

THE CITY HERALD

SCHOOLS JUST WANNA HAVE FUNDS

TEACHERS GO ON STRIKE: THE CHALLENGES FACING THE EDUCATION SECTOR

Over the past few months, teachers in England, Wales and Scotland have been going on strike; resulting in widespread school closures. Teachers are striking for improved pay and working conditions. According to YouGov, half of the British public support teachers who strike and among those, 44% blame the government for the strikes and not the teachers themselves.

Teachers are, of course, aware of the effect of the action on children and their education - they work with them everyday! But to minimise disruption, contingencies have been put in place for exam groups however long standing issues in the profession have now reached a critical point. Something needs to change. Our education system is in crisis. Gillian Keegan is the fifth secretary of state for education in the last 12 months. After a round of unsuccessful talks with unions surrounding pay and working conditions, she closed all



conversations. Pay is not the only reason as to why teachers are going on strike. Recruiting and retaining teachers has been a huge challenge over the past few years. In their first two years after qualifying, around 17% of teachers leave the profession. And the government is unable to recruit enough new teachers to replace them. In the academic year 2022-23, recruitment for computing teachers was 70% under target. For physics teachers, it was 83% under target. How can the government fully staff schools if there are no teachers? These aren't the only issues. Another problem facing the minister is teachers' workload. A survey in

England found that secondary teachers were reporting a working week of, on average, nearly 60 hours! How is this sustainable for anyone?

Undoubtedly, teachers in our schools face significant challenges to meet the educational and emotional needs of children and young people. To produce a generation of young people with the skills, knowledge, and ability to meet the needs of our country, the Minister for Education will need to be able to create the climate in which teachers can train, work and thrive in the profession. It's what we, the new generation deserve.



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AUTISM AWARENESS

BS (Y10)

THE NEED TO PROMOTE, PROTECT AND ENSURE THE FULL AND EQUAL ENJOYMENT OF HUMAN RIGHTS



In this article, I will be talking about my own experiences with Autism after having been diagnosed in 2009. In this article, you will hear my own stories but also some information from the Inclusion team at our school.

We should start with 'what is Autism?' Autism is a lifelong disability that can be diagnosed at any age. This disability affects the way you communicate and the way you feel. It can lead to sensory information overload, repetitive behaviours such as rocking back and forth, stimming, repeating back words and having daily struggles such as being sensitive to certain smells, noises, lights etc. Miss Penniford (SENDCo) said that 'It is important that we raise awareness about autism so that people understand what it is and how they can support people with autism. It also helps people with autism to feel that they have a voice.'

People who have autism can struggle with:

- *noise. They can be sensitive to loud noises (someone with autism may be seen wearing ear defenders.)*
- *stimming (having a safety object such as a fidget toy, string, paper, tissue)*
- *may have a meltdown (too much sensory information being processed at the same)*
- *rocking back and forth*

How it affects my everyday life:

- I struggle with loud noises and music.
- I struggle with very strong smells.
- I struggle with bright lights.
- I struggle with routine changes.

The Inclusion Team regularly support me with my struggles. Miss Patel (Assistant SENDCo) said that '*People with Autism often have problems with social communication and interaction, and restricted or repetitive behaviours or interests. People with ASD may also have different ways of learning, moving, or paying attention. Therefore, if a student was struggling we would offer time out, a calm space, talking to a adult (once they are calm) and sensory tools to help support them to regulate. There are also interventions that can help support pupils to regulate that we offer in inclusion.*'

The Inclusion area is a safe space that people can come to for support during social times. We can also offer support plans to give to teachers so they understand how a student learns best and can plan lessons that students can enjoy.

For more information and specific charities that support people with autism, please visit:
<https://www.autism.org.uk/>





"Our best show yet!"

Our school production "No Place Like Home" hit the stage last month; with multiple rehearsals, four shows, countless tears and a poignant goodbye to Ms Douglas, it's safe to say the show went out with a bang.

