



SCHOOL

For students, by students

What to find:

Friday Night Dinner - TV series Recommendation

Guide to Building a Computer

Why should you play rugby?

The Greatest Skateboarding Feat

Is 24-hour News Good for Us?

Movie and TV Recommendations

Palm Oil is Bad for Our Environment - Fact or Fiction?

Elden Ring - Game Review

General Knowledge Quiz

The Impact of Manga and Anime on Western Culture

Overcoming the Odds Through Swimming

Why Rock Climbing is Awesome

Interlinked - Short Story

Sports Battles! - LeBron James vs Stephen Curry

The Truth Behind "Let them eat cake."

Student Leadership Team

The Editorial Team:

Emily Keelan
Miles Bardsley
Elinor Morgan Bailey
Kyra Crawford
Heidi Crapper
Rosie Cartwright



Paper
3

Released: Term 6 2025

NEWSPAPER

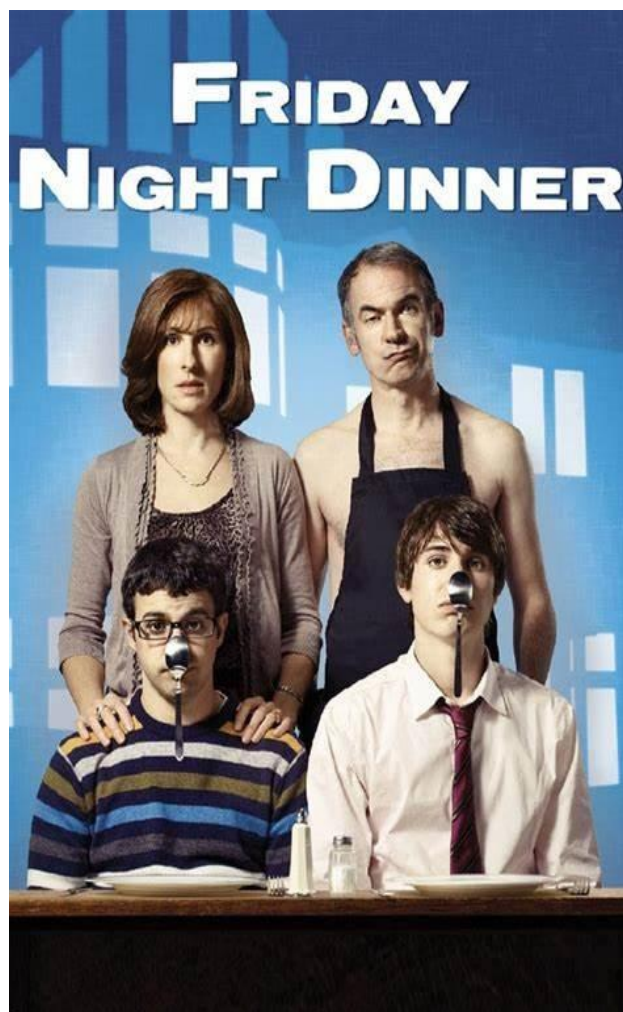
Friday Night Dinner – TV Series Recommendation

Anonymous and Unknown

Friday Night Dinner is a comedy TV series featuring a Jewish family having their Shabbat dinner. During this dinner, a diverse range of interactions and comedic events take place with a range of characters who are related to the main family. Every Friday night, two brothers aged 20-25 come to their parents' house to have dinner. During this dinner, hiccups will occur which is where the main comedic aspect is pranks, laughs and awkward situations.

The main characters include Adam (the eldest) and Johnny, the two brothers who are played by Simon Bird and Tom Rosenthal respectively; their mum, Jackie, who is played by Tamsin Grieg; their dad who is played by Paul Ritter; and Jim, their neighbour, who is played by Mark Heap. Some side characters include their nans and various other people such as bosses, childhood friends, etc.

