

THE STUDENT SCOOP

FRIDAY, 30 SEPTEMBER, 2022 | VOL 2

MANAGING STRESS

Stressed about family life, situations, subject choices, GCSE revision, tests or baseline assessments? Here are my top tips on how to calm yourself down!! You can even visit the school library to find books on coping and managing anger, stress and panic (RIGHT).

Firstly, what is ill health? Poor health is when you struggle to maintain your physical and mental well-being. There are many factors that can help reduce the risk of poor health, such as exercising, controlling the amount that you eat and rewarding yourself by doing small fun tasks, like colouring, cooking and more!

- 1) Do some colouring! Often, when I'm under stress I tend to like colouring as it allows me to relax and concentrate on feeling at peace.
- 2) Do something you love! This can be like a hobby like cooking or cleaning. My hobbies are Netball and reading, so when I feel stressed I read a book or watch a Netball match.
- 3) Talk to someone!! Communication is key, and if you ask for help, I can assure you things will get better. You can talk to a trusted adult, parent or an adult at school. They will provide you with essential resources and the help that you need.
- 4) Listen to music. Whenever I feel uneasy, I listen to songs and it helps me relax, feel sleepy and eventually fall asleep. A nap can help you feel refreshed and awake (even if it isn't for long).
- 5) Always prioritise your sleep. If you aren't sleeping well, this can cause you to feel tired during the day and during school lessons. If you go for several days without sleep, you can faint or start to hallucinate.
- 6) Eat well. Food provides you with energy, which you need to get through the day and it helps you to do work. You should have a balanced diet that gives you the vitamins and vegetables your body needs.
- 7) Cut down on your social media use. People tend to believe all that they see on social media and they can also become addicted to it. Many people that I know are addicted to social media and have trouble sleeping as they scroll through social media all night long.
- 8) Focus on the positive side of things. If you constantly think about the bad things that might happen, you begin to stress and panic more. If you think about what you are doing it for, and why you remain motivated, that can help you reduce your stress.
- 9) Spend quality time with yourself and your family. Seeing family puts a smile on your face after a long and hard day. Speaking to your family allows you to socialize with others and stops you from constantly being within a bubble, where no one can speak to you and it just becomes boring.
- 10) Take a break. Taking a break is a great way to break away from your harsh revision expectations, even if it is for a short amount of time, you are able to breathe, use the toilet, get a drink or get a snack! Thank you for reading, and please reach out to someone if you need help!!

EFE DONKOR - YEAR 9
STUDENT WRITER



Hello everyone, my name is Adan and I'm one of the Student Scoop writers. I am 15 years old, making me the second oldest student in my year. Because you'll be hearing from me every fortnight, I'll share a few fun facts about myself so that you can get to know me better. I was born and raised in Italy, I lived there for 7 years. I enjoy reading mystery novels, playing cricket, and binge-watching Marvel with my brothers. The subjects I enjoy studying are History, Drama and P.E. This is because History shows us events that have occurred that we cannot explain, Drama shows us that we do not have to speak in order to express

our emotions, and P.E teaches us to avoid making the same mistakes again. Students will have the opportunity to express their culture freely in the Student Scoop, allowing them to gain a greater understanding of other cultures. A student or staff member will be interviewed every two weeks about their culture, followed by publication in the school magazine. Please speak to either Ms Warby, myself or one of the Student Scoop writers if you are interested in being interviewed/for more information.

ADAN IJAZ - YEAR 10
STUDENT WRITER

LONELY PRISON BY EFIA DUKER

THIS LONELY PRISON I SHALL STAY,
NOT KNOWING NEITHER NIGHT NOR DAY,
STRONG SHACKLES BIND MY SHACKLED FEET,
FREEDOM, A FRIEND I'LL NEVER MEET,
A LONELY TEAR TRAILS DOWN MY CHEEK,
LIKE ME IT LONGS TO BE COMPLETE.

YET I WISH FOR A WINDOW STILL,
IMPRISONMENT A JAGGED PILL,
A WINDOW THROUGH WHICH I CAN GAZE,
AS I SPEND MY FINAL DAYS,
AND ON THE DAY I BREATHE MY LAST,
MY LONELINESS SHALL COME TO PASS,
NO BINDINGS BIND MY SHACKLED FEET,
AND I SHALL FINALLY BE COMPLETE.