We were lucky enough to attend one of the rehearsals for the show, so we've written our take on it. Let's just start off by saying how confident every single person who spoke and sang was. Every single performer on that stage spoke with conviction, spoke with ease and we watched in awe. The dances during each number were carried out with poise, in rhythm and most importantly they were entertaining to watch! We loved how they included TikTok dances and kept us engaged throughout. We usually don't enjoy musicals but we enjoyed this one!

One question we were asked after the rehearsals was 'Will the Tinman *steel the show*?' YES HE DID. Tayfur in Y11 was a brilliant tinman, he was charismatic, funny and kind. Both on stage and off stage. One thing we noticed during the rehearsals was the support that all the students have each other. It was the first time that students could work together with different year groups on one project and you could tell that there was a great sense of community. Students were looking out for each other, they were joking around with each other and having fun. They all had a sense of camaraderie.

The most poignant moment of the night was the final performance on Friday evening when we said goodbye to Ms Douglas. Students were pumped throughout the



night and were ready to perform the best show of the night for her. Before the show began, all the students, Ms Douglas and Mrs Wright all huddled together to give each other a big pep talk. The last performance was brilliant and a great way for Ms Douglas to end her time with us at The City of Leicester College. It was full of joy, charm and cheer.

THE RIGHT TO VOTE



IS DEMOCRACY AS WE KNOW IT LOST FOREVER?

All of us have the right to vote. We have the right to vote in public, political elections and referendums. This right to vote might be hindered by the new Voter ID requirement – impacting many peoples abilities to vote in future elections. Everybody should have the right to vote in a healthy democracy, irrespective of political leaning or background. The right to vote is fundamental and is enshrined in legislation and many international human rights treaties – we should not be stopped to vote because of the lack of ID.

Research shows that more disadvantaged groups are less likely to have photo ID. The Government's own commissioned research found that those with severely limiting disabilities, the unemployed,



A dog pictured at his polling station with his 'ID'

people without qualifications, and those who had never voted before were all less likely to hold any form of photo ID. According to academic research presented to the House of Commons, these changes may result in 1.1 million fewer voters at the next general election due to the photo ID requirement. This has been introduced by the Tories to prevent election fraud and as you can see from the evidence above, it has been heavily criticised by people all across the country.

If we leave the criteria like this, then only the rich will be able to vote which means that not everyone will be given equal opportunity to have their say. This is just looking like another political advantage from the Conservative party. The first trial run of the Voter ID scheme took place at the beginning of the month at the local elections where the turnout for voting in Leicester was 37.7% whereas in the last round of local elections was 67.6%. This cannot just be a coincidence – this turn out must be a direct result of voter ID. If this continues, democracy as we know will be lost.

IS LAUGHTER *The best form of* OF MEDICINE?

THE SCIENCE BEHIND LAUGHTER . SGJ Y12

Laughter can be as a result of a joke, a certain circumstance, or even just recollecting a fond memory. It is a physical reaction, and involves contractions of parts of the respiratory system. It is more likely to occur in the company of others, and even more so when you can hear other's laughing – actually making it contagious. But what is found amusing?

There is a fine line between what is found amusing vs. serious. The general formula for laughter is that a norm is surpassed, but it does have any detrimental effects. Also, what is found funny can be impacted by time and distance from a situation. Something that was previously seen as a serious situation, can become more amusing the more time and distance that has passed, such as losing keys, missing a flight, misplacing your passport etc.