The series is comprised of 37 bite-sized episodes split over 6 seasons, with each episode spanning roughly 23-25 minutes. Due to the clever casting and well-timed jokes, the show can be enjoyed in small doses while still feeling fulfilling. This show is particularly effective because, although it is a comedy, you start to feel empathy for the characters, and it is so unique you can rewatch it without it getting old. Furthermore, it is not repetitive because it changes the scene at least once a season so it isn't just in the house and garden.



The only negative could be the fact some of the jokes may not appeal to your sense of humour, or may make you feel awkward; however, the number of jokes makes this irrelevant as many of them can be enjoyed by everyone.

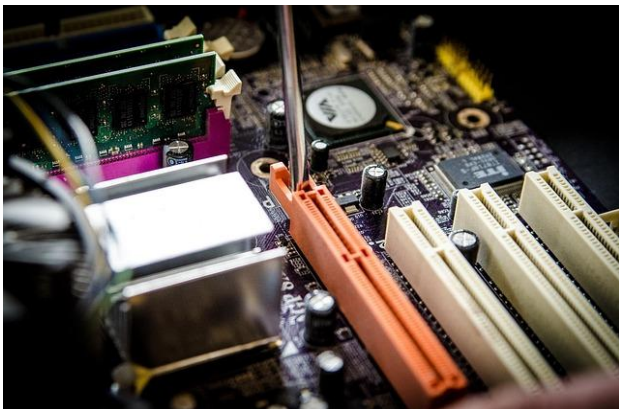
All in all, we give this a 9.5/10 and highly recommend it. You can watch it on Netflix, Disney+ and Channel 4 (with advertising).

Guide to building a computer – through the eyes of a 13-year-old

Written by David Stratulat, Year 8

To all the people out there in need of a new gaming setup, and to people who just want a place to start, my name is David, and I am here to explain all the steps in getting started and advice on how to make one... through the eyes of a 13-year-old, instead of your typical tutorial from the internet.

The origins of my love for making custom computers came from my need for a new setup (gaming and work station for those who are not up to date with modern slang) as I used to play on a ps4. I found it was powerful enough for playing a few low-end games, but there came a time when I had to think about getting a more modern gaming setup.



The problems first started when I had to start installing multiple games on my ps4 in order to satisfy my need for a new game, but if I wanted to delete the games I already had, I would be unable to play the games I had in common with my mates. There was also the problem of updating speeds as, almost every time I wanted to hop on to play games (yet another slang word for getting on your setup in order to play on a console or pc), I had to wait out a dreary day long update for a game.

That was when I decided I had had enough and set off to do my research to make a new rig (slang for a setup). Yes, there are prebuilt PCs on Amazon and other websites, but they are more expensive and, where is the fun in that?

Then the day came to get started. For my birthday, instead of a new bike or accessories for your everyday life, I decided to get some computer parts in order to make a sufficiently powerful pc.

The process is typically first installing all the components that slot into the motherboard. Preferably the smallest components to the biggest to avoid any confusion later on. I find the physical process is easier and more straight forward than the programming you have to do later on (not traditional programming, don't worry, more commands to install the booting sequence on it).

In my eyes, the cable fitting and the trial and error was probably the most annoying part of them all. I also need to warn you that most tutorials do not tell you that you need to get an operating system and a network card. The operating system is by far the most important on the data side of things and the network card is essential in order to get WIFI to your setup. The motherboard has both of these ports but they will never be used. I don't know why, but that's the rules. In the end, I had to follow some videos but eventually everything worked and is what I made this article on.

In the end, if you have researched and are dedicated, anyone can make their own setup for themselves.



Image from Pixabay by Vladvictoria

Why should you play rugby?

Written by Oscar Bowes, Year 9

Why rugby? It's a great way to team build, socialise and exercise. Teambuilding allows you to communicate with others under pressure and gives you a sense of responsibility and community.

Socialising allows you to discover and strengthen friendships through highs and lows, on and off the pitch.

Finally, exercise allows you to stay fit and disciplined, while having a balanced life.