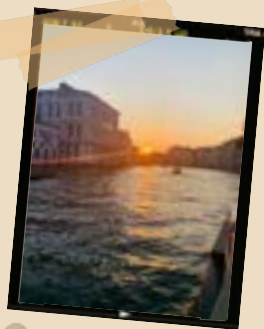
AS A SPIRIT I SHALL SOAR,
THROUGH HOME LANDS I SHALL GO ONCE MORE,
MY PRISON; A THING OF THE PAST,
THAT -MUCH LIKE LIFE-HAS COME TO PASS.



IF YOU WOULD LIKE A
POEM OR SHORT PIECE OF
WRITING FEATURED -
PLEASE TALK TO MISS
TAYLOR OR MISS WARBY

MY TRIP TO VENICE

This summer, I visited Italy for the first time in seven years. Seeing my childhood home and revisiting the places I'd forgotten made it a memorable experience for me. A highlight of my trip was visiting Venice. The drive was 5 hours from where I lived, but it was totally worth it. Our first stop was to eat Italy's finest pizza, then we got on a boat that took us around for 15 minutes. After getting off, we walked around. Walking through the colourful buildings was like wandering through a labyrinth. Mouth-watering aromas emanated from the shops, food stalls, and restaurants.



Taking advantage of the warm weather, we ventured into some shops to buy some cute souvenirs and ice cream. Afterwards, we walked around until it was time to leave. The sunset over the water was absolutely beautiful on the way back. Our day ended with a small concert near the parking lot. Venice is definitely worth a visit unless you get seasick.

**ADAN IJAZ - YEAR 10
STUDENT WRITER**



Hello reader! Nuaymah here, and I am one of the writers of the Student Scoop! I'm proud to be a part of one of the many extraordinary writers in this magazine. I'm a Bangladeshi, Muslim, 14-year-old girl who loves baking, reading, and of course, writing endlessly. I believe that there is a place for everyone in this school and I will be here to make awareness of that. I adore my family, friends, teachers, and many other amazing people who influence my life. I love helping others (and this isn't just something I'm forced to do, I actually feel good when doing it) and I want to inspire others to be the best version of themselves. My articles will be majorly based on self-love/help/improvement or even perhaps student advice to help you make the most of what you can in school and you name it! I will be publishing fresh new content to (hopefully!) lighten up your mood and allow you to remind yourself to take a break from stress during anything that may be going on in your life. To add to my passion of baking + cooking, I will also be publishing food creations from the wonderful students of Grays Convent High School (or even teachers!). That's pretty much it but I do like to change my topics depending on the situation! If you have any queries please feel free to contact Miss Warby or Miss Taylor or me (even if it's just to have a chat!) + Any writers/editors of the Student Scoop! Thank you for reading and always remember you're worth everything this world has to offer!



**NUAYMAH UDDIN - YEAR 10
STUDENT WRITER**

QUOTE OF THE WEEK

'Difficult roads lead to beautiful destinations'

MAKING THE MOST OF YOUR SCHOOL YEAR 101

Hello all, welcome to the first article of "Making the most of your school year 101!" Here, I will be publishing tips + tricks on improving your grades and even what opportunities you can grab on, studying/exam tips, balancing school life with your "out of school" life and much more! Before I begin, I would like to advise you that not everything I will mention won't fit the likes of everyone in this school but it sure is worth a try! I mean, who said trying out something new could cause any harm? For this fortnight's publication, I will be mentioning how to effectively make use of your spare time whilst being productive! These include a variety of events such as extracurriculars, participating in school events, hosting charity events, and volunteering in activities/helping the school!

Extracurricular activities (e.g. sports clubs)

Now I know what you're thinking, as this is not something all students enjoy, and neither do I, if I am being fair with myself. But I truly believe, a little extra sport every so often can really make a difference. It can teach you new skills and how to adapt to things you wish to improve on, and even de-stress you from your academic life. I'm aware of many talented and dedicated students who devote most of their time towards sport, and that's great! I hope they reach their full potential in the future and make use of their high-maintenance skills. But I am also aware that not everyone has a passion for it, and sometimes it's just the lack of commitment that's holding them back as there's definitely a sport for everyone! Luckily, our school has a wide range of sports to offer and you can check them out on the schedule on the school website! If you are not too keen towards devoting your time after school for sports, it most certainly shouldn't be pushing you to do it every week. All I advise is for you to spend at least one after-school club towards a sport you find an interest in and you will truly find a new side to yourself!