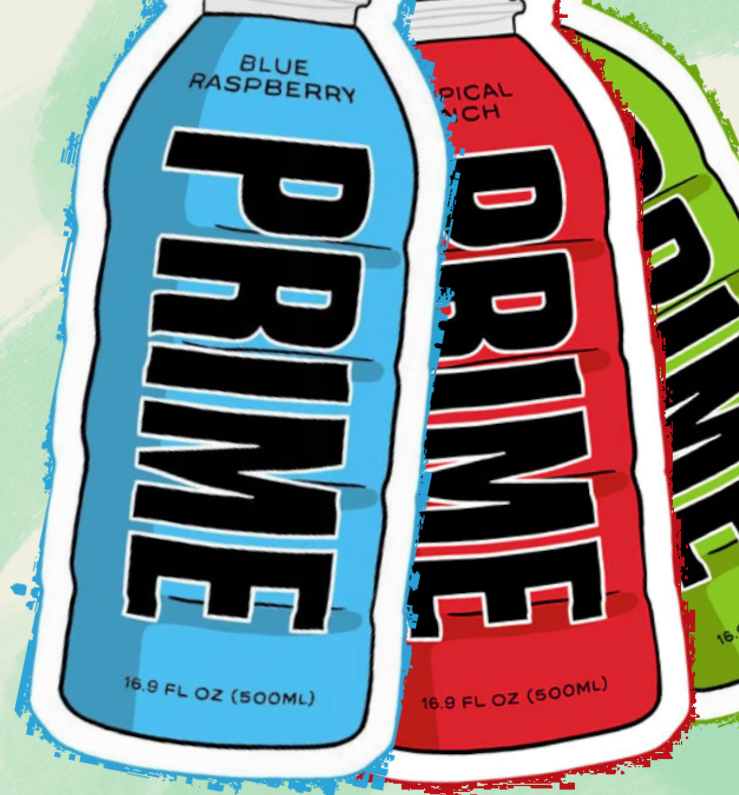
Over the span of thousands of years, laughter has improved interconnectivity between species, due to how it is similarly displayed, improving connections. Moreover, the display of joy can subconsciously act as an external reassurance that the situation is relaxed and safe, which has been utilised over the process of evolution.

There are many health benefits to laughter, such as the release of endorphins and the formation of friendships, due to finding common interests, and topics of discussion. However, one of the greatest reasons is to alleviate stress levels. The action of laughter can reduce your levels of the stress hormone cortisol over a long period of time, resulting in a generally happier lifestyle. So the saying that laughter is the best medicine, may not be too far from the truth.



THE FALL OF A LEGEND IN HIS PRIME

AA | Y10



i'm sure you've all heard of KSI. The well known and loved YouTuber and co-founder of PRIME has recently found himself under scrutiny for the use of the p-word.



Racial slurs have a long, dark history in the UK. People think it's ok to use them on social media for banter, for gimmicks to get reaction from your friends. But it is not ok. Using racial slurs as a joke dishonours the people fighting to get a change in the world. It dishonours the lives lost because of racist attacks. It dishonours the people fighting to end racism. As well as this it dilutes the violence that racial slurs carry due to the history.

A well-known and loved YouTuber, boxer and rapper, KSI, used the racial slur, p*ki, in one of his videos. This was then followed by laughing from his peers and co-founders of the SIDEMEN. Do people now think this is normal? That you can laugh about it. His use of this term has highlighted the assumption that p*ki is just an abbreviation of 'Pakistan' or 'Pakistani'. But it's not. People have suffered through racial slurs and abuse. People have been too scared to go to work alone, to leave their families at home. In the late 1970s, several south Asian people were murdered in the East End and beyond. In 1978, two white men and a mixed-race man killed Altab Ali on Adler Street in Tower Hamlets, near to the park which now bears his name. Lots of men who came to Britain in the 1970s to get better jobs and a better life were often petrified to leave their homes to go to work. They had to resort to go out in groups. They had rocks thrown through their windows, pigs intestines posted through their letterboxes and petrol bombs thrown at them.

KSI has apologised but this has brought back disturbing and hurtful memories for many people. Many people posted on twitter their own experiences of the p-word and BBC broadcaster Paramdeep Sehdev, posted this: I had this racial slur thrown at me & got physical beats by racists for my entire childhood. Genuinely upset that @KSI (a guy my children love) did this & thought it was funny. KSI responded to this message saying: "I wanna apologise for saying a racial slur in a recent Sidemen video. There's no excuse, no matter the circumstances, I shouldn't have said it and I'm sorry. I've always said to my audience that they shouldn't worship me or put me on a pedestal because I'm human. I'm not perfect, I'm gonna mess up in life".

It has to be clarified that all types of racist slurs are wrong. The world has to change starting with learning the history and misconception behind slurs like the p-word.