Why not give it a go? It's a fun, challenging and exciting decision that will set you up for your future, giving you lifelong values, memories and friendships. Training for school on Centre Site, Tuesdays and Wednesdays after school, meet on the backfields. Why not join or bring a mate?

The Greatest Skateboarding Feat

Written by Acidd

In this article I will cover my favourite skateboarding feat of all time (hence the title) not just because of how gnarly it looked but also the story behind it.

It's famously known as the Lyon 25. I have chosen this in particular because in my eyes it's an incredible feat of determination and resilience and it takes guts to do these types of things. Skateboarding is kind of philosophical really - You have to face the fact that you're not going to get it right first try every time...

It all started in 2002 when a Swedish skater called Ali Boulala tried and failed to ollie down a 25-step staircase in Lyon, France. He tried and failed and injured himself badly enough to bail out and never attempted it again. Ever since then, that staircase has been referred to as the Lyon 25.

Twelve years later, Aaron Homoki (also known as Jaws) was inspired by Ali and flew to Lyon from America just to try and land the staircase. Unfortunately, on one of his first attempts, he landed so badly he had torn his ACL (a part of your knee). He didn't give up though. Sixteen months after, he came back to retry the Lyon 25 and even invited Ali to come with him for support. He tried many times with lots of issues along the way but eventually... he landed it. He had cemented his name in skateboarding history forever.

Doing something like this takes serious resilience and hard work. Aaron and Ali will have had years of constant practice of skateboarding to have the potential to even think of trying to jump down a 6.7-metre-long, 4.5-metre-tall staircase! I don't think a lot of people think this kind of thing is important as it's "a bunch of silly people risking their lives". Well, they're wrong. The way I think about it is that these skaters are braver than 'most people' and are goal achievers who have the right mindset to succeed in life.

And, by the way, don't try this at home.

Is 24-hour news good for us?

Written by Elizabeth Packer,
Year 9

The news of the world is all around us. It is there when you scroll on your phone, turn on your TV, listen to the radio and even as you walk past the news racks in a shop. We are now constantly aware of every politician's opinion, every celebrity feud and every crisis a distant country is facing. But is this really helpful?

News is now constantly accessible. In the past, news travelled through daily newspapers or television and radio broadcasts that were at set times and could be easily turned off. Today, we have social media, websites and TV channels that allow news to be accessed 24 hours a day. Once you see something scary or worrying, it can be hard to resist the temptation to watch the next video or read more about the issue. This can cause a cycle of worry and despair, causing you to check more and get even more anxious.

Of course, it's important to be aware of current issues but constantly being exposed to every problem in the world, especially as it is blown up or exaggerated, can be panic-inducing or depressing. A study done during the Covid-19 pandemic, which had university students report on their feelings after consuming news about the crisis, found that the more they read about the pandemic the more they felt hopeless and worried.



Image from Pixabay by reneateko

However, there are some benefits to information being around us more. People can be more informed about current affairs, and it allows airtime for things that may be less important but still good to know about. Specific websites can also allow people to easily see the kinds of news that interests them, like sporting or finance. It is important to recognise that the news isn't always gloomy and is often interesting.

One thing, though, is that we have opened Pandora's Box with the news. No matter how much we try to make news travel slower or less frequently, things like social media will mean we can't get back to a time when news is something that can be avoided. The only thing we can do is find ways to make the news more positive or make sure that people aren't exposed to large amounts of upsetting news at once. All these things could turn the news into a great source of knowledge and experience that could keep people engaged, involved and curious about society, world events or topics that interest them.

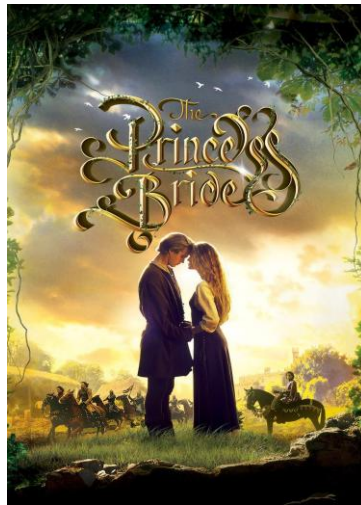
1Kellerman JK, Hamilton JL, Selby EA, Kleiman EM. "The Mental Health Impact of Daily News Exposure During the COVID-19 Pandemic: Ecological Momentary Assessment Study." JMIR Mental Health (JMIR Mental Health), 2022.