Participating in school events

If you don't fancy competition and athletic activities, you might like participating in school events! If you haven't heard already, we currently have a school production up and running from the film 'Shrek', which is very exciting. We also have a feature of a Black History Month Musical being prepared and hosted by Year 11s (check the posters in school to contact them and if you are interested). Participating in sports teams and looking into a leadership role (will be looked further in depth in the next publication) are also very beneficial!

Hosting charity events

This is a very fun but considerate allocation to look further into as it doesn't only just help raise money for important charities but also brings awareness to others about any situations the world is facing globally as well as its struggles. These activities also help bring our Grays Convent community together, making our unity even stronger. A few examples of our past charity events we've had over the years include: bake sales, competitions, games, sports activities and special events. We have helped raise money through these events to help to reduce the struggles of Ukraine, Afghanistan and many others. Here at GCHS we support and raise money for many charity organisations, some of which include: CAFOD (you should have a little pyramid-like bank in your form room for anyone who wants to donate) and many other organisations in need.

Volunteering in activities / helping the school

There are countless opportunities waiting for you at our school which make a difference. We have annual open evenings where we can express what GCHS is really made of, Duke Of Edinburgh which is an amazing opportunity for those who want something extra on their CV, Passport To Adventure and much more. Looking into the Duke of Edinburgh (please contact Ms Coughlan for further details) you can experience a lot of new things and develop some life-long skills as well as memories. Not only does it teach you beyond your academic life but things that can be demonstrated in your future adult life. I believe it is very helpful and something you can receive many benefits from too! If this idea isn't for you, just simply giving the school a helping hand doesn't harm anyone! Something as minimalistic as covering for a school runner, showing a new student around the school, helping a teacher run errands, helping out in the library and litter-picking are all brilliant ideas to help someone out and make a massive difference.

**NUAYMAH UDDIN - YEAR 10
STUDENT WRITER**

BOOK RECOMMENDATIONS

Are you interested in historical fiction? Here are some book recommendations based on what you are learning in history!!

Year 7: Romans – Later in the year, Year 7s will learn about the Roman Empire.

Rotten Romans by Terry Deary

This historical, children's fiction book is filled with all kinds of facts about Rome and the Roman Empire, which you will be covering during the academic year. Within this book, you read about foretelling the future through a dead chicken, Romans soldiers dress ware (such as kilts and what they wore underneath it) and how ancient Britons got their hair nice and spiky. Find this book in the library to find out more information about the Romans!

Year 8: Tudors

Bloody Towers by Valerie Wilding

Bloody Towers is a diary kept by Tilly Middleton as she records events during Queen Mary's reign on the throne (once she takes it from Lady Jane Grey I, who only reigned for 6 days). Princess Elizabeth is kept imprisoned within the tower as Queen Mary executes her prisoners. As the executions, plots and politics unravel around Tilly, she must deliver an important letter and is waiting patiently to do so. Will she have the chance to deliver such an important message? Read Bloody Towers to find out!!

My Friend Walter by Michael Morpurgo

This child-fiction book is about a girl named Bess Throckmorton, who encounters a ghost named Sir Walter Raleigh during a family reunion. A stranger told her to go to the Bloody Tower, where she then met Walter. As their friendship developed, Walter asked Bess if she could come live on the estate with him, but once she remembered that he got up to mischief and he was a ghost, her decision became harder to make. Also, she had to keep the ghost's presence a secret. But, one day, her brother finds out!! What will happen to Bess and Walter? Read this book to discover what happens next!!

Year 9: Suffragettes

Things A Bright Girl Can Do by Sally Nicholls

This historical-fiction book is about three young girls who are hit by the harsh and unfair world. Evelyn, an 18-year-old girl, is expected to marry and toe knits within their family, however, she wants to follow her brother to university. May, who is a middle-class girl with an opinionated mother, and Nell, who works very hard to feed her large family. She is a part of the working-class. Once May meets Nell, she is instantly enchanted by her ways and her kindness. But with no place for such kind love, can all 3 girls defy the odds of their harsh expectations as women? Read this book to find out what happens next!!

Opal Plumstead by Jacqueline Wilson

Opal Plumstead is about a smart girl named Opal living in Edwardian Britain. All is going well until her father is imprisoned for embezzlement and Opal suddenly has to work to feed her family. She loses her scholarship and has to work in a shop named Fairy Glen Sweet Factory, where no one likes her as they think she's snobby. But, once the owner named Mrs Roberts, (who she loves) introduces her to Ms Pankhurst and the Suffragettes, she finds a place where she believes she fits. Once she meets Mrs Roberts' son named Morgan, she falls in love and thinks that he is her soul mate. But, just as things were becoming amazing.. WWI begins. What will happen to Opal, Morgan and the Suffragettes? Find Opal Plumstead to read on!