TEACHER SPOTLIGHT

FOR EACH EDITION OF THE STUDENT NEWSPAPER, WE WILL SHINE A SPOTLIGHT UNDER SOME OF OUR TEACHERS. PREVIOUSLY, MR VERNON AND MISS COLES HAVE BEEN UNDER THE SPOTLIGHT, BUT THIS TIME ROUND WE INTERVIEWED MR HOLMES - HISTORY TEACHER. IF YOU WANT YOUR FAVOURITE TEACHER UNDER THE SPOTLIGHT ✦ NEXT - EMAIL US AT HERALD@TCOLC.ASPIRELP.UK ✦



MR HOLMES

AUM: WHY DID YOU CHOOSE TO BE A HISTORY TEACHER?

MR HOLMES: I CHOSE TO BE A HISTORY TEACHER BECAUSE I HAVE A PASSION FOR LEARNING ABOUT THE PAST AND HELPING YOUNG PEOPLE TO SEE ITS IMPORTANCE TO HOW THE WORLD WORKS TODAY.

AUM: IF YOU WERE A STUDENT AGAIN, WHAT WOULD BE THE FIRST THING YOU WOULD DO?

MR HOLMES: I WOULD HAVE TRIED HARDER IN LANGUAGES, AS IT IS A REGRET OF MINE THAT I DO NOT SPEAK A SECOND LANGUAGE.

AUM: IF YOU COULD GO BACK IN TIME TO ANY POINT IN HISTORY, WHAT WOULD IT BE AND WHY?

MR HOLMES: I WOULD LOVE TO HAVE WITNESSED THE RUSSIAN REVOLUTION AND SEEN WHAT WAS GOING ON IN THE COUNTRY AT THE TIME. ESPECIALLY THINGS LIKE RASPUTIN'S INFLUENCE ON THE RUSSIAN ROYAL FAMILY AND THEIR ASSASSINATION AT THE END OF THE RUSSIAN CIVIL WAR. THERE ARE LOTS OF MYSTERIES STILL TO BE UNCOVERED ABOUT THAT TIME PERIOD.

AUM: IF SCHOOL WAS A SERIES, WHAT SERIES WOULD OUR SCHOOL BE?

MR HOLMES: 'COMMUNITY' A SHOW FROM 2008 ABOUT A COMMUNITY COLLEGE IN AMERICA WHERE THINGS DON'T ALWAYS GO TO PLAN, BUT THEY STILL HAVE PRIDE IN THEIR SCHOOL.

TEACHER SPOTLIGHT

AUM: IF YOU WERE IN CHARGE OF THE SCHOOL FOR ONE DAY, WHAT WOULD YOU CHANGE?

MR HOLMES: THINK BASED ON HOW MY SCHOOL WAS GROWING UP I FEEL LIKE I WOULD BE MORE STRICT, THE BIGGEST THING OF WHICH WOULD BE TO HAVE A NO TOLERANCE POLICY ON MOBILE PHONES. EVEN IF YOU LOOKED AT IT CHECK THE TIME AT THE SCHOOL I WENT TO, IT WOULD BE CONFISCATED UNTIL THE END OF THE DAY.

AUM: WHAT'S YOUR OPINION ON PINEAPPLE ON PIZZA?

MR HOLMES: PINEAPPLE ABSOLUTELY BELONGS ON PIZZA, ESPECIALLY IF IT IS PAIRED WITH HAM AND MUSHROOM.

AUM: WHAT QUOTE HAVE YOU FOLLOWED THROUGHOUT YOUR LIFE AND LIVE BY?

MR HOLMES: "DO OR DO NOT, THERE IS NO TRY." YODA, EMPIRE STRIKES BACK. IT IS A QUOTE THAT REALLY EMPHASISES TAKING RESPONSIBILITY FOR YOUR ACTIONS, AND ENCOURAGES RESILIENCE.