Movie and TV Recommendations

For all years



Howl's Moving Castle - PG



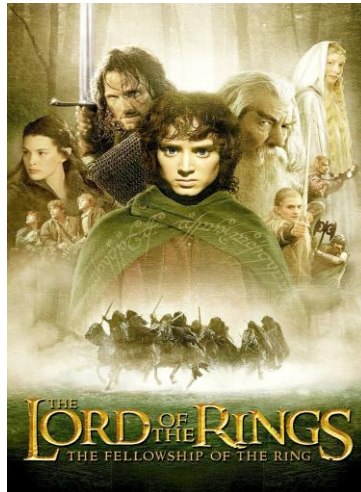
The Princess Bride - PG



Kubo and the Two Strings - PG



Paddington - PG



Fellowship of the Ring - 12



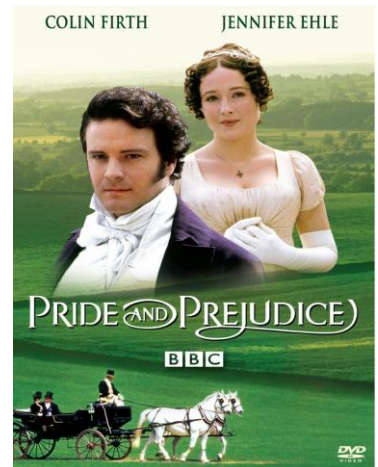
Coraline - PG



We Bought a Zoo - PG



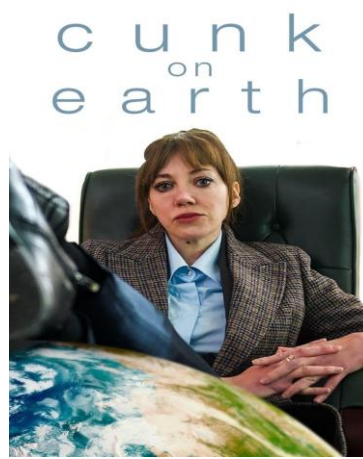
Isle of Dogs - PG



Pride and Prejudice - PG



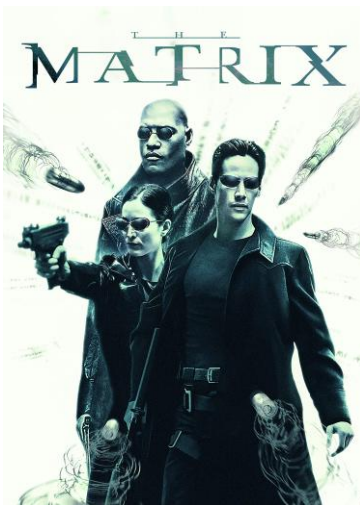
Scott Pilgrim Vs
The World - 13



Cunk on Earth -
15



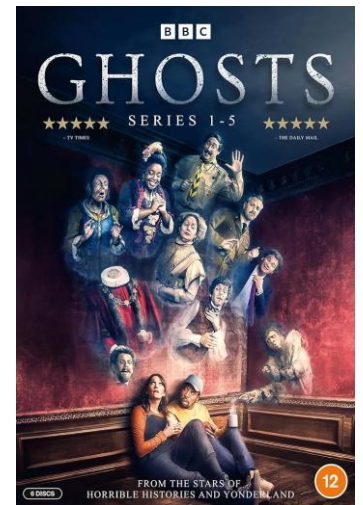
Moon Knight - 15



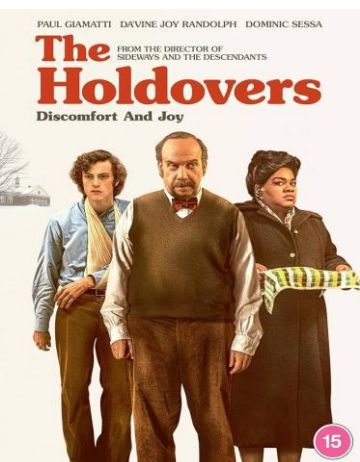
The Matrix - 15



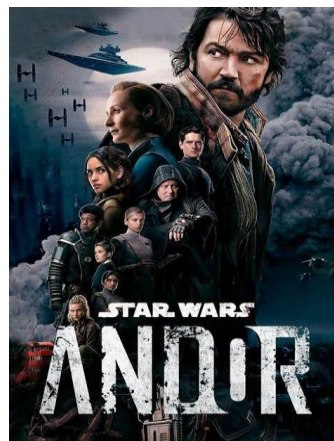
Good Omens -
15



Ghosts - 12



The Holdovers -
15



Andor - 12



Star Trek: Deep
Space 9 - 12

Palm Oil is Bad for Our Environment – Fact or Fiction?

Written by Monty Frost, Year 8

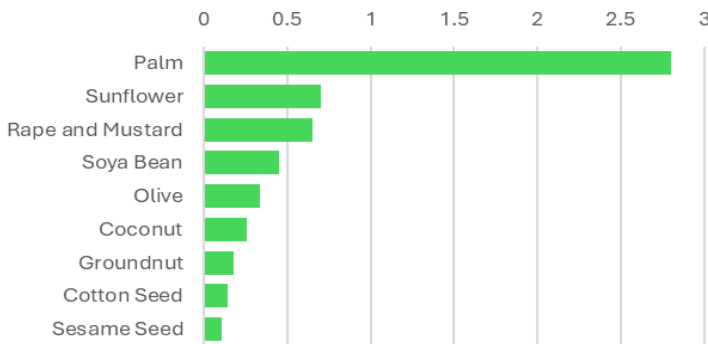
Although many people are led to believe that palm oil is bad for our planet, this is not quite true. Even though palm oil plantations cause mass deforestation, other plant oils such as coconut or olive oil get much less oil for the amount of land they take up.

To be precise you get around 10x as much oil per hectare of land from palm compared to other tropical oil crops.



Lots of people think that palm oil is environmentally unfriendly but actually, it's a land sparing crop.

Currently, to produce all oil crops in the world we use a landmass the size of India. Although, if you were to grow the same amount but with palm you would only need a quarter of the land. Which means that palm oil in fact reduces the need for more land thus reduces deforestation.



The amount of oil we get from one hectare of land.

"Everyone hates palm oil. It has become the poison of the food industry." - Hannah Ritchie, 'Not the End of the World'

Elden Ring – Game Review

Anonymous

Elden Ring is an action role-playing video game. It is set in the Lands Between and you adventure with a customisable character on a quest to repair the Elden Ring and become the new Elden Lord. It is an open world game with six main areas to explore. There are many dungeons in these areas that are useful, as well as different weapons and spells. There are a wide range of enemies from small creatures to huge bosses. It is a difficult game and would appeal to those looking for a challenge. It has visually stunning artwork and detailed graphics which enhances the players experience and immersion. It has intense atmospheric music. It contains some horror elements including the appearance of some creatures and a dark gothic aesthetic to the castles and cathedral-like buildings.

Online gameplay can aid you with assistance from other players. However, hostile players may hunt you. There are elements of treasure hunting and the discovery of lost cities and caves. The quests become increasingly challenging; however, you are rewarded for your efforts. The quest line can take over one hundred hours to complete.

Elden Ring is an award-winning game, receiving over three hundred game of the year awards from numerous publications around the world, making it one of the best games of all time. I would rate this game 9/10 due to the variety of options and challenges you can face.

General knowledge quiz!