Year 10: Nazi Germany

The Book Thief by Markus Zusak

The Book Thief is a very popular book amongst young adult readers about a young girl during WWII in Nazi Germany. Her Foster parents are hiding a Jewish man in their household, as if he was found he would most likely be tortured or executed, but once suspicions come across them, they are forced to leave. The girl, Liesel, was abandoned by her parents after her brother died. At her brother's graveside, she finds the Gravedigger's Handbook, and this is where her love for books and words began. She was taught to read by her foster father and soon she begins to steal from Nazi book-burnings and from the mayors wife's library. And during the war, her closest family and friends die, but how will Liesel cope with the deaths and how will she escape death? Read The Book Thief to find out!

When Hitler Stole Pink Rabbit by Judith Kerr

In Germany 1933, nine-year-old Anna wants to be famous once she grows up. But all of the celebrities that she knows, grew up with a difficult childhood. But, she knew that that wasn't her. She has a loving family and is wealthy. But when the German elections tie in, and Adolf Hitler rises to power, his purpose is to kill all the Jews. Her dad, who is now a target because of his literature, and her family, are forced to leave Germany and travel to Switzerland, then France and finally England. Money becomes a worry, but it's all an adventure to Anna and her brother. Soon, she realises this could be the difficult childhood she needs to become famous. What will happen to Anna and her family? Visit the library and ask for this book to read on!!

Year 11: Crime and Punishment – Here are some crime books to read as I couldn't find any on both crime and punishment!

Saint Death by Marcus Sedgwick

Saint Death follows the main character named Arturo, whose missing friend appeared after a year. Faustino is in trouble after the leader of a Mexican drug gang and Arturo only has 36 hours to attempt to save the life of his friend, or they're both dead for good. If they can't repay the money, they will be killed. What will happen to Arturo and Faustino? Read Saint Death to find out!

Sister, Missing by Sophie McKenzie

Lauren discovers that she was kidnapped as a little girl two years ago. She and her friend, Jam, started to discover her birth mother and now has a reliable routine where she can see both families. Hoping to reconnect, Lauren's birth mother takes her and her two sisters to the beach. Until, tragedy strikes again, and her little sister is kidnapped. Lauren's sisters' disappearance is awfully similar to hers. Or is this just a coincidence? Can Lauren save her little sister before it is too late? Read Sister, Missing to find out the rest!

EFE DONKOR - YEAR 9
STUDENT WRITER



Hi! My name is Rianna Huci and I'm in year 10. Here's a bit about me. I'm taking geography, media studies, French and computing for my GCSEs and I am also a transition ambassador. You can see me in the hallways when I prefect during period 5, or in the library. My hobbies are reading, watching Netflix and playing video games (if I have time that is). I enjoy reading fantasy/romance novels and listening to music helps me get through the day. My favourite TV show is Stranger Things and I also enjoy watching movies and reviewing them. I am also a big animal lover and I have a black cat called Fluffy (he is so cute!). I am writing for the Student Scoop to express myself and my hobbies and it will allow me to write about things that can help someone or just put a smile on someone's face. News doesn't just have to be doom and gloom so I will dedicate myself to writing about useful and light-hearted subjects.

RIANNA HUCI - YEAR 10
STUDENT WRITER

BLACK HISTORY MONTH

SOJOURNER TRUTH

SOJOURNER TRUTH born Isabella Baumfree; c. 1797 – November 26, 1883) was an American abolitionist and women's rights activist. Truth was born into slavery in Swartekill, New York, but escaped with her infant daughter to freedom in 1826. After going to court to recover her son in 1828, she became the first black woman to win such a case against a white man. She gave herself the name Sojourner Truth in 1843 after she became convinced that God had called her to leave the city and go into the countryside "testifying the hope that was in her." Her best-known speech was delivered extemporaneously, in 1851, at the Ohio Women's Rights Convention in Akron, Ohio. The speech became widely known during the Civil War by the title "Ain't I a Woman?", a variation of the original speech re-written by someone else using a stereotypical Southern dialect, whereas Sojourner Truth was from New York and grew up speaking Dutch as her first language. During the Civil War, Truth helped recruit black troops for the Union Army; after the war, she tried unsuccessfully to secure land grants from the federal government for formerly enslaved people (summarized as the promise of "forty acres and a mule"). She continued to fight on behalf of women and African Americans until her death. As her biographer, Nell Irvin Painter wrote, "At a time when most Americans thought of slaves as male and women as white, Truth embodied a fact that still bears repeating: Among the blacks are women; among the women, there are blacks." A memorial bust of Truth was unveiled in 2009 in Emancipation Hall in the U.S. Capitol Visitor Centre. She is the first African American woman to have a statue in the Capitol building. In 2014, Truth was included in Smithsonian magazine's list of the "100 Most Significant Americans of All Time."