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

MR HOLMES: I WOULD LOVE TO TEACH MEDIA STUDIES, IT WAS A SUBJECT I REALLY ENJOYED AT SCHOOL AND I DID QUITE WELL IN. IT ALSO MEANT A LOT OF WATCHING TV AND FILMS IN LESSONS FOR 2 YEARS SO I WOULD HIGHLY RECOMMEND THIS!

AUM: IF YOU COULD CHOOSE ANYONE IN THE WORLD TO BE YOUR TEACHER, DEAD OR ALIVE – WHO WOULD IT BE AND WHY?

MR HOLMES: IT WOULD BE MY DAD, HE IS STILL THE MOST INTELLIGENT PERSON I KNOW, AND ALTHOUGH I HAVE BEEN LEARNING FROM HIM MY WHOLE LIFE, I STILL HAVE A LOT THAT HE CAN TEACH ME.

THE MAN, THE MYTH, THE LEGEND

AN INTERVIEW WITH 14 YEAR OLD
BRITISH RECORD HOLDER.

Karlos Nasar, Li Fabin, Om Yu-Choin are all names that you may have heard. But have you heard of Virun Mistry? Our very own British Record Holder for Weightlifting for under 14's. VM is strong – willed, intelligent and humble young man.

I had the pleasure of interviewing fellow student Virun in Y10 where he told me that his future plans are to become a professional athlete, break more records and lift in a heavier category. His journey began five years ago when he started kickboxing and really took off during the pandemic when he started CrossFit.



According to LeicestershireLive, Virun has been leading a *double life*, balancing studying in the day and then training in the evenings. His hectic day begins at 7am and he continues his school day like we all do ending at 3PM but then depending on the day, he goes straight to training which sometimes doesn't end until 8PM! He balances all of this, whilst staying on top of school work. I forgot to add, he also works at the gym too! (Guess we all don't have any excuses!)

VM competed at the Blackheath Autumn Weightlifting Championship on September 24 where he smashed a trio of previous national bests. He currently holds the British record and he hopes to smash more. His future hopes are to become a professional athlete which will require him to be disciplined, regimented and determined. The Y10 tutor groups better watch out on Sports day – 10MAM have a record holder in their team.