Made by: Kyra Crawford

(answers at the end of the newspaper)

- 1) What has happened to Joe Biden recently, healthwise?
- 2) Which drama this year won Bafta TV award for best limited drama? (Hint: Letterbox)
- 3) True or False: The Great wall of China is visible from space?
- 4) In which three countries will the 2026 World Cup be held?
- 5) How long does it take to get to the moon: A) 2 Weeks, B) 10 Days, C) 1 month, D) 3 days
- 6) When did Prince Philip die (Month and year, bonus point for the day)
- 7) What is the record for the most children born to one mother? (Bonus point: which country is the woman from?)
- 8) What is the most performed Broadway musical of all time: A) Phantom of the Opera, B) Les Miserables, C) The Lion King, D) The Sound of Music E) Hamilton
- 9) Which country has the longest coastline in the world?
- 10) Which Scottish Chef had a short spell at Ranger's Football Club?

The Impact of Manga and Anime on Western Culture

Written by Milo Hazell, Year 8



Image from Google by Freepik

An immense impact of these pieces of media on Western culture is, rather shockingly, their openings. Anime typically have a roughly two-minute-long music video of sorts at the beginning of each episode. Some in particular have stood out and broken through to the mainstream, one of these being Creepy Nuts' "Bling Bang Bang Born", the opening for season two of "Mashle: Magic and Muscles". It was featured in many videos online, with creators commonly doing the dance shown in the animation.

All in all, anime and manga have had plenty of importance in Western media and pop culture, although at times unacknowledged as from their original sources. This article is naming just a couple instances, while there are many more I've not listed. The impact of these genres is undeniable, despite what people may say.

It's safe to assume that you've heard of at least one of these things before - whether manga, a Japanese form of comic usually written and illustrated by one author; or anime, animated series typically adaptations of manga. Although commonly seen as weird, anime and manga have had a very large impact on pop culture in the west.

During the 2022 FIFA World Cup in Qatar, you may have heard the term "Blue Lock" when talking about Japan's unexpected performance in the competition. But what does this mean? Blue Lock is a manga/anime written by Muneyuki Kaneshiro and illustrated by Yusuke Nomura revolving around aspiring footballers in Japan being put through a brutal competition and rigorous training by the Japanese national team officials to find Japan's next "Football Hero". Fans of anime and manga were commonly referencing this series while on the topic of the surprising prosperity of the Japan national team.



Image from Google by AcrossTheCulture

Overcoming the odds and building resilience through swimming

Written by Jemima Alder, Year 10

In the Paris 2024 Paralympic Games, Polish swimmer Kamil Otowski won the gold medal in the men's 50m backstroke and the gold medal in the 100m backstroke. Winning an Olympic medal is hard, it takes thousands of hours over many years of training, dedication and commitment, early mornings and sacrifices, as well as huge mental and physical strength and determination. His huge achievement is even more remarkable because Kamil uses a wheelchair and has no function in the lower half of his body. He is a para-athlete completing in the division S1 which is athletes with the greatest physical impairment. Swimmers in this class have significant loss of muscle power or control in their legs, arms, and hands, as well as the use of a wheelchair in daily life.

Kamil is proof that hard work and resilience can take you to the very top of sport. Resilience is one of our school values - but how does a sport like swimming build it?

Swimming builds resilience in powerful ways—physically, mentally, and emotionally.