**EFIA DUKER - YEAR 10
STUDENT WRITER**



Speech Entitled "Ain't I a Woman?" by Sojourner Truth
Delivered at the 1851 Women's Convention in Akron,
Ohio

“Well, children, where there is so much racket there must be something out of kilter. I think that 'twixt the Negroes of the South and the women at the North, all talking about rights, the white men will be in a fix pretty soon. But what's all this here talking about? That man over there says that women need to be helped into carriages, and lifted over ditches, and to have the best place everywhere. Nobody ever helps me into carriages, or over mud-puddles, or gives me any best place! And ain't I a woman? Look at me! Look at my arm! I have ploughed and planted, and gathered into barns, and no man could head me! And ain't I a woman? I could work as much and eat as much as a man – when I could get it – and bear the lash as well! And ain't I a woman? I have borne thirteen children, and seen most all sold off to slavery, and when I cried out with my mother's grief, none but Jesus heard me! And ain't I a woman? Then they talk about this thing in the head; what's this they call it? [member of audience whispers, "intellect"] That's it, honey. What's that got to do with women's rights or Negroes' rights? If my cup won't hold but a pint, and yours holds a quart, wouldn't you be mean not to let me have my little half measure full? Then that little man in black there, he says women can't have as much rights as men, 'cause Christ wasn't a woman! Where did your Christ come from? Where did your Christ come from? From God and a woman! Man had nothing to do with Him. If the first woman God ever made was strong enough to turn the world upside down all alone, these women together ought to be able to turn it back, and get it right side up again! And now they is asking to do it. The men better let them. Obligated to you for hearing me, and now old Sojourner ain't got nothing more to say.”

IGNATIUS SANCHO

With Black History Month, it is crucial that we remember the black heroes who fought for equality and freedom through writing, speeches, and ways of publicity that were unique to them (some more radical than others). But we can often look to America for the famous black heroes and civil rights activists who fought for freedom, but what about Britain? Here, I will explore a famous black British writer and composer (I love music), called Ignatius Sancho. Ignatius Sancho was a black British abolitionist, writer, and composer, who was born into slavery on a slave ship in the Atlantic. When his parents died in the Spanish colony of New Grenada, he was taken to Britain by his owner and sold to three Greenwich sisters, where he remained their slave for eighteen years. Unable to bear being a slave to them, Sancho ran away to the Montagu house in Blackheath, whose owner had provided the water and good soil (so to speak) that provided the perfect conditions for Sancho's passionate interest in English literature to grow. After spending some time with them, Sancho left the Montagu House and started his own business as a shopkeeper, whilst also beginning to write and publish various books, essays, and plays. Sancho quickly became involved in the nascent British abolitionist movement, which sought to outlaw both the slave trade and the institution of slavery itself, and he quickly became one of the most devoted supporters of the movement. Sancho's status as a male property-owner meant he was legally qualified to vote in a general election, a right he exercised in 1774 and 1780, becoming the first known Black Briton to have voted in Britain. Gaining fame in Britain as "the extraordinary Negro", to British abolitionists, Sancho became a symbol of the humanity of Africans and the immorality of the slave trade and slavery. Sancho died in 1780, with his *The Letters of the Late Ignatius Sancho, an African*, edited and published two years after his death, is one of the earliest accounts of African slavery written in English from a first-hand experience. **AMY DHANNIE - YEAR 10
STUDENT EDITOR**

**EXTRACT FROM "THE LETTERS OF
THE LATE IGNATIUS SANCHO, AN
AFRICAN".**

“...you dropt the candid friend and afumed the flatterer).-You hinted there was a chance of feeling you in Charles Street: I wifh it much.--My friend, I have a week's gout in my hand, which was by much too hard for my philofophy.--I am convinced, let the Stoics fay what they list--that pain is an evil;--in fhort I was wifhing for death--and little removed from madnefs--but (thank heaven) I am much better--my fpirits will be mended if I hear from you--better fill to fee you.--I find it painful to write much, and learn that two hands are as neceffary in writing as in eating.---- You fee I write, like a lady, from one corner of the paper to the other.----My refpects- and love- and admiration- and compliments--to Mrs-- , and Mrs. and Mifs---, tell M-----I, he kept his word in calling to fee us before he left town! --I hope--confound the ink! What a blot! Now, don't you dare fuppofe I was in fault--no, Sir, the pen was dıabled--the paper worfe, there was concatenation...”