MENTAL HEALTH

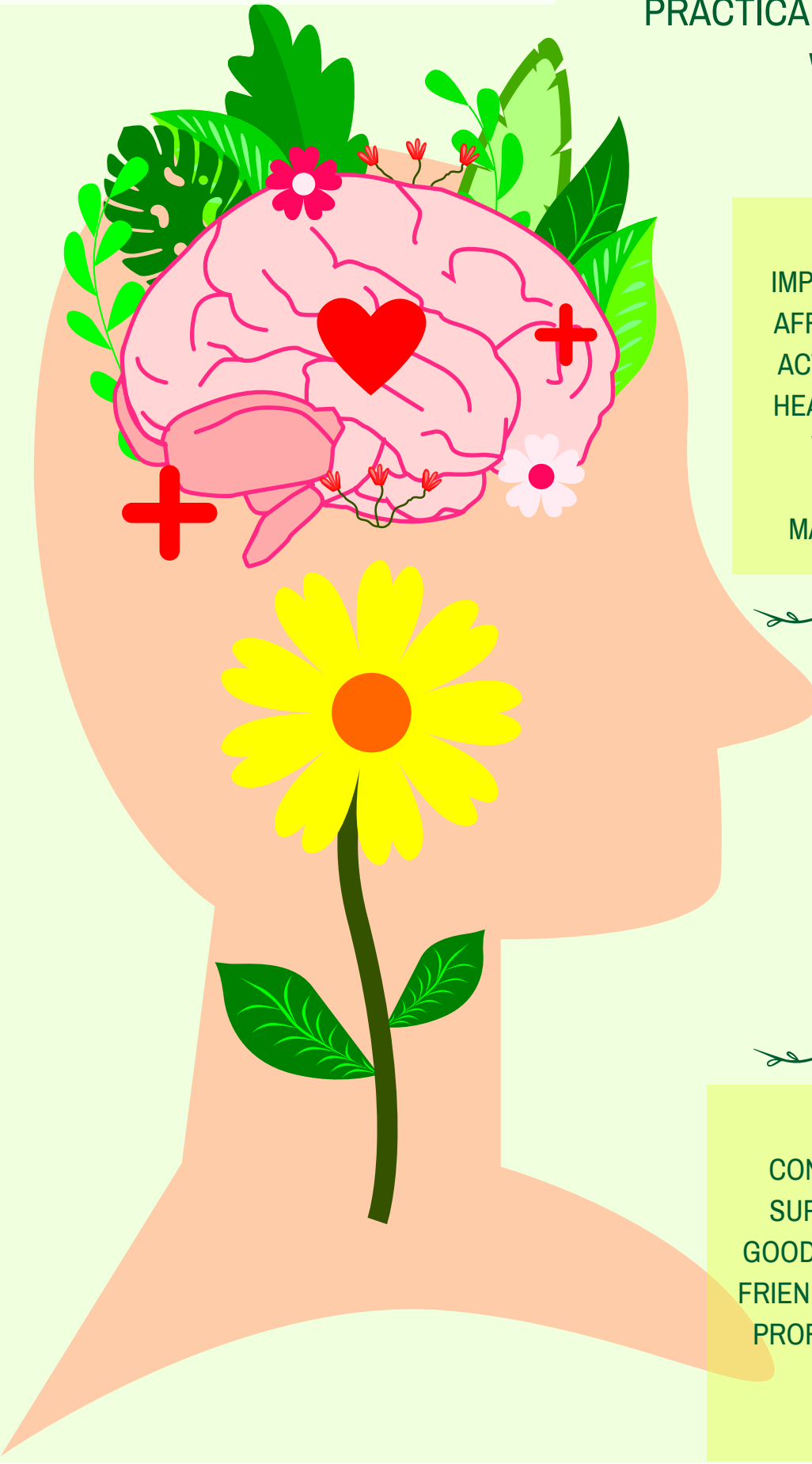
TAKING CARE OF YOUR MENTAL HEALTH

PRACTICAL TIPS FOR EVERYDAY WELL-BEING

MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. IT AFFECTS HOW WE THINK, FEEL, AND ACT. TAKING CARE OF OUR MENTAL HEALTH IS ESSENTIAL FOR OVERALL WELL-BEING. HERE ARE SOME PRACTICAL TIPS TO HELP YOU MAINTAIN GOOD MENTAL HEALTH.

PRACTICE SELF-CARE. TAKE TIME TO DO THINGS THAT YOU ENJOY, SUCH AS READING A BOOK, TAKING A WALK, OR HAVING A RELAXING BATH. PRIORITIZING SELF-CARE CAN HELP REDUCE STRESS AND IMPROVE MOOD.

CONNECT WITH OTHERS. HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, OR A MENTAL HEALTH PROFESSIONAL IF YOU NEED TO TALK OR RECEIVE GUIDANCE.
HIVE@TCOLC.ASPIRELP.UK



HOW TO GET A GOOD NIGHT'S SLEEP



FEELING TIRED? HERE ARE SOME SIMPLE TIPS TO HELP YOU GET TO SLEEP.

EXERCISE

A brisk walk every day will not only keep you fit, but will also keep you sleeping better. Keep an eye on the timing of your workouts. Exercise too close to bedtime can be stimulating.



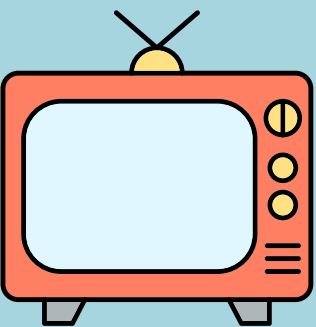
EAT, BUT NOT TOO MUCH

A grumbling stomach can keep you awake, but so can an overfull stomach. Avoid eating a big meal within two to three hours of bedtime.



KEEP IT COMFORTABLE

You don't have to watch television in your bedroom to be distracted. Make sure your bedroom is as comfortable as possible.



START A SLEEP RITUAL

Sleep rituals help signal the body and mind that it's time for sleep. Make sure you drink warm milk. Relax by taking a bath. You can also listen to calming music before bed to relax.

CUPHEAD

"DON'T DEAL WITH
THE DEVIL"



Cuphead is the boss rush shooter type game that imitates rubber hose animation. With 31 boss and a dlc this game is one of my favorites. In the game you play as cuphead and his brother mugman as they gamble with the devil himself. Cuphead has a bet with the devil and in the end he fails but the devil claims that if cuphead gets every boss soul contract he'll spare them. Then this follows up with you getting the ability to shoot bullets out of your fingers and then your on your way beating up bosses in the islands they inhabit. The bosses have a lot of personality in there moves, idle stances and defeat animations.

But I have not talked about the one thing that makes this game popular and that is the difficulty. I have played this game so many times and it took me years to actually beat the game normally once and some bosses are so easy you can beat them with your eyes closed but some bosses are so hard that you would be waiting for years before you beat them! The ending is nothing special; it's just beating up the devil and everyone in the town forgiving you but the DLC is great with new friends and betrayal. (That's something for another review!) Overall I love this game and the animation style, music and the characters.

HE (Y7)
VIDEO GAME EXTRAORDNAIRE

8/10

GOAT SIMULATOR

Goat simulator is a free roam game where you play as a... goat. In this game, you can roam in towns and cities as a goat and leaving destruction everywhere you go. You can headbutt items to make them go flying away, lick items with your long, LONG tongue and drag them around and run and jump around. If you get the game normally, you get two maps to choose from: the town and the city/fair and to be honest they get WAY too boring especially once you've found every secrets on the map (which is WAY WAY to easy because the secrets are right in your face)The biggest problem that I've faced is the OTHER maps which you can only access if you spend REAL money which is unfair because the game marking is all about these maps. There are also other unlockable goats but most of them are just re-skins or do nothing or you can only get them if you buy the "DLC" maps. Overall this is a hard game to review because even though I have played it for hours (for some reason) it has bore me so much, I often forget about its existence.



Goat Simulator 3

The Crown

I'VE NEVER KNOWN
THE FEELING OF FREEDOM
PLEASE GIVE THIS TO SOMEONE
ELSE

THE CROWN I HAVE NEVER WANTED
THE CROWN THAT NEVER HELPS

IT'S A LIGHT WEIGHT TO WEAR
BUT A HEAVY BURDEN TO BEAR
RIDING THROUGH THE STREETS IN A
HORSE DRAWN CARRIAGE
NEVER KNOWING WHEN SOMEONE
MIGHT PULL THE TRIGGER

KNOW THIS
I AM HEIR TO THE KING
BUT WHAT COMES LATER
IS FIT FOR A SLAVE

THE HATE
THE BETRAYALS
THE PLOTTING
THE SCHEMING

I'M NOT KING YET
BUT I WILL BE SOON
SO GO ON AND CUT ME DOWN
COME AT ME WITH ALL YOU'VE GOT

CAUSE I'M FED UP
I NEED THE FREEDOM
I NEED THE LOVE
NOT THE COMPETITION

MY BROTHERS, MY SISTERS
ALL COMPETING FOR ONE THING
WITH NOTHING BUT THEIR EYES
SET ON THE CROWN
NO LOVE BETWEEN US

BUT HATRED SOWED IN BETWEEN
HOW IT WORKED ITS WAY IN
IS STILL A MYSTERY

BUT EVERYONE WANTS THE
CROWN
THE DETESTED CROWN
APART FROM ME

BUT HERE I AM
THE HEIR TO THE CROWN
KING OF MY PEOPLE
KING OF MY NATION

THE CITY HERALD

G17 WEDNESDAY 3:20-4:00

RECRUITING NOW



G17 WEDNESDAY

3:20-4:00

**IF YOU WOULD LIKE TO
WRITE FOR THE CITY
HERALD, GET IN TOUCH
WITH MISS MIRZA**

**mmirza@tcolc.aspirelp.uk
or herald@tcolc.aspirelp.uk**