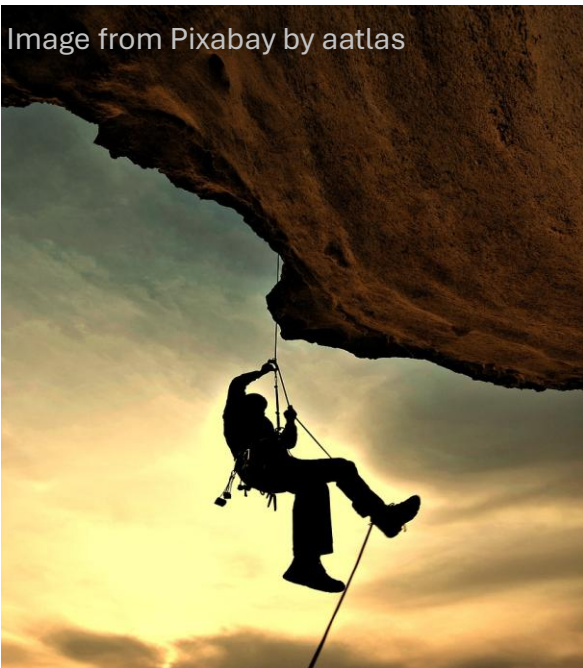
Mental and emotional strength: Swimming often involves pushing through cold water early in the morning. Tiredness and tough daily swim and gym workouts are routine. Learning to stay calm and keep going in those situations builds mental strength. Swimmers usually train early and follow strict schedules. Sticking to this routine takes discipline and strengthens willpower.

Whether it's improving a stroke or beating a personal best, swimmers constantly set and achieve goals which gives them confidence and a "keep going" mindset.

When you exercise, 'happy' chemicals are released in your brain which help support a positive mindset giving swimmers a boost to their mental health every day. As a swimmer, you learn to compete against yourself and others and although it's a solo sport swimmers often train in clubs, so have the support and camaraderie of teammates which helps build a feeling of belonging. When you don't achieve a goal or get disqualified, or when training is tough, swimmers build resilience to keep going and bounce back without quitting.

Physical strength: Swimming builds muscle and cardiovascular strength. A strong body gives more energy and stamina to handle everyday life and do more in sport with fewer injuries. So, swimming isn't just exercise—it's like resilience training in disguise.





Why Rock Climbing is Awesome

Written by Isaac Haskett, Year 10

Rock climbing is one of those sports that looks intense—and yeah, it can be—but it's also insanely fun. You get a full-body workout without it feeling like a chore, and it's basically problem-solving with your hands and feet.

One of the best parts? The climbing community is super chill and supportive. Doesn't matter if you're a beginner or a pro—people will hype you up either way.

Also, nothing beats that feeling when you finally send a route you've been working on. It's equal parts frustrating and addicting... in the best way. If you're looking for something that's physically challenging, mentally engaging, and way more fun than a treadmill, climbing's where it's at.

Interlinked – Short Story

Written by Harper Blake, Year 10

Shakily, she lifted her head. The pounding at her temple felt like it was audible for everyone, but it was just her. She was alone. It hadn't always been like that; she was one of two. Two halves of the same soul, interlinked and intertwined like branches of a winding tree. But one day the rot had started to appear, the darkness crept in and eventually it was as if they were strangers. Looking around she only saw the inside of a small dark room. She crawled forward, her hands and arms aching and swollen. Bruises patterned her body like new skin.

Slowly, but surely, she made it to the small slit of light coming from the door. Reaching for the handle, she used all her strength to drag herself up to her full height; she pushed down on the cold metal, but the door remained closed.

She pulled the handle, but it wouldn't move. Stuck.

She was stuck. Locked inside the dark room with no escape.

She heard footsteps approaching from outside, slowly at first and then they became faster, more urgent. She held her breath. The door was flung open, a silhouette outlined in blinding light. She squinted her eyes to see, and the figure became clearer. It was her; she was back. Kneeling so their eyes met, she reached down and placed her hands to her temple; and the pain ceased. They were one again. Interlinked.

Sports Battles! - LeBron James vs Stephen Curry

Anonymous



Image from Google

Firstly, both are all-time greats and legends of the game: Basketball. That said, we have to find out who's better, and we'll do this with three criteria; impact on the game, accomplishments, and who is better at pure basketball, ending with an unbiased conclusion.

When it comes to impact on the game, no one beats Steph Curry. Drafted to the Golden State Warriors in 2009, Curry's three-point revolution has completely changed the game. With Steph's influence, the entire landscape of the NBA has changed. In the early 2000s, the game was dominated by big men in the paint, but with Curry's help, sharpshooters rule the new NBA. No one could keep up with the Warriors in the late 2010s, as Curry delivered four championships to San Francisco, and even two MVPs. Despite LeBron's lasting impact on the league, it doesn't come close to what Steph has done to the game.