This speech has been replicated as it would of originally been presented on a printing press where an s is represented by an f.

SOME UNUSUAL FACTS...

It takes approximately 359 humans to have enough iron to forge a sword from their blood

There is an estimated 25-50 active serial killers in the US

When a person is being electrocuted in an electric chair, they feel everything. They are fully aware their bodies are being fried

The human brain continues to give electrical signals 20-50 seconds after death

Tarantulas can swim

Most butterflies drink nectar (or drink blood or sweat or urine or tears), but they don't defecate

When you blush, the lining of your stomach also turns a little bit red — so it's more than just an outward expression. This happens because blood rushes not only to the skin of your face when you blush, but also to the lining of your tummy.

You can break a rib sneezing

During World War 2, Japan bombed China with fleas infected with the bubonic plague

Some tumours can grow teeth and hair.

MOVIE REVIEW

SNOW WHITE AND THE HUNTSMAN

Snow White and the Huntsman, starring Kristen Stewart and Chris Hemsworth, is a retelling of the fairy-tale Snow White and the Seven Dwarfs which combines elements of fantasy, action and some romance. The movie follows Snow White trying to escape the Evil Queen (played by Charlize Theron) and figuring out a way to free her kingdom from the Queen's iron fist. She encounters a Huntsman who is hired by the Queen's men to capture her so the Queen can take her heart and become immortal. However, he spares Snow White's life and travels with her to take back her kingdom.

This movie is a captivating watch, with stunning visuals and a soundtrack that pulls you into the movie. The story is compelling and it also draws inspiration from the source materials but also puts its own original spin on it. It portrays Snow White as a kind heroine but also a force to be reckoned with. Stewart did a great job but I would have appreciated a bit more emotion from the character. The Huntsman had some great character development from being a drunk man who drinks away his sorrows after the loss of his wife to a powerful combatant who stands by Snow White's side.

However, the most intriguing character was the antagonist, the Evil Queen. She was an intimidating and twisted character who had clear motives and aspirations. She was involved in some uncomfortable and strange scenes that can make people a bit uneasy. This conveys how much of a great actor Theron is. There is also some limited violence (but nothing too harsh) which some younger audiences may find distressing. Other characters such as the dwarfs, were somewhat bothersome at times but were mostly pleasant.



There was also some sort of chemistry between Snow White and the Huntsman which did not work very well in my opinion. Many people would've failed to see the romantic chemistry between the two because it was missing.

Despite the failed attempt at some romantic chemistry between the two main leads and some weird scenes, this movie is a fascinating retelling of the famous fairy-tale which can draw viewers into the striking cinematography and a new perspective on Snow White.

I rate this movie 3.5 stars out of five and a good watch for people who appreciate fantasy movies

RIANNA HUCI - YEAR 10
STUDENT WRITER

WHATS COOKING?

Hello everyone! if you're a food lover or have a passion for cooking/baking, you're in the right place. This article is the beginning of food and talent brought together and shared to you.

Disclaimer!

I'm looking for as many students as possible to be able to contribute to sharing your food creations (it really helps!) so that I can publish it and so others have the inspiration to do the same. If you have any photos of meals/desserts you've made at home/school, please feel free to send me an email with your name and form to 19UddinN@graysconvent.thurrock.sch.uk to be shared in the magazine :D

The Curriculum:

The Year 7s will be making deli salads, fruit fusions, chicken nuggets, macaroni cheese and apple crumble. The recipes to these dishes contain the simple skills and requirements to demonstrate the knowledge you can contain throughout practicals as an introduction to Food Preparation and Nutrition!

The Year 8s will be moving forward to slightly harder recipes and practicals, these include tomato and bean soup, carrot cakes, pizza, designing your own stuffed vegetable and a tomato and basil ragu. Something to notice this year is the new skill of developing your own sense of taste and creation in 'design your own stuffed vegetable', this requires you to take initiative in your cooking and apply your own knowledge on how your dish should be cooked.

