



# BackChat

Issue 1

Tuesday 26th April 2016



## MEET THE PRODUCERS

**Great Sporting Upsets**  
by Ciaran Hanvey

**Donald Trump**  
by James Griffiths

**How To Survive School**  
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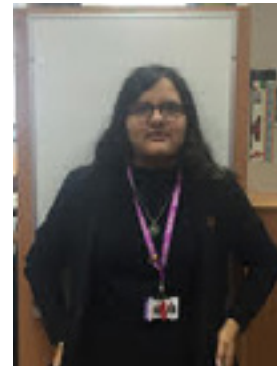
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Kane Ogier  
&  
Livvy McComb  
*ARTS AND  
ENTERTAINMENT  
EDITORS*



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*LIFESTYLE  
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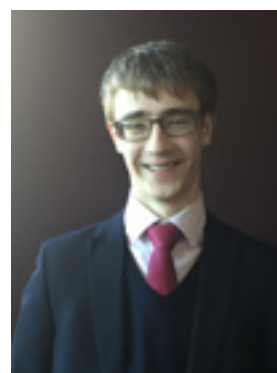
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Benji Marshall  
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Josef Rindl  
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Welcome to the first edition of the brand new school magazine, '*BackChat*': run by the pupils, for the pupils. You may be thinking, 'great another school publication like the Chronicle', but you couldn't be more wrong. BackChat gives a fresh, alternative view of current affairs, both inside and outside of school, and, covering five diverse categories (Arts and Entertainment, Lifestyle, Science and Technology, Sport, and News), there is something for everyone.

Now this wouldn't be a foreword without me endorsing some of the articles. A personal favourite is 'Why One Man Should Have All That Power' by Adi Silvestro. It's one in particular for the Kanye fans out there and provides a controversial political view of Kanye's goal to become president. I also highly recommend that you read 'Five Ways Vs Fiction' by Aimee Hughes; it will be sure to bring a smile to your face. There are worse places to be than KEFW... right?

As a team we have put many hours of work into this new venture and we all hope that you enjoy reading our publication. BackChat will be published termly alongside a website that will be updated on a weekly basis with the latest news and gossip within the school and around the world.

But don't see BackChat as a standard publication. BackChat is a platform for you, the reader, to showcase your talents. This edition's main story 'Meet the Producers' promotes several of the upcoming music producers in our school, and we also interviewed sixth former Ravi Gurung to find out more about his sporting talent. When we embarked on this journey we decided that we wanted you, the readers, to be involved as much as possible so if you have any suggestions or articles that you would like to submit then email us at ***BackChat2016@gmail.com***

***Ciaran Hanvey, Editor in Chief***



# HOW TO: SURVIVE SCHOOL

By Shannon Penasar

We Five Ways pupils share at least one thing in common: we all attend school. In fact, for us British citizens, we have to attend school until we are 18 (good luck). But to survive, there are some very easy steps. The first is quite obvious, yet for some reason, so difficult...

**Be nice to your teachers.** In the coming years and months you will need your teachers for many things so it is probably best to stay on their good side. Just think, they will be writing references for you which play a part in your application for university. Also, make sure you ask for help when needed; they'll happily do it! It is their job to do so! Just don't suck up to them. Do the opposite of what Shia LaBeouf says, and don't do it. It'll make you very unpopular, and teachers actually find it annoying and very awkward.

**Bullying.** The world is full of idiots, and they are more than happy to make your life hell. But remember, there are always people you can turn to, particularly within the school environment.

**Stand up to the bullies.** Don't run away or ignore it in the hope that it'll stop. Because it won't. A good place to start would be asking others for help: a friend, a sibling or a teacher you trust.

**Be a good student.** Do your homework, and don't procrastinate; it will kick you in the behind if you do. If you have reading, use bus time or when you're eating your breakfast to do it. And I don't mean skip breakfast, what I mean is for you to learn the oh-so-useful art of multi-tasking. Also, your homework may help you understand the topics for your exams and such so there is no benefit to not doing homework.

**Be organised.** Or, in my words: you have a planner, use it. I would also advise you to get a planner for out of school as well. Mark important dates such as exams, outings with your family and friends. Then, you'll be able to plan in advance, so there won't be any last-minute panicking.

Sixth Formers: **have a folder for each subject** instead of having one folder full of various different stuff. One folder makes it hard to find what you need, and you would be in massive trouble if you lost it. Lose it, and you lose everything.

Also, try and **get a job**. Juggling both a job and school can be very difficult, but it develops your time management skills, and you earn money. Additionally, having prior experience in a workplace may set you apart from other applicants when it comes to applying for a job, it can also be talked about in personal statements for university.



Everyone can tune back in now! This relates to everyone!

**Staying active** is another way you can survive school. By staying active, I mean immerse yourself within the school community. We have school houses so join events and participate! You'll get to know the rest of your school, and other people in different years. The big events like House Dance, Music, and Drama help out with this greatly as well. During the events (and Sports Day), wear your house colours, show pride and enthusiasm!

**Join a club (or two).** This falls under the previous category of staying active. Pursue your interests, and have fun when you can! They might help you figure out what you want to do as a career or for a degree. It'll also let you meet new people, and is fun. Your involvement in clubs can also strengthen your CV.

**Stay Healthy:** I believe this to be an essential to survival. As long as you stay active and feel healthy, your appearance and performance will drastically improve. So, join a sport, do some exercise a few times a week for at least 30 minutes. Just make sure that you balance yourself with some rest as well, at least 7 hours a night. (A little tip: fall asleep and wake up at the same times daily, it helps build a routine and prevents sudden bouts of lethargy and tiredness.)

Now, this last bit is the final bit, and it's all about **building and keeping confidence**. The first thing to do is for you to know where you're going. You'll feel so much more confident, especially when you figure out the layout of Five Ways. Learn the subjects that are associated with an area of the school. For example: Eyles = Physics + random IT room.

Continuing with confidence, make an effort to **look your best**, even with our admittedly boring uniform, but it could be worse (but it could be better). Shower daily and use deodorant. Wear an ironed uniform which is clean. It will give the impression that you actually care, even if there are times that you really don't.

# LIFE OF A: MACCARTHIAN

*The struggles of being a member of that house.  
The one that cheers for joint third place.*

By Ciara Farrelly

When you receive that letter that says 'you have been assigned to 'MacCarthy House', your mouth probably dropped, your shoulders slumped and a sigh of defeat, barely noticeable (good practise), escaped. Or perhaps you rolled your eyes and huffed about how 'typical' it was that you'd 'be stuck in that house'.

It's possible that after the initial disappointment it occurred to you just how hideous the orange-yellow PE tops were. Orange-yellow. And when you were all thrown together with the scarlets, emeralds and royal blue, it would look like something that you saw kids wearing in 80s TV programs. You were just missing the tight shorts. And gym socks. Oh wait, Gogna made you buy those too?

If you're in Year 7 or 8, you are probably wondering what I'm on about. You love your new brilliant white top with smudges of gone off mustard down the sides and a huge collar that is so disproportional it looks more appropriate for a 70s game show...right? And why is the colour still so repulsive, why not a golden yellow; the other houses have a bright shade of their colour, why do we have a poster paint variation of ours? I'm not vain enough to suggest that our appearance is paramount when designing PE kit, but it's embarrassing.

But colour is not the only issue: what use is sheer lycra to anyone's modesty? Alas, to further prattle on about the issue would become very tedious for you and more infuriating for me. Besides, we must take care of what we wish for, you've seen what happens around here when 'a fresh touch of colour' is needed...