Moving onto accomplishments, it has to be LeBron, four MVPs, four Championships, twenty All-NBA selections and over 50k career points really speak for themselves.

Though Curry does have some great accomplishments, such as all-time leader in made three pointers, it doesn't come close to LeBron.

Before we come to a conclusion, we have to find out who is better at pure basketball, and I think LeBron takes this easily. Standing at 6'9, LeBron can pass, shoot, dribble, defend, and carry his team on any given night. Despite being an amazing player, Steph struggles to defend sometimes, which can cause him to lose games. I think that most people would agree that, if you remove all accomplishments, LeBron is a better basketball player than Curry.

To conclude: Both players are generational talents, but LeBron has to take it for me. Being considered widely as one of the top two players of all time, we will never see another LeBron. Dominating the game for over 20 years, Steph's accomplishment simply can't match LeBron's. He is the better scorer, passer defender and winner. Steph just isn't as good, despite his impact on the game.

The Truth Behind "Let them eat cake."

Written by Niamh Brennan, Year 10



Marie Antoinette has been blamed for the infamous phrase "Let them eat cake" which has been seen as a motive for the starving people in France to revolt against the monarchy. However, historians now disagree that it was Marie Antoinette who said it.

Marie Antoinette was the queen of France throughout a time of economic struggle where the poor faced extreme starvation, leading to the French Revolution. The phrase implied the monarchy's obliviousness to the struggles of the poor.

The phrase has been traced back to Jean Jacques Rousseau "Confessions", written in 1765, years before Marie Antoinette even arrived in France. Rousseau stated in his "Confessions" that it was said by "a great princess" (supposedly referring to Queen Maria - Therese, a Spanish princess who married King Louis XIV).

Revolutionaries blamed Marie Antoinette as the one who said the phrase to use it as propaganda against the queen, presenting her as privileged and ignorant of the working class's situation at that time. It helped persuade more of the working class to join the revolt and fueled resentment against the monarchy. This is not the first scandal that was pinned on Marie Antoinette. In 1785, she was falsely accused of stealing a luxurious diamond necklace which turned public opinion against her and further damaged her reputation.

There is also evidence that Marie Antoinette didn't say "Let them eat cake" as there is evidence in her letters to her family back in Austria that she often donated to causes that helped the starving poor and was very aware of their hardships.

The story of "Let them eat cake" shows us how easily misinformation can form public opinion and damage reputations. The difference between what is dramatic and what is true in historical events can often be misconstrued over centuries and furthermore lead to historical figures' legacies being destroyed. Due to misinformation, not only did the way the French people perceive Marie Antoinette reshape history, but it has also altered how people all over the world view her today. It makes us wonder how many other moments in history have been twisted or distorted by the power of a captivating story.

Student Leaders

Below are the students involved with the student leadership team:

Head Students – **Emily Walton & Rufus Winkley**

Deputy Heads – **Francesca Ruda & Rosie Cartwright**

- **Craig Leppinen** – Academics leader
- **Miles Bardsley** – Newspaper liaison
- **Thomas Reeves** – Internal events leader
- **Eva Reid** – Peer mentoring leader
- **Heidi Crapper** – Common room leader
- **Ian Jaworski** – Sporting leader
- **George Bryson-Stallard** – Head of sporting events
- **Megan Spencer** – Social spaces leader
- **Bethany de Borde** – Social media leader

Feel free to email them with any suggestions you have for improving the school.

General Knowledge Quiz

Answers!

Question 1: He has been diagnosed with prostate cancer

Question 2: Mr Bates vs the Post Office

Question 3: False

Question 4: US, Mexico, Canada

Question 5: 3 Days

Question 6: April 2021, bonus point: Friday

Question 7: 69, bonus point: Russia

Question 8: Phantom of the Opera

Question 9: Canada

Question 10: Gordon Ramsey

Well done if you got them all right!