Year 9 is a special year as it allows you to try slightly more time-consuming dishes where there are more steps to follow and more to the process of cooking the meal. These dishes are, shepherd's pie, chicken and bean enchiladas, creamy chicken pesto, sweet and sour chicken, lasagne and cheesecake. You can notice an increase in difficulty within these practicals.

Year 10 is the start of this GCSE course. This is the year we go into detail about cooking and what's behind all of it. We start to explore the health risks in foods as well as the safety measures that need to be taken during practicals. The focus during the year is also majorly based on the presentation of meals and precise skills like garnishing and decoration.

Year 11s are working on making their dishes "examination-worthy". They will prepare their dishes to be judged and examined on precision, presentation and taste. Non-examined and written exams are taken throughout this course as we go along the year.

If you would like further information, please visit the school's website where you can find all the information for exam boards, examination info, trips to enhance the understanding of this subject etc...

This subject isn't for everyone but it's a very fun thing to do and develop a passion for. I hope that everyone can receive some new information from this and if not I would really love some feedback on what you would like to see or what I could improve on. :)

Always remember to enjoy the little things <3

NUAYMAH UDDIN - YEAR 10
STUDENT WRITER



SPORTS CORNER



Even though it's only the beginning of the academic year, fixtures have been popping up left, right and centre, a fixture list has been put up so you know what to expect this season. This half of the year is all about rugby, football and netball so if you're interested in watching and supporting our teams make sure you check their fixtures and come and watch their home games!

Recently on 14th September, the U16s football team played Emerson Park in the Essex Cup. It was our first game as a team with only one training session with each other. We knew that no matter what happened in this game we could always work on it for the future. Emerson Park won the kick-off and the action began. We had many incredible through balls with which I.Pitney took an excellent shot and scored our first goal. The 1st half ended 1-1. With fresh feet on the pitch, the second half began with us pushing forwards and getting into their box. Unfortunately, K.Baronaite got a red card after accidentally stopping the ball in play with her hands. This led to a penalty which our talented goalkeeper M.Pitney saved. I.Pitney scored again but before the game ended the opposition took such a powerful shot no goalkeeper could've saved and led to Emerson winning.

Although we lost, we played brilliantly in our first match with M.Pitney and I.Pitney. I believe our future as a team is bright and full of goals. There will be many more opportunities for us to shine and succeed. Remember to look at the school's Twitter and Instagram for pictures of fixtures and results!

**AMELIE SOONG - YEAR 10
STUDENT EDITOR**

Date	Team	Opposition	Venue
14/09/22	U16 Football	Emerson Park Academy	Away
27/09/22	U15 Football (National)	Southend High School (Girls)	Away
28/09/22	U16 Rugby	Sheffield	Thurrock Rugby & Football Club
29/09/22	U16 Netball	William Edwards	Away
06/10/22	Y8+Y9 Netball	Harris Academy Ockendon	Home
10/10/22	U16 Netball	RALLY	Hassenbrook
13/10/22	Y9 Netball	Harris Academy Riverside	Away
18/10/22	U14 Rugby	FESTIVAL	Robert Clack
20/10/22	U16 Rugby	FESTIVAL	Robert Clack
01/11/22	U16 Netball (A)	Hassenbrook	Home
4/11/22	U16 Rugby	St Ceres	St Ceres
10/11/22	Y9 Netball	St Ceres	Away
16/11/22	Y8+9 Athletics	Indoor Cup	Lee Valley
17/11/22	Y7 Netball	Harris Academy Riverside	Away
17/11/22	Y9 Netball	Harris Academy Riverside	Away
18/11/22	U14 Rugby	William Edwards	Thurrock Rugby & Football Club
22/11/22	U16 Netball (B)	Hassenbrook	Away
23/11/22	Y8+9 Athletics	Indoor Cup	Lee Valley
24/11/22	Y9 Netball	RALLY	Hassenbrook
7/12/22	U14 Rugby	Robert Clack	Away
8/12/22	U16 Rugby	Robert Clack	Away
13/01/23	U16 Rugby	FESTIVAL	St Ceres
23/01/23	Y7 Netball	Harris Academy Ockendon	Home
25/01/23	Y7 Athletics	Indoor Cup	Lee Valley
30/01/23	Y7+8 Netball	Gateway	Home
01/02/23	Y7 Athletics	Indoor Cup	Lee Valley
03/02/23	U12 Rugby	FESTIVAL	Home
09/02/23	Y7 Netball	St Ceres	Home
22/02/23	Y7 Athletics	Indoor Cup (Semi)	Lee Valley
06/06/22	Y8 Netball	RALLY	Hassenbrook
08/03/23	Y7 Athletics	Indoor Cup (Final)	Lee Valley
24/03/23	U12 Rugby	FESTIVAL	Home
14/03/22	Y7 Netball	Rally	Hassenbrook
21/04/23	U14 Rugby		Thurrock Rugby & Football Club
05/05/23	U14 Rugby		Thurrock Rugby & Football Club

A WORLD OF SPORTS

In this article, I'll be introducing you to countries' national sports. There may be some you might not have heard of and some you may have done.