# INSIDE THE SCHOOL COUNCIL

By Mariam Khan

The school council may think they're doing a good job; but can we be sure? Are they doing the utmost to support our needs? Can we find out? Of course!

One of our reporters went to a meeting to observe the doings of the council. The subject that was most argued about was the tying hair back rule, a rule an anonymous source told us was greatly opposed by Year 10 and 11.

Most of the council thought the tying hair back idea was absurd. However, the other few in the council argued that it has been a rule in the school for a long period of time; except the school didn't take it as strictly as now. Hopefully this will be taken into account. Most find this rule unfair due to the fact that the sixth formers are allowed to have their hair down and the younger members of the school told to tie their hair back.

Another problem was how hard the IAGs were to understand, the change of system this year, for many has made it harder for us and our parents to understand how we are progressing academically within school. The council have planned to hot seat Mr Atherton about this matter. Hopefully, our issues will be taken into account during this hot-seating and the system made clearer.





# GREAT SPORTING UPSETS

By Ciaran Hanvey- Editor in Chief

Let's be honest, who doesn't love a good fairy tale story? The outstanding performances of Claudio Raneiri's Leicester City have captivated audiences worldwide during the current Barclays Premier League season. People have even given Leicester the tag of 'the team who saved football.' Their performances led me to delve in to the history books to find some similarly outstanding and unthinkable performances by underdogs within the world of sport.

## Moneyball (Oakland Athletics 2002 Major League Baseball Season)

Now I would be lying if I claimed to be an expert in the field of American sport, particularly baseball. However one of the very few things I know about baseball is the astounding performance of the Oakland Athletics in the 2002 Major League Baseball Season. If I am being truthful I only found out about their achievements through the critically acclaimed 2011 Film 'Moneyball' starring Brad Pitt, but the fact that there was a book and a Hollywood film focussing on the team's performance got me thinking: what made them so special, why did that singular team deserve a film in honour of their performance?

In simple terms, the Oakland A's revolutionised the baseball; they defied the general consensus of which ever franchise spent the most money dominated the sport. In 2002, the Athletics had a payroll of a mere \$42 million which, at the time, was one of the lowest in MLB, meaning financially there were at an extreme disadvantage: at the end of the 2001 season they lost several key players to much bigger and better financially equipped franchises. In response to these losses, the general manager, Billy Beane, responded with a series of under the radar free agent signings through new use of analysis in which a team analyses the market for baseball players and buy what is undervalued and sell what is overvalued, the technique is commonly referred to as 'Moneyball'. The new look Athletics, despite a lack of stars and big money names were able to outplay teams with much larger budgets, on the way achieving a record 20 game winning streak which had not been achieved for many decades within baseball. The streak led them to becoming the American League West Champions, a feat the franchise had not achieved for years.

## North Korea 1966

1966, the year every English football fan has heard of, the year England won their first and only World Cup, for once football actually came home. Shame it will probably never happen again!

Due to the historic English result in 1966, the performance of North Korea was significantly overshadowed. The North Korean national team were short of notable talents; the team was treated more like a travelling circus than a team, particularly through their portrayal within the press. Middlesbrough became home for the North Koreans, the locals adopted them as a second team with players becoming extremely popular. In their World Cup campaign, North Korea had to overcome the challenge over the mighty Italian team with legends such as Sandro Mazzola and Giancinto Facchetti. In the match against North Korea, the Italians were unlike themselves leading to Pak Doo -Ik scoring the only goal of the game to complete one of the greatest sporting upsets in the history of the world cup. The Win sent North Korea through to the knockout stages; unfortunately it also confined the Italians to a plane journey home.

## Buster Douglas vs Mike Tyson

Arguably the biggest upset in boxing history. The fight was seen as Mike Tyson's Warm up for a future fight with Evander Holyfield who was the unbeaten number 1 heavyweight contender. At the time Mike Tyson was the undisputed heavyweight champion of the world and unbeaten in all 37 of his fights. His opponent, Buster Douglas, was considered to be much weaker with a record of 29-4-1. Going into the fight, Douglas was only ranked as the 7th best heavyweight in the world. This, combined with him being a 42-1 underdog, meant that very few people expected Douglas to win. But Win he did, In the tenth round Buster Douglas knocked out Mike Tyson following four punches to the head. It was the first time that Tyson had ever been knocked out during his career and his first professional defeat.

Douglas' achievements were exemplified following reports that 23 days prior to the fight his mother died and the day before the match Douglas himself became seriously ill after contracting the Flu. Douglas defied a boxing great and created one of the greatest sporting upsets in the world of sport.

## Leicester to be Champions? Who knows.

12 months ago Leicester were on the verge of being relegated from the Premier League, now they currently sit at the top of the table 7 points clear of the nearest team Tottenham. Their transformation is nothing short of remarkable. Never in the history of the premier league has a team turned their fortunes around like Leicester have this season. If they win the league, which I hope they do, firstly imagine the party Jamie Vardy will have, secondly I believe it can be rightfully tagged the greatest sporting

upset story of all time. 'The team that saved football', Personally I believe Leicester City have reinvigorated football, particularly within England. Let's be truthful the title race was getting boring and predictable always fought between the supposed 'Top 4' of Man United, Man City, Chelsea and Arsenal. This year everything has been turned on its head, hopefully it is for the better.



# IS GAMING REALLY A SPORT?

By Zafar Abbas

From watching competitive players compete for massive prize pools to watching lets players on YouTube, gaming has become more than just about games. Perhaps the fastest growing off shoot of typical gaming is that of e-sports which has begun to attract millions of young people to watch and participate at the highest, most competitive level of professional gaming. No longer is gaming the solitary hobby of teenage boys, it has developed into its own thriving community of pro players and their massive followings which only seem to grow. By 2018, the gaming industry is expected to be worth \$113 billion with 36.4 million gamers in the UK alone. But can video games ever really be considered a real sport?

Just like real sporting events, the stakes are high and the prizes massive. The largest e-sports prize pool to date amounted to a whopping \$18,429,613.05 at the Dota 2 International Championship 2015. E-sports prize pools can trump even the largest traditional sporting events. For example, the Super Bowl 2015's prize pool reached only 8.5 million dollars. Tournament prizes very often reach well into the hundreds of thousands or even millions for most e-sports events so it must be on the level of traditional sports in terms of finances. There are even trophies ostentatious enough to rival the Barclays Premier League Cup such as the Summoner's Cup awarded to the League of Legends world champions.

So e-sports have the incentive and the gravitas of real sports in that sense. But how can a computer screen ever

compare to a real gathering of fans in a stadium? Well, it isn't uncommon for e-sports events to sell out entire football stadiums. In 2014 the Sang-am World Cup stadium was used to host the League of Legends World Finals. That's an arena which houses 45,000 people and tickets were sold out faster than any typical sporting events. This was combined with online viewership which reached 32 million people on Twitch TV (a video game streaming site). E-sports have sold out events in stadiums from Wembley to the Staples Centre in LA and online viewership is always in the millions. With numbers like these, it's clear to see these games are serious business.

The main reason that so many people consider e-sports to be simply sports is because of the competitive nature surrounding professional gaming. Players are organised into real teams with coaches, jerseys and millions of fans. Pro players train constantly to perfect their skills, spending most of their working days playing to perfect strategies and skills. A pro gamer is expected not to treat gaming as a hobby but a full time job as they are expected to always be at the top of their game, just like professional athletes. They hold no other jobs and dedicate themselves entirely to the sport. When the time to compete comes it is done in a spectacular fashion with teams facing each other, attempting to climb the ladder, eliminate other groups and enter the finals to win. Traditionally, these tournaments are nail biting events with fans revelling in the glory of their teams winning and dealing with the emotion that comes with losing. Just like real sports, gaming is all about that competitive spirit of watching the best compete to be the best.

Gaming might seem at face value to hold no similarities to something like football but upon closer inspection the two are more alike than immediately apparent. Both are highly competitive, with massive tournaments and a huge crowd of fans ready to support. Even networks like ESPN are beginning to see the legitimacy of gaming as a sport, hosting e-sports events on their TV channels. Gaming is beginning to be considered a sport because of the competition it brings and the fans it holds.





# US ELECTIONS: AN OVERVIEW

By Ciaran Hanvey- Editor In Chief

January 2017 will mark a new era for American Politics. On the other hand, it will mark the end of the historic Obama Administration which began in January 2008. When the US picks a president, it is not only choosing a head of state but also a head of government and the commander-in-chief of the largest military on the planet.

## Who Can Be President?

To run for President, you have to be a natural born US citizen, at least 35 years old and been a resident within the US for 14 years. You might be thinking well that's simple, so anyone can be president. Well you are wrong. In the modern world it takes millions of dollars and the backing of political party to wage a successful campaign. Since 1933, every president, has been a governor, senator, or five-star military general prior to taking up office, so it is unlikely that any Tom, Dick or Harry will become President.

## Who gets the presidential nomination for each party?

American politics is dominated by Two Parties, the Republicans and The Democrats. The Republicans are often regarded as more conservative whereas The Democrats are regarded as traditionally being more liberal. A series of elections take place in every US State, the first ones normally take place in February. These elections determine who becomes each party's official presidential candidate. The winner of each election collects a number of 'delegates'; the more state elections a candidate wins the more delegates will be pledged to support them. To become the republican candidate 1,237 delegates are needed whereas the Democratic contender must secure 2,383.

By the end of this month, most states will have voted and there will be a clear leader in the conquest for presidential candidacy for both parties. Candidates are normally made official in the summer, around July time. If a majority is not achieved by this point there will be a lot of interparty politics to sort out the candidate. The final event before voting day is usually three separate televised Presidential Debates, 6 weeks before votes are cast on 8th November. During these Debates the two candidates reaffirm their potential policies and plans of action for when they potentially become president.

## How does voting work?

The candidate with the most votes in each state becomes the candidate which that state supports for president. Each state has a certain number of electors, based on their population in the most recent census.

When citizens vote for their presidential candidate they're actually voting for the electors which are pledged to either candidate. If you ask me, American politics is way more complicated than British politics so I'll stop acting like I actually have the foggiest idea about what really goes on in the USA. How does a US election compare to a UK one?

The first major difference is that the UK is a parliamentary democracy rather than a presidential one, meaning that the prime minister is the head of government but not the head of state. As part of the process within the UK the prime minister must visit the Queen (who is head of state) to inform her that parliament has been dissolved.

Election campaigns in the USA are vastly superior in length, lasting nearly a year. In contrast, the formal election campaign within the UK is just over five weeks long. A major difference between the two nations is that a Prime Minister can serve as long as their party keeps winning elections whereas American presidents can only serve two terms.

To me as an outsider, American politics seems way more complex than British politics yet it seems to possess more characters. Let's be honest, he might be morally inept and the last person who should be considered for candidacy, but Donald Trump has spiced up this 2016 election campaign and I can't wait to see the final result in November, even if the outcome doesn't affect me.



# AMERICA: PREJUDICE FOR PRESIDENT

By James Griffiths

"Make America Great Again!" –

A man riddled with melodrama, perfectly accompanied by a crude and bigoted nature, Donald Trump seeks to capture the hearts and minds of fanatical patriots of the United States. With policies ranging from plans to build a 'border wall' between the US and Mexico to an almost complete rejection of eco-friendly green fuels, Trump has the media going wild with bewilderment, only adding to his theatrical character, making the world shudder with disgust and worry. Will Trump rise to power? Is this man the next US president? It's hard to tell, and it seems unlikely, but Trump has got unrealistically far already. So now the world can only watch and wait in disbelief, as a sense of impending doom hangs over America.

It's hard to imagine how Donald Trump has been able to get as much support as he has; perhaps his almost extremist and backward policies speak to many Americans who previously had no figurehead to voice their opinions through, Americans who had been quietly standing by, waiting for their '(White) Knight in Shining Armour'. From wealthy beginnings, Trump acquired \$1 Million from his father, an amount which he claims to be "a small loan". He used this money to invest in real estate, and made further large profits in this area. In 1990, his father, with a net worth of \$400 million, passed away and Trump inherited a considerable amount. To this day, Trump's net worth has increased to around \$4.5 billion, and is currently no.121 on the 'Forbes 400' rich list.

His political campaign started in the year 2000, and has been running (unsuccessfully) since then. Trump is a Republican, and Republicans typically have conservative views in regards to social issues, meaning that they would oppose gay marriage and abortion, yet support the right to own a firearm. This view is seen as 'anti-progressive', as it is against the modernisation of society. These social views often are the biggest differences between the two main American parties.

The main focus on Trump is the controversial nature of his policies. Not only are some blatantly racist, he shows little care for the global environment and acts as if America is a great business opportunity, caring only about money and wealth. He believes, as astounding as it may seem, that North Korea is controlled by China, and regularly urges them to remove Kim Jong-un from power. He also believes in the reinstatement of US military bases in foreign

countries, claiming to protect the interests of the US. Not only this, he claims that the only way to deal with North Korea is "with nukes". Along with militaristic and war mongering ideals, he supports the right to own a firearm, and states "the right to carry a gun saves more lives than it costs". In addition to this, he recognises that some of the many massacres throughout America are caused by mental health issues, but yet he does not wish to provide help or care for those in need, nor tackle the problem at its base – by abolishing the use of firearms by public citizens, and restricting gun trade across America.

Another controversial topic surrounding Trump is his view on abortion. He is pro-life, meaning he does not think abortions should be allowed in any case. He plans to cut funding to the 'Planned Parenthood' organisation which deals with reproductive issues and cases, providing fantastic work helping women and teenagers prevent and deal with unwanted pregnancies. This organisation, which has helped millions and millions of women across America and the world, he would try to degrade and slowly demolish. This opposition to abortion also shows his lack of respect for women's rights, as a woman's body is her own and no one else's to decide what happens to.

A particularly infamous highlight of his many, many intriguing policies is his complete opposition to those of Islamic faith. Trump calls for a "total and complete shutdown of Muslims entering the United States" as he believes terror organisations are being bred in America by Muslims. In his ignorance, Trump stands by these claims, failing to recognise the difference between peaceful religion and extremism – and persecutes one faith due to his bigotry and prejudice. He does not call for a ban of Catholics, despite the IRA. He does not call for a ban of Protestants, despite race terror such as the KKK. He does not seem to realise the implications of singling out and targeting one group based on the acts of others yet he still has support. I'm not sure whether the fact that Trump still has support should be considered a fluke, an anomaly in political history, or a serious highlight of the ineptitude of the American education system.







# WHY ONE MAN SHOULD HAVE ALL THAT POWER

*Will the abomination of Obama's nation be the President of his own?*

By Adi Silvestro

As per usual, Kanye West has caused a fuss. On August 30th 2015 during the MTV Video Music Awards, 'the greatest living rockstar on the planet' announced he was going to run for President in 2020.

Unlike most of people on Earth I have decided to not ridicule him immediately and to listen to the argument supporting #Kanyeforpresident. You might think you've painted the scene, but the real one is far different to what you imagined, thanks to the internet I have a wealth of West's hardcore fans explaining why he'd settle nicely into the White House. Amidst quarrels over the best album, best lyric and best Kardashian, I discovered some quite convincing arguments. It's time to wake up to Mr West.

At a first, he is better than Donald Trump. It's not hard, admittedly, but we can all comfortably say he is better than the twit-in-the-toupee. He isn't racist, he isn't xenophobic, he doesn't take dollars from y'all and he doesn't think having three under 18 girls singing about how great the USA is to the tune of the Go Compare advert is a credible campaign; Trump may have graduated but he's still stupid. So he's definitely not the worst potential presidential candidate ever.

Despite his prominent career as a rapper, he is politically aware. He often talks about the problem of education within America, and the school's failure to keep children off the streets and in education. He observed the trend between lack of schooling and crime activity, and how a good school could prevent a child turning to the life of crime, he knows the system is broken, the school's closed, the prisons open. We can all assume one of his first actions would be an educational reform bill, one, I daresay, America will be in need of.

His background would also be able to give a new kind of insight never seen in an American President, his exposure to violence and the darker side of life at a young age will provide him with knowledge he can utilise. He understands the dangers of gang wars, drug abuse and gun crime, he feels the pain of his city wherever he goes, 314 soldiers dead in Iraq, 509 died in Chicago. This would also end the notion that presidency (and even politics) is only open to the higher classes from wealthy backgrounds, we have all heard the embarrassing

understatement Trump made: "my father gave me a small loan of one million dollars". As far as wealthy backgrounds go, could we get much higher? I know this dude's balling, and yeah that's nice, however coming from a rich background will mean you will lack the experience in the hardship that most of the population of American feel. Kanye knows how being poor feels and he will use this experience to help the poverty-struck areas in America (and yes, he is rich now, but I guess the money should've changed him, I guess he should've forgot where he came from, but he hasn't and he will use this to his advantage).

One major criticism is that he has made errors, a few clashes with the law, but yes, he's made mistakes, he bumped his head, courts sucked him dry, he spent that bread, however, he has learned from them, and rectifying oneself is a very respectable quality. In general people should behave, but, man, it's so hard not to act reckless at times - isn't that human? People need to move on and realise he will never be a picture-perfect Beyoncé. To me these outbursts aren't even that much of an issue, they show someone who is not afraid to voice their opinions. On top of that, on more than one occasion, when he has got them wrong, he has apologised, so alright, alright he did it, he'll admit it, there should no reason for you to continue whinging about them.

In 2005 West proclaimed that "[George Bush] doesn't care about black people". This, appallingly, was met with ridicule, despite the fact that it shows he is prepared to stand up and say what needs saying, even with such a 'taboo' subject such as racism. He is demanding and knows what he wants, so hurry up with his damn croissant. When I see this, I see a committed, passionate, opinionated man... not the worst three qualities to have in a president.

I also find it shocking that the American public would want someone so politically correct anyway - why would they conform to social rules and just obey like everyone else? Kanye said during a speech to the Harvard (yes, Harvard) School of Design "I am usually at my best politically incorrect and very direct" after countless complaints from the electorate of needing a "breath of fresh air" and "someone different" in politics. I was alarmed no one has warmed to his somewhat raucous attitude; the haters saying he changed now he's doing his thang instead of following the crowd, despite being what many have been wanting for quite some time.

He is living in the twenty first century and he will be doing something mean to it, doing it better than anyone you've ever seen do it. Please, hear him out, you might not want to listen but he's got more to say, don't be the one to say "Mr. West that's enough, please, no more today". So when someone does take him seriously and people perhaps begin to understand the sense behind his campaign - don't act like I never told ya.



Dear Editor-in-Chief,

*I was so appalled (and no, that was not one of those awful Kanye references) about the article published in the school paper about why Kanye West would be a good President. I had many problems with it (gg to be precise) all of the highest importance. What stupid, blundering buffoon of a lower sixth form student wrote it?! I do apologise for being so aggressive but I can justify my thug.*

*Allow me to introduce myself my name is Harold Orpheus Vincent. As a father of one the pupils currently attending the fine institution of Five Ways, and I have seen many a wonderful thing emerge from the majestic buildings, the concrete structures where dreams are made from, however this article is not one; murdering the excellence of this grand old school. I would like to urge you to remove it from the magazine immediately. Me and my wife (who are both drunk and crazy in love) are deeply concerned - if that is the quality of work this school is starting to produce then it could all go south (incidentally the name of West's third child) from here.*

*Please, I implore you to consider the incineration of this article and to exile the lower sixth member to the reservoir, see if he can pray there for forgiveness, though there are no religious buildings in the wilderness. Get rid of the string of pathetic puns, ridiculous rhymes and hideous hyperboles, if not you may lose your job, watch your throne young man, go back to the blueprint and reconsider.*

*Yours faithfully,*

*H.O.Vincent*



# MEET THE PRODUCERS

By Kane Ogier -Arts and Entertainment Editor

Our school has a wide range of talented, creative people- this goes without saying. However, despite our best efforts, it's impossible to effectively showcase the wide range of creative interests of our pupils, especially those that extend beyond the constraints of formal creative awards and the academic interests of the classroom. In this 'Meet the' series, my aim is to celebrate the Five Ways students who embrace music, drama, art and a wide array of other creative subjects for enjoyment in their day to day lives.

This first article in the series, 'Meet the Producers', is especially relevant to me as I produce music at home in my spare time and want to showcase a selection of the people in this school who I know do the same. With the rise of streaming sites such as Soundcloud and Wavo, and the increasingly reasonable prices of equipment and software, this generation is swiftly becoming that of the bedroom producer. It's by no means an easy hobby. It requires a great deal of invested time to learn the techniques of sound design, composition and mixing, and to produce what can be considered a cohesive and exciting pieces of music. This sort of investment and enjoyment into a creative hobby is why I see no better way to set the tone of this series than through introducing some of KEFW's producers. At the risk of coming off as self-absorbed, and liable to sound like I'm the chair of some odd AA meeting:

*My name is Kane Ogier, I'm 16 years old, and I'm a music producer.*

*I use the DAW (digital audio workstation - an acronym that'll get thrown around a lot in this article) FL Studio 11 to produce music as it's what I learned to do so on and it has the most intuitive and fluid workflow for production in my eyes. I started producing music about two and a half years ago, in the summer of 2013. I was really getting into electronic music, and decided to have a go at producing music (though it could hardly be called that), following the example of my friend*

*Isa, who you'll meet later in this article. I've come a long way since then, and have experimented with different genres like house, trap and drum & bass. I'm now settling into an interest in electronic, hip hop, 'future bass' inspired music, and in that facet, some of my biggest inspirations would be Porter Robinson, Kasbo, Flume and Nosaj Thing. However, I hate limiting myself based on genre so generally I just make the music I'm interested in at the time, which changes on a regular basis. I post music on Soundcloud under the pseudonyms SAUDADE and more recently, FRZB.*

*Enough about me, let's get to the interesting people, and meet the producers.*

## Govind Dhaliwal aka GOGO:

**Q: How long have you been producing music, and what prompted you to start?**

**G:** *I started producing music about a year and a half ago. Before that, I used to mix songs with each other. I downloaded an app on my iPhone called Garage band which could help me mix the songs together quite easily; the app also let me create beats. After using the app for a good month, I started using Garage band on a MacBook. This really helped me to understand how to lay out different layers of a beat/song. I really did and still do enjoy making music as you can literally make anything you want to, as there's no limit to what you can produce*

**Q: What software do you use to make music, and why do you use it?**

**G:** *I use three different pieces of software: Garage band, FL Studio and Acid Pro. I probably use Garage band the most as I mainly produce hip hop beats and I think that Garage band is quite good when creating them as I find the layout simple and easy to work with.*



**Q: What genres of music do you make, and who are some of your biggest inspirations?**

**G:** *At the moment I have produced music which falls into several different genres including: Hip Hop, Grime, Trap and RnB. This is mainly due to these being the genres I listen to most. However I am going to attempt to produce House and Garage, as I listen to these from time to time too. Something I'm definitely going to try out is making Bhangra (due to me being Punjabi), but I will try to fuse it with western genres too.*

*I have many people who inspire me, in terms of music production. My top three producers would be Dr Dre, Scott Storch and Tru-Skool. Dr Dre because he has made countless hits, due to his distinct style of west coast hip hop and his g-funk sound. Scott Storch as he is probably the most underrated producer around, he literally has made some of the best and catchiest beats ever. The way he uses Arab strings in his beats makes it unique to him. Tru-Skool is a name that most Bhangra fans will know about, due to him literally being the best producer in the game; he can produce any genre of music and fuse it with Bhangra, whether it's hip hop, jazz or reggae.*

*However these are not the only producers I listen to, others include Metro Boomin, Mike Will Made It & DJ Mustard: for making most of the best songs released in the last couple of years. Timbaland: for his distinct Arab styled Hip Hop. DJ Premier and Pete Rock: for being the original Hip Hop legends. Grades: because he is a new and upcoming producer who can produce many different genres and due to him actually trying to support and help me with my music.*

**You can check out GOGO's music on Soundcloud, at [soundcloud.com/beatsbygogo](https://soundcloud.com/beatsbygogo)**

## Isa Yousufzai

**Q: How long have you been producing music, and what prompted you to start?**

**I:** *I've been producing music for around 3 years now, and I was prompted by my existing interest in music [Isa is a grade 8 drummer and wishes to pursue a career in sound engineering]. Honestly, it was a stroke of luck that I began to produce music, as my Mom already had the software on the family computer.*

**Q: What software do you use to make music, and why do you use it?**

**I:** *I use FL studio to make music. It's the software I learnt to use, and have never used anything better for the kinds of music I make, and I find the plugins available with the software are amazing for the sound design I do.*

**Q: What genres of music do you make, and who are some of your biggest inspirations?**

**I:** *I mostly make a lot of electronic based stuff, with a lot of sound design, which is mainly based around the 'future bass' genre. My inspirations have changed a lot over the years, with my original styles [posted on his now inactive Soundcloud] being based around progressive house, dubstep and electro. At the moment I'd have to say my biggest inspirations are Mura Masa, SG Lewis, Jack Garratt and a lot of artists from the Monstercat Record Label.*

## Pav Juss aka Aypex:

**Q: How long have you been producing music, and what prompted you to start?**

**P:** *I have been producing music for around 2 years, but have stopped and started. I wanted to start after seeing some of my friends gain an interest in it, and with my interests in certain genres of music, it just seemed fun.*

**Q: What software do you use to make music, and why do you use it?**

**P:** *I use FL studio to make music, as it is the software I was introduced to and have used since the beginning, and it just seems to work for me.*

**Q: What genres of music do you make, and who are some of your biggest inspirations?**

**P:** *I just make my own kind of experimental stuff, I'd say it wasn't great, but I like making it. In terms of inspiration, I'd have to say some of my biggest production role models are Jamie XX, Flume, Chet Faker and Porter Robinson.*

**Luca Butler aka Slickhops:**

**Q: How long have you been producing music, and what prompted you to start?**

**L:** I started producing music really recently, in December, because it seemed like a really fun way to experiment with a lot of the music I like to listen to.

**Q: What software do you use to make music, and why do you use it?**

**L:** I use FL studio 11, as it's the software a lot of my friends who make music recommended to me, and is the software they're helping me learn the ropes with.

**Q: What genres of music do you make, and who are some of your biggest inspirations?**

**L:** I'd have to say some of my biggest production inspirations are Ta-ku, Kasbo, Mura Masa and Dapurr, who is only 16 and is already an incredibly good producer.

**Sef Ahmed aka SharkBoy (formerly Sealord)**

**Q: How long have you been producing music, and what prompted you to start?**

**S:** I started almost 2 years ago. I think it was because my brother used to make beats and I always thought it was really cool, but never actually decided to do it. I made my first beat after I heard the album Yeezus by Kanye West, because that was so tight.

**Q: What software do you use to make music, and why do you use it?**

**S:** I use Logic Pro because when I first started making music I just grabbed my iMac and loaded Garageband. Logic was just an obvious progression as I learnt more about all the technical stuff. Most of my sounds are plugins anyway, so it doesn't really matter.

**Q: What genres of music do you make, and who are some of your biggest inspirations?**

**S:** Kanye West, Travis Scott, Metro Boomin = Straight fire. Kanye's sampling is like the craziest thing ever. Travis and Metro are two of the most creative people alive right now. I make rap beats because that's all I listen to. I generally make like a empty, reverb, spooky kind of thing.

**Hiram Mildner aka FLEX LUTHOR**

**Q: How long have you been producing music, and what prompted you to start?**

**H:** I started producing when I was in year 9, literally because it was the summer holidays, I was bored, and it seemed like a fun way to pass the time.

**Q: What software do you use to make music, and why do you use it?**

**H:** Currently I use fl studio because, although it's difficult to get the hang of when you first start out, I find it a lot easier to get ideas down than in other software, which really helps my creative flow.

**Q: What genres of music do you make, and who are some of your biggest inspirations?**

**H:** I would say my main genre is trap soul or future soul. I'm influenced by a lot of the music I listen to which is a lot of 70s and 60s funk and also blues and jazz music.



Despite the propaganda-esque wording, there is truth in the statement written on canvas in the The Gallery: that 'art exists to improve our lives'. There is something to be said for the fact that we live by the creativity surrounding us and that it drives much of our everyday. Five Ways is full of artists. Not all of them may be formally recognised by the school system, nor do they have the desire to be. However, the simple fact that so many people in this school embrace art in their everyday, is something to be recognised and rewarded, and is as admirable as many a cause.

If you have something to share, if you're part of a band, dance troupe, stage group, or think you or others like you around the Five Ways community have something to say about art in your everyday, **email: kogier@sky.com** and you could be featured in the next edition of 'Meet the'.

**Use a QR Code Scanner to scan the QR codes below and they will take you to the soundcloud pages.**



Slickhops



Saudade (Kane)



Frzb



Pav Juss



SharkBoy



Beats By GOGO



Flex Luthor

## COMIC SANS

By Lily Dent

Techies hate many things. They hate 3 hours' worth of unsaved work and a crashing computer, they hate bad AIs, they hate slow internet. But the one thing that they really hate - a font?

I admit there's more important things to be worried about than the use of Comic Sans. There's the Zika virus, IS and the refugee crisis for a start. But I can't help getting annoyed every time I see a font, originally developed for children - now being used on police notices, gravestones and test papers.

Designed by Vincent Connare, who describes himself as "the creator of the world's favourite font", in 1994 for a children's guide to Microsoft computers. It didn't make it onto the guide, but was included in Windows 95. Since then, it has grown in popularity - to the point where everyone's using it.

There's even a movement to ban it, and people who feel strongly can vent their anger on dedicated Comic Sans hate websites. I'm not quite that far gone, I just... write articles about it?

There are other easy to read fonts - why not try Calibri or Arial? They're both dyslexia friendly, yet still Comic Sans seems to have risen above all others, like the Donald Trump of fonts - looking ridiculous and baffling the rational majority! A font designed for children, but used by adults... why?

So be angry about the Zika virus, IS, and the refugee crisis but please, just don't write about it in Comic Sans.

should i use  
comic sans?

will your document be  
viewed by the public?

yes no



don't use  
comic sans!



# SHOULD WE BOTHER WITH SPACE EXPLORATION?

By Benji Marshall

Space exploration is an expensive and dangerous human endeavour, but it also is very rewarding and captivating. The entire Space Race between the USA and USSR was based upon the fact that both sides wanted to look more technologically advanced than the other side.

The USA and the USSR spent billions on the Space Race, outdoing each other for political and scientific gains. The USA won the Space race when they landed men on the moon, and they stopped spending the same vast quantities of money because there didn't seem to be any reason to continue. They still have made advances, with orbital space stations such as the International Space Station (ISS), and space shuttle programs, but as they turn to new endeavours such as potential manned missions to Mars, it is worth discussing the merits and difficulties of space exploration.

Space exploration often is costly. NASA's Space Shuttle in particular was a supremely expensive vehicle, with each mission costing \$450 million, and a significant part of this price was the cost of launching it. Costs of launching rockets could be significantly reduced if all of the rocket could be recovered in an intact state, because fuel accounts for less than half a million dollars, but the Space Shuttle system was not able to do this. The large orange tank was discarded during launch, and the white boosters needed months of costly refurbishing after retrieval from the Atlantic Ocean, before they could

be reused. This was due to the water damage.

By attempting to land the stages of a rocket, instead of letting them fall into sea, costs could theoretically be reduced to fuel and brief safety checks. SpaceX have been investing in this technology, and recently have landed their first stage of a rocket on a drone ship in the ocean. This was particularly challenging (it took until the eighth attempt to not incinerate the rocket) due to the movement of the boat in the ocean, and it opens the door to much cheaper and accessible space travel.

The most publicly apparent risk of space exploration is the danger to human life. The Challenger disaster is an example of this: it occurred when a rubber seal ring on one of the booster leaked, causing the rocket booster to tear itself from the rest of the rocket, the rocket then broke apart and killed all of its occupants. This was all broadcast on live TV, to the horror of an international audience.

So, space exploration isn't easy. Why should we even bother at all? The fact that space exploration is so challenging, is a reason to continue. Humanity makes its greatest technological when it is competing against something, against the odds. The concept of a rocket was designed by

German scientists for use in the Second World War, and the ARPANET (a precursor to the Internet) was designed for use in a Nuclear Apocalypse. However, humans needn't be competing against fellow humans, they can instead compete with all of the challenges space exploration provides.

Fumes from fires built with composite building materials, such as plastics, are much more toxic than normal smoke. When these materials began to be used in houses and buildings, the firefighters were faced with a much greater risk putting out fires in these buildings. Firefighters didn't like wearing their heavy and ineffective breathing apparatus, so NASA stepped in and used techniques devised for the Apollo missions to the moon. NASA was able to build much lighter breathing apparatus, and better harnesses for firefighters. This in turn reduced the risk for fighters, having a positive impact on normal, civilian life.

Advancements in robotics were made for the construction of the ISS, which the British astronaut Tim Peake has recently boarded. Several robotic arms are attached to the outside of the space station, and the Space Shuttle sometimes carried a robotic arm to when it flew. Robotic arms aboard the ISS are used to maintain the station, repairing and replacing broken parts, and installing new parts. Complicated maintenance procedures need astronauts to leave the space station, and preparing to leave the space station is a time consuming process, so robotic arms are preferred to save the astronauts' time. The arms can even be operated by mission controllers on Earth. However useful robotic arms are, to have them to be comparable to human astronauts in many situations require them to be very dextrous and precise, more so than was possible at the time of the ISS' design. Engineers eventually managed to design sufficiently useful arms, and the advances made have been reapplied on Earth in other fields. Perhaps the most spectacular example of this was the case of Paige Nickason, her brain tumour was removed by a robotic arm called neuroArm, in an MRI machine. neuroArm was operated by a human surgeon, but offered a greater deal of precision than the human surgeon could offer, allowing Nickason's especially complicated brain tumour to be successfully operated upon.

The ISS is used as an international research station, with the unique property of its microgravity. Researching common objects and processes can give different and enlightening results. With very little gravity, convection currents do not form as readily, so flames are smaller and more uniform. It is hoped that research into combustion aboard the ISS will make more efficient combustion engines possible. Also, biological processes are slightly different in space, and these differences are studied on the ISS. This research will be put to use if we send people on much longer Space expeditions, such as to Mars.

Space technology can also directly benefit humanity; many people use it and take it for granted every day. The Global Positioning System (GPS) is an array of 32 satellites transmitting a signal, and if the precise positions of several satellites are known, the receiver can calculate its position on the Earth. Satellites are also used for communications, both with probes in outer space, and to broadcast information such as TV channels and Internet connections.





# LIFE ON THE DARK SIDE

Confession By Livvy McComb

Life as Public Enemy No 1 is not easy but frankly, I'm adjusting. I've become numb to the gasps of horror and I'm a ninja when it comes to dodging accusatory questions. But no amount of social gymnastics will absolve me of my sin: I've never seen Star Wars.

Wookiee-mania is gripping the world following the release of the first Star Wars sequel, Star Wars: The Force Awakens. Initially, I attempted to conceal my ignorance: I withstood the school day with thoughtful nods and allusions to "prequels" and my reputation remained untarnished. My survival amongst the sharks of the Star Wars fandom bred confidence and, as with every great fall from grace, my ambition was my undoing. I branched out. I spoke of my love of Spock, my dream of wielding a 'lightsaver', and with a fateful flash of a Vulcan Salute my destiny was sealed.

Amid a tsunami of condescension (yes, I do know that Darth Vader is Luke's father) I was posed one question, time and time again: "How have you not seen Star Wars?" Although this was always delivered in the purely judgemental, rhetorical sense, with a tone of superiority. It was a reasonable inquiry nevertheless. Avoiding a multi-billion dollar cross-platform franchise that epitomises the childhood of not one, not two, but several generations is no small feat. Now, I do not wish to absolve myself of responsibility... but I blame my parents. Just like teaching your child to tie shoelaces, introducing your daughter to "a galaxy far, far away" comes with the responsibility of parenthood.

Admittedly, I am intrigued about exploring the Jedi universe. A franchise with such a vast and varied fan base must be doing something right. If you are a kindred spirit, a fellow Star Wars virgin in this universe of awakening condemnation, our parents may have failed us thus far, but all hope is not lost. The Original Trilogy and the Prequel Trilogy are available on Amazon for a total of £28. Pool your money with three other friends and you have yourself a mega movie marathon for only £7 each.

Alternatively, you could just mention Han Solo to a Star Wars fan and wait for the spoilers to come rolling in. It will save you 15 hours of screen time.

Regardless of the path you choose to take on your voyage to Star Warsian enlightenment, I hope that your journey is less troubled than my own; live long and prosper, and may the force be with you.

## ... AND THE LIGHT

By Kane Ogier

It's December 2015. The days are short, and the frost lays crisp upon the ground. For people around the world, the tension is building, they've been counting down the days, nibbling on a haphazardly moulded chocolate on each, as the main event approaches. It's an early night tonight, you need to get in plenty of sleep. In the purgatory between your dreams and the world around you, bells start to ring in the distance... could it be? Yes. It's your alarm, set for 11.00pm on the 16th of December, 'cause you need to get showered and throw your giant green ears on - a midnight screening for Star Wars you have.

OK, I'll admit, that my the above example is pretty extreme, but there's no denying that the anticipation for millions of fans of George Lucas' iconic space opera's seventh instalment had been building since Disney acquired Lucasfilm for \$4.05 billion in October 2012. For a film with such high expectations, the next in one of the largest movie franchises of all time, that held a reputation that for many seemed all but tarnished, Episode VII was expected to deliver. J.J. Abrams and co. had the task of a generation on their hands. However, despite its monumental box office gross of over 2 billion dollars, and it's positive critical acclaim - many people couldn't care less. Hearing about a film franchise you've never even seen or felt the desire to see incessantly from all of your fanatical friends is a little more than a bore.

So apologies to those guys, tune out now...

Okay guys, the boring ones have gone, only the interesting people are here now (in this moment, the writer braces himself, just in case any overly interested members of the KEFW rugby teams who hate Star Wars made it here)

In this article, we asked some members of BackChat's Arts and Entertainment team to answer some questions, and give their thoughts on the film.



**Q1 – Did you like the film? Why?**

**A** – I loved it! Some people have criticised it for being derivative of A New Hope but a film that's got: the same essential structure; great new characters; an emo trash villain with the swishiest of L'oreal hair; an extra adorable tiny robot and all your favourite characters from the original (except Lando, I demand more Lando) is an instant win as far as I'm concerned.

**K** - I loved the film. I actually enjoyed the ever-criticised prequels, as they have a very special place in my childhood heart and used to watch the arena battle on Geonosis over and over. When I watched this film, I sympathised with people who disliked them so much. The fast paced action, new found injection of humour and reintroduction of the classic storylines and characters brought a much needed heart to a series that lost it for many devoted fans in episodes I, II and III.

**I** - Yes, I did like the film quite a bit. I felt that the characters were interesting and relatable, and that the overall story was (perhaps only to an extent) interesting and enjoyable.

**E** - Yes, I really enjoyed the film. It was exciting and dramatic, and really lived up to the standards that I was expecting of it; a great addition to the Star Wars franchise. I really enjoyed all of the new characters too, and it was great to see some of the traditional and favourite characters back as well.

**T** – Yes, I did like the film a lot. The camera angles were used to great effect, with an excellent cast of characters. It was a dynamic plot that fitted the extended universe really well. My favourite part was actually right at the start, when we see Rey's everyday lifestyle and how the appearance of BB-8 completely changes it.

**Q2 – Where would you place this film in the order of all the others?**

**A**- 2nd after A New Hope followed by the other two in the original series. (We don't talk about the prequels.)

**K** - This is tricky, because the prequels do have a place in my childhood, but after seeing the continued story line of the original trilogy in VII, I am reminded of the utter originality and fun of the original trilogy. I would have to say that V(The Empire Strikes Back), IV (A New Hope), VII (The Force Awakens), VI (Return of the Jedi), III (The Revenge of the Sith), II (Attack of the Clones) and finally I (The Phantom Menace).

**I**- I would say it is better than Revenge of The Sith, but perhaps just a little bit worse than A New Hope.

**E**- I haven't seen any of the other films, as I have never really been interested in Sci-Fi movies/books before. However, now I have watched this film (the 7th in the series), and really enjoyed it, I felt tempted to watch the others too!

**T**– I would say this is my second favourite Star Wars film, second only to 'The Empire Strikes Back'.

**Q3 – Who was your favourite new character introduced?**

**A**- Definitely TR-8R. In my opinion he is the true hero of the entire film. He bravely faced down the traitor FN-2187 with his sick spins. He was loyal when no-one else was.

**K**- Although I could probably say the entertaining beeps and rolls of BB-8, I'd have to say my favourite new character is Maz, as I love her yoda-esque humorous wisdom, her 'force-sensitivity' and her interesting back story (look into it).

**I** - My favourite character was Rey, as she has a very interesting story of betrayal and friendship with new characters, and is quite relatable in many aspects of the movie.

**E**- I really liked BB-8, the main droid in the film. He was very cute and he was very loyal to his owners. I think he also seemed quite friendly to everybody, and the fact that he was sometimes scared or panicky made you feel a lot of sympathy towards him. Some of the things he did in the film were quite funny, which added a bit of humour towards it as well.

**T**– Rey was my favourite character, as she showed very clear character development, and was very cool in the fight scenes.



**Q4 – If you could be any character from the film who would you be and why?**

**A-** Poe Damn-eron #goals. I mean really. Just look at him. You want to be him too.

**K-** I would probably have to say I'd love to spend a life in the day of Kylo Ren, purely to see how someone could really have daddy issues that bad. If not I'd choose Phasma, since I feel bad that after all of her publicity, she was mostly left on the cutting room floor and played a relatively inconsequential role in the film.

**I -** I would be Rey, as things such as the new discovery of power and adventure seems quite fun, despite the constant presence of death and failure (which just makes it more risky and exciting!)

**E-** I'd probably be Rey. She was the main heroine in the film and most of the story was focused on her. She was very brave and courageous throughout the whole film, despite some ups and downs. Also, she was strong and a good warrior- very good in battle. She was also logical and very tactful, planning things carefully and precisely. As well, she was very devoted to all her friends, and would go out of her way to defend them. She was a very good character, so I would choose Rey.

**T –** I would be BB-8 because he is so kawaii.

**Q5 – What would you say to J.J. Abram's if you could?**

**A-** Good choice, leaving Star Trek for Star Wars. You made the right decision. (even though Spock is pretty cool)

**K-** I didn't really realise how broken Star Wars was until you fixed it. Also, why did you have to leave Phasma out like that? She was so cool. P.S. THAT part broke too many hearts. Not cool J.J. Not cool.

**I -** Great film...

**E-** Although I did love them film, I have one fault- the length of the film. It lasted two hours, and although I loved it all, some of it was dragged out a lot and there were some times where not much was actually happening. If I could say something to J.J. Abrams, it would be this.

**T-** I would ask him to clarify Luke Skywalker's race. Why does everyone always die on a bridge?



## ASSEMBLY TRANSCRIPT 13.04.18

By Adi Silvestro

As the majestic organ (played by the even more majestic Mr. Swindells, Swinny to his friends) blasts out the heavenly notes that cascade down onto the eagerly awaiting school children. The sound, the constant echoing plod of Mrs. Wilkinson's childskin high-heels can be heard echoing around the recently renamed Wilkinson Hall, soon she is on the podium and kindly allows us to regain our seats.

Wilko:

"Good morning school, I would like to share with you something which I found unbelievable, after all the theme of this week is things we find unbelievable, when thinking about this assembly I thought of many things I found unbelievable, one thing I found was an email i recently received from a passenger on the 22 bus service. While I read this email I was filled with pride, pride for the school and the students in it and of course, myself. I don't have time to read the full email, but I have selected my favourite part.

"I have caught this bus all of my life, from when I was a small girl at the age of 12 going to town with my mum, now I am an old woman at the age of sixty. I have to say, out of all the schools getting the bus, you" thats us, folks "you are the fifth best school ever to have got this bus in the world"

Wow. Fifth best in the world. We have done it, folks, and you should be proud. It's going to go on the all the buses, in all the chronicles and all visitors will hear it. Now, I'm sorry I have to dash off, assembly will be cut short, I have to oversee the plastering of our new life-size replica of La Segrada Famillia.

The light-fingered, diligent maestro of a man that is Mr Swindells plays the triumphant tune as the Headmistress marches out of Wilkinson Hall, head held high with pride. Mrs Long steps forward to injects the latest batch of male-only excitement into the eagerly awaiting students.

"Morning school, only the one match report for you today. The under 14s started off well in the first half, with a triumphant lead from Kevway, powering over

the line to create a hole in the oppositions defence. The offensive from five ways fell during the latter parts of the first half but the strong forwards kept the defensive line steady and five ways went into the half time break 5-0 up. After a spurring speech from captain Moui... Mouia..., the one with the turban, and the team were back on track. During the second half defence was maintained with one tri being pushed over the line by Hugh Janus, the team walk away with a 79-0 win. There was some girls match somewhere, won 4-3, well done. We have joint hockey, we are balanced, we are... I promise."

As Miss Long sits back down Mr Atherton, the light catching off his magnificent egg of a cranium, paces slowly and confidently across the stage.

"O-Only a couple of notices today, will all members of the Christian u-union please attend a short meeting today at break in R9, the topic being The Father, The Son and The Holy Wilkinson, we will also discuss the forthcoming trip to Lourdes...no, wait, thats been cancelled, the m-money has gone to the bust of Mrs. Wilkinson being built for the new football stadium. C-Could all s-students attending the White Water Weekend please hand in their Last Will and Testament by lunchtime today please. Could all users of the 22 b-bus service stay behind after assembly, we will fit you with your electronic tags so you can never escape us. Finally, all potential Oxbridge candidates can y-you please separate y-yourself from the scum and come and see the Oxbridge team, it is quite a climb up the stirrups to mount their high horse, so please change into your PE kit beforehand. Have a wonderful Friday"





# THE OSCARS

By Livvy McComb- Arts and Entertainment Editor

## MOST SUCCESSFUL INDIVIDUALS

\*Selected by the Academy from a white-washed nomination list

**Best Actress:** Brie Larson, *Room*

**Best Actor:** Leonardo Di Caprio, *The Revenant*

**Best Director:** Alejandro Inarritu, *The Revenant*

**Best Supporting Actress:** Alicia Vikander, *The Danish Girl*

**Best Supporting Actor:** Mark Rylance, *Bridge of Spies*

## MOST SUCCESSFUL FILMS

**Best Picture:** *Spotlight*

**Best Original Screenplay:** *Spotlight*

**Best Adapted Screenplay:** *The Big Short*

**Best Cinematography:** *The Revenant*

**Best Visual Effects:** *Ex Machina*

**Best Animated Film:** *Inside Out*

**Best Animated Short:** *Bear Story*

**Best Foreign Language Film:** *Son of Saul*

**Best Documentary Feature:** *Amy*

**Best Documentary Short:** *A Girl in The River: The Price Of Forgiveness*

**Best Live Action Short:** *Stutterer*

## MOST AWARDED FILM

**Mad Max Fury Road**

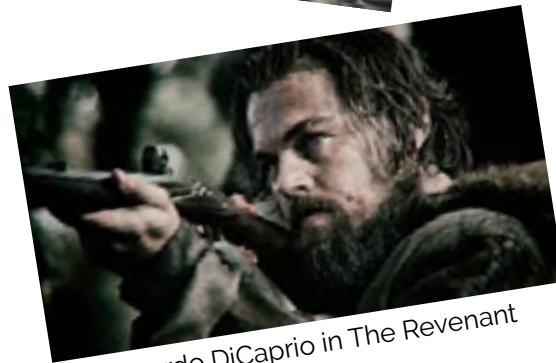
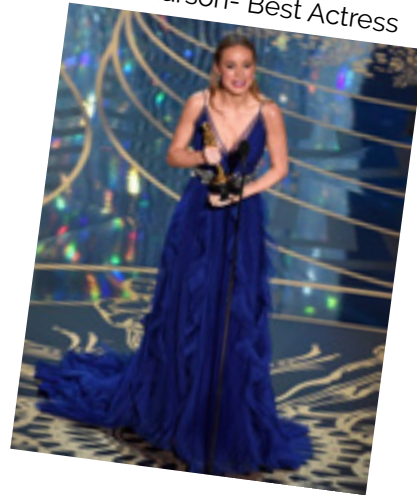
- 1) Best Costume Design
- 2) Best Production Design
- 3) Best Editing
- 4) Best Sound Editing
- 5) Best Make Up and Hair
- 6) Best Sound Mixing

## MOST SUCCESSFUL SOUNDTRACKS

**Best Original Score:** Ennio Morricone, *The Hateful Eight*

**Best Original Song:** *Writing's on the Wall*, *Spectre*

Brie Larson- Best Actress



Leonardo DiCaprio in The Revenant



Tom Hardy As Mad Max



## EDITOR'S SHOUT-OUTS

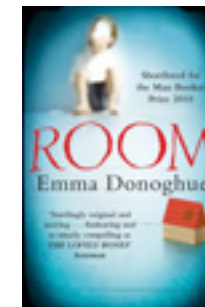
**BEST ACTOR:** *Leonardo DiCaprio, The Revenant*

DiCaprio proves that good things really do come to those who wait. The Revenant may not have been DiCaprio's best ever performance but the Oscar is well deserved following some astounding performances over the years.



**BEST ACTRESS:** *Brie Larson, Room*

A deeply moving exploration of maternal love and human resilience: Emma Donohue's 2010 novel, adapted for the big screen in 2015, is an absolute must-read. By the looks of her award, Larson does the novel justice.



**BEST SUPPORTING ACTOR:** *Mark Ryland, Bridge of Spies*

Tom Hanks has a special place in all our hearts, but Rylance stole the show in this Cold War Thriller. His 'Standing Man' monologue is guaranteed to bring a tear to the eye of even the cynics amongst us.



**BEST PICTURE:** *Spotlight*

There was shock as Tom McCarthy's biographical drama 'Spotlight' pulled the Oscar for best picture, trouncing big guns 'Mad Max:Fury Road' and 'The Revenant'; but this award assignment was one of the Academy's few



honourable decisions this year. Following a group of Boston Globe journalists as they expose a network of paedophile priests. 'Spotlight' emulates the hustle and bustle of a newsroom whilst allowing the key cast's team dynamic to shine through. Mark Ruffalo's emotional explosion as the Globe's exposé is delayed voices the rage that I felt simmering in the cinema as I watched McCarthy's masterpiece unfold, rage at the realisation of the Vatican Church's corruption and the apathy towards, and concealment of, such depravity. "Break the story, Break the Silence". 'Spotlight' does just that.

**BEST DOCUMENTARY FEATURE:** *Amy*

Through home video, concert footage and interviews, 'Amy' provides the audience with a rare insight into the complex life of a talented and troubled woman ill-accustomed to fame and exploited by those nearest to her. I was left in awe of Winehouse's character and potential but disgusted by the media and their relentless insensitivity towards her depression, bulimia and substance abuse. The documentary's power to alter the audience's perception of Winehouse's music