every decision isn't important.



And just like in any other occupation: an opinion belongs to that person and doesn't have to reflect either the truth or how you see it. It's just how it is.

CH: Can you share any memorable experiences or highlights from your career as an MC or as a footballer?

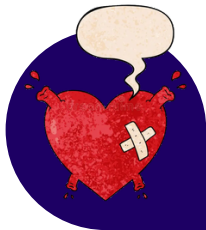
K: Winning the league with Luton when I was 20 as a footballer that was a huge part of the clubs history and their journey to the Premier League. Musically, just still being here long enough to have a legacy because so many of my peers fell out of the picture way too early. Getting nominated for a MOBO and being the first rapper from Leicester to be nominated was huge for me because one of my ambitions as an artist was to show what my city could do and that we have a huge amount of vibrance and talent in our city.

CH: Do you have any advice for aspiring poets who are just starting out in the industry?

K: Keep pushing, be true to yourself, only you get to decide when it's over and enjoy it.

MEDICAL *Timeline*

You might ask, why do I need to know a medical timeline? Well, understanding the beginnings of medicine provides historical context for how societies have approached health and healing throughout human civilization. It helps us appreciate the progress made in medical knowledge and practice.



1600 BC

Ancient Egyptians discovered that the heart pumps blood around the body.

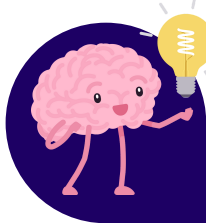
1



1895

In 1895 the first x-ray was given.

6



100 AD

In 100 AD, the Romans used their brains and realised that the brain is in charge of thinking.

2



1910

In 1910 Marie Curie discovered radiation.

7



800 AD

In 800 AD the first medical school was opened.

3



1928

In 1928 sir Alexander Fleming discovered Antibiotics.

8



1590

In 1590 the microscope was invented.

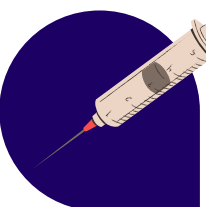
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1929

In 1929 doctors discovered that smoking was bad for you.

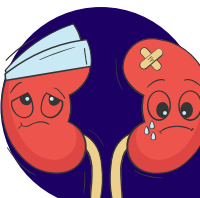
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1842

In 1842 the first anaesthetic was given.

5



1954

In 1954 the first kidney transplant took place.

10



'Timor-Leste's Stolen Wealth: The Covert Exploitation Scandal Unveiled'

Have you ever come across the name Witness K? Naturally, their identity remains confidential. What they are privy to stands at the center of one of the most contentious scandals globally.

TEGHVIR S | 11NAP

The inaugural Prime Minister of the Democratic Republic of Timor-Leste, Mari Alkatiri, openly accused the Australian government of exploiting oil and gas reserves in the Timor Sea. He asserted, "*Timor-Leste suffers a daily loss of \$1 million due to Australia's unauthorized resource exploitation in the contested region. Timor-Leste cannot have its rights or territory violated due to this misconduct.*"

In response, Australian Foreign Minister Alexander Downer stated, "*I believe they have erred in thinking that the best approach to negotiations is to castigate Australia, heap criticism on our nation, and accuse us of bullying and affluence, especially when you consider all we've done for East Timor.*" What transpired to lead to this conflict? When Timor-Leste achieved independence in 2002, the Australian government pressured Timor-Leste into signing an agreement that allowed Australia to continue

profiting from Timor-Leste's natural resources. How did this come about? Well, it involved the concealed placement of listening devices within the walls of Timor-Leste's government cabinet room. **Witness K**, a member of the Australian Secret Intelligence Service (ASIS), exposed this issue.

Consequently, Witness K and his attorney were apprehended and are currently undergoing a confidential trial on grounds of 'National Security.'

The Australian government deceived a nation that was just emerging from a traumatic occupation with one of the highest infant mortality rates, malnutrition, and preventable diseases in the world. They deprived Timor-Leste of billions in revenue from its own resources, exceeding the foreign aid provided to Timor by Australia!

four ways

to do something good with

£1

You can't buy much for £1 these days, but in this article, we tell you what you can do with £1 to help change the world. If you have any other ideas, please let us know on herald@tcolc.aspirelp.uk

plant a tree

UK-based charity Just One Tree plants a new sapling for every £1 donated. As they put it: "Trees are the primary method we have for removing carbon dioxide from the atmosphere."



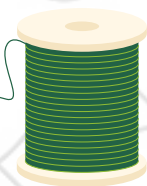
donate to a food or clothing bank.

Consider spending an extra £1 on your weekly shop to buy a couple of items for your local food bank. It's worth checking with them first to see what they need, but staples like tinned veg, rice and pasta are usually a good start.



buy a needle and thread and repair your own clothes

Mini sewing kits can be picked up for pennies, while charity shops and jumble sales are a good source of thread and yarn oddments.



swap a meaty meal for beans

Eating less meat is one of the most powerful actions we can take to lighten our carbon footprint. The NHS recommends eating 80g of cooked beans or pulses a day – that's just a third of tinned beans pulses which should easily cost you less than £1.

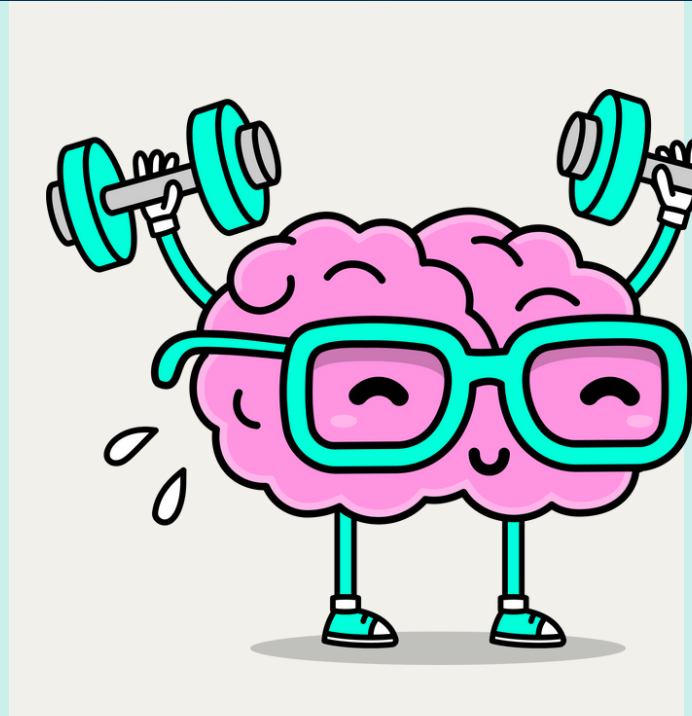




Mental health is a fundamental human right for everyone, no matter who they are or where they live. This means people have the right to be shielded from mental health risks, access quality care that's available, accessible, and acceptable, and enjoy freedom, independence, and community inclusion.

Good mental health is crucial for our overall well-being. However, one in eight people worldwide faces mental health challenges, impacting their physical health, quality of life, relationships, and livelihoods. These challenges are also growing among young people.

Having a mental health issue should never lead to a loss of human rights or exclusion from decisions about one's health. Unfortunately,



many people with mental health conditions experience various human rights violations worldwide. They face exclusion, discrimination, and barriers to accessing the mental health care they need.



The World Health Organization (WHO) and its partners are committed to promoting, protecting, and valuing mental health. Urgent steps are necessary to ensure that everyone can exercise their human rights and access quality mental health care. Join the World Mental Health Day 2023 campaign to learn more about your basic right to mental health and how to protect the rights of others.

Sonic 2 HD is an incomplete remaster of Sonic 2 made by Team S2HD and today I will be reviewing the game and giving you my thoughts. It was made by the fans for the fans.

Play as Sonic and Tails

Miles "Tails" Prower joins his best friend Sonic the Hedgehog in Demo 2.0. Speed through the world together as a team, or play as either Sonic or Tails and fly solo through West Side Island.

Emerald Hill Zone

This tropical paradise off the coast of West Side Island finds new life in the hand-drawn graphics and animations of Sonic 2 HD. Run across the grassy hills and underneath scenic waterfalls as you save all the animals trapped inside Badniks across the beachside landscape.

Chemical Plant Zone

The iconic industrial facility is the newest zone available to play in Sonic 2 HD. Find your way through the various pipes and ducts of the plant as you speed across a vibrant cityscape. You will need to be quick as platforms constantly shift and Badniks appear at every turn. Don't get caught in the Mega Mack!



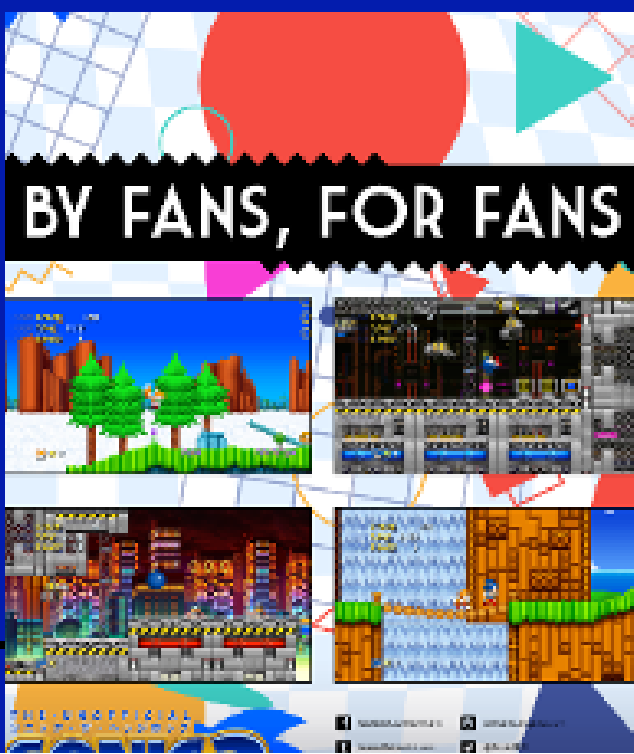
The new Sonic and Tails sprites took a long time to make as the original Sonic and Tails sprites were pixelated so they had to draw the sprites and then work on making them in high definition and insert them.

The Sonic and Tails sprites were not the only thing that took a while to make these things had to go through this process

- Eggman sprites
- Stages and stage backgrounds
- The music had to be changed

And all of Team S2HD's effort should be appreciated as they have given up their free time to make Sonic 2 HD.

I rate this a solid 8/10



HAYDEN S | 9JZS

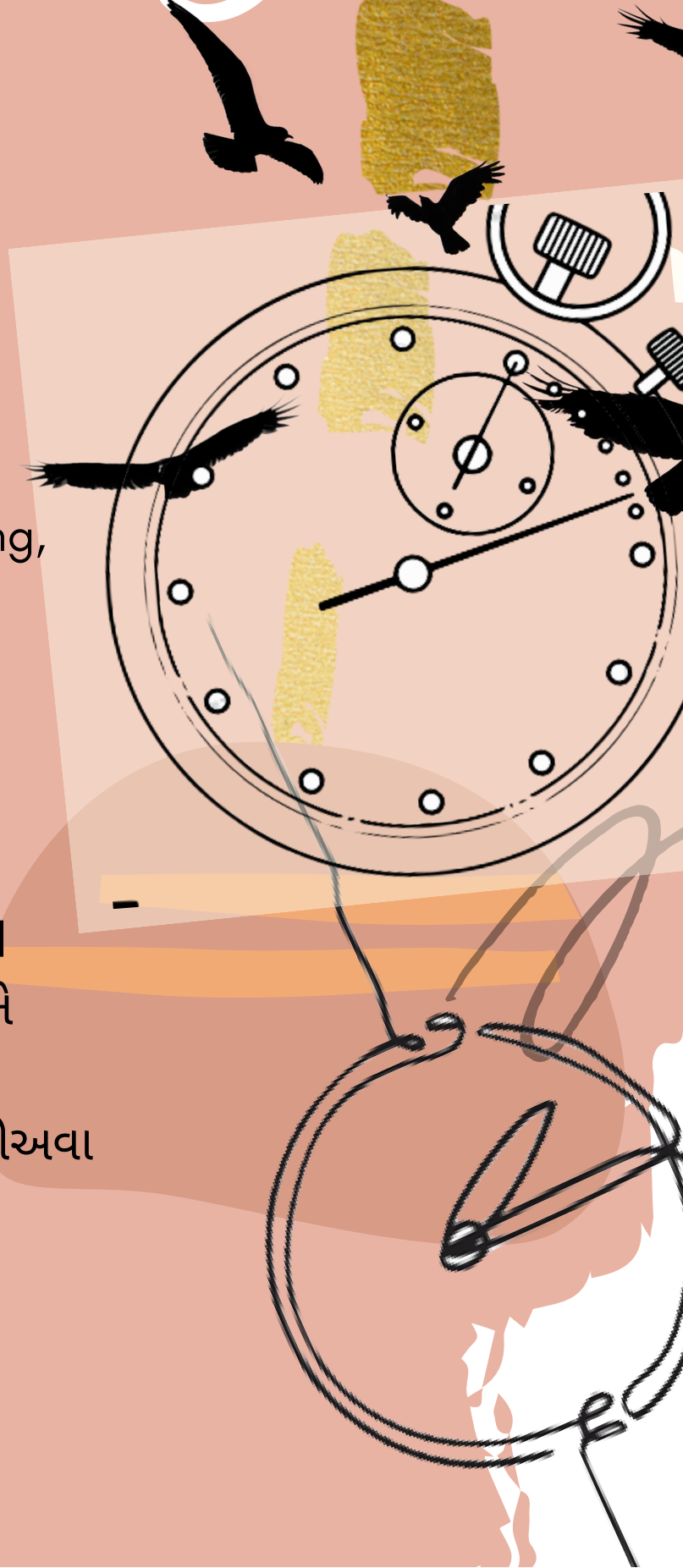
MISSING

I am missing
my house,
my friends,
my family
playing outside and the
weather.

Every morning and evening,
I miss the birdsong.

કવીતા

હુંમારાઘરનેમીસકરુમારા friend
નેમારી family નેબારેરમવાનુઅને
weather
મીસકરુછુંસવારેઅનેચકલીઓનીઅવા
જ.



THE CITY HERALD

G17 WEDNESDAY 3:20-4:00

RECRUITING NOW



G17 TUESDAY

3:20-4:00

**IF YOU WOULD LIKE TO
WRITE FOR THE CITY
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