China - Table Tennis

Table tennis also known as ping pong in China was turned from a pastime of a Victorian gentleman to a sport of Olympic level. Coming from a Chinese household, I can tell you with full confidence that table tennis rules family meetups with a side of badminton which is also very popular in China.

Canada - Lacrosse (summer) Ice hockey (winter)

Lacrosse - Players use the head of the lacrosse stick to carry, pass, catch, and shoot the ball into the goal. There are four variations of sport which have different rules about contact.

Ice hockey - This is a full-contact sport involving sticks, goals and pucks. It is played on an ice rink with the team scoring the most goals winning.

The Philippines - Arnis

Arnis is a martial art which often uses weapons like sticks and bladed weapons. There have been campaigns for arnis to be nominated in the UNESCO Intangible Cultural Heritage Lists.

New Zealand - Rugby Union

The New Zealand rugby union national team often known as the All Blacks was founded in 1892 and has won the world cup 3 times. They are a very strong team often defeating their opponents by large margins. They're 4th in the entire world.

**AMELIE SOONG - YEAR 10
STUDENT EDITOR**



COOL, CALM AND COLLECTED CONVENT

On the 29th of September, the under 16's netball team played William Edwards in the first round of the Essex cup. The game started with a goal from Paige P with 7 goals following, split between herself and Olivia B. For the first quarter, the player that stood out to me was Aaliyah for her brilliant defending. In the second quarter, Amelia M scored 8 goals and Olivia B scored 1 goal to bring the second quarter to a close at 17-3. The players had started to get used to the slippery indoor floor of the badminton hall and the third quarter ended with 21-5 to us. The gameplay was cool, calm and collected with sneaky interceptions from Emily W. Everyone played amazingly for the first match of the season and the game ended 24-6. The Player of the match went to Amelia M. Personally, I think Alannah E was my player of the match because of her communication with the team and her quick thinking. Quote from Emily W: 'We played super well even though the other team was challenging.'

Goal scorers:
Amelia M - 12
Olivia B - 7
Paige P - 5

AMELIE SOONG - YEAR 10
STUDENT EDITOR



INEQUALITY WITHIN FOOTBALL

For hundreds of years, women have had to battle to get the same rights as men, to have the same opportunities and funding as men and only in recent years have there been changes and progress. During WWI, women who were working in factories played football during their lunch breaks; these mini matches led to whole teams being formed and tens of thousands of people coming to watch. However, this all changed in 1921 when the FA issued a ban on women's football which would last just under 50 years and set back the development of women's matches for decades to come.

THE MASSIVE PAY GAP

For so long talented women have been held back from football and even though in the UK women can freely play, it doesn't mean professional players are paid the same as their male counterparts. Harry Kane, one of England's top goal scorers (50 goals), earns around £200,000 a week (£10.4 million a year) at Tottenham Hotspur plus there are his bonuses from his brand deals, notably Nike. On the other hand, Ellen White, also one of England's top goal scorers (52 goals) recently retired with an estimated £820,000 net worth

which is roughly a month's worth of work for Kane. This shows how hard women have to work to compete with the current imbalance of pay.

GIRLS IN FOOTBALL

In August 2022, the Lionesses wrote a letter to the Conservative party raising concerns that only 63% of schools offer equal access to football. At GCHS, we have access to so many sports, from netball and badminton to rugby and football. Other girls aren't so lucky to have this choice, as their school may force them to participate in non-contact, outdated term 'feminine sports'. I believe this is incredibly unfair and harmful to girls across the country who have the determination and enthusiasm to play but not the encouragement. This is why we should, as a generation, make a change to the way we view sports as no sports should be deemed as 'feminine' or 'masculine' or not suitable for certain genders to play. Sports should be an enjoyable part of life, an uplifting opportunity to make friends, boost confidence and develop new skills.

AMELIE SOONG - YEAR 10
STUDENT EDITOR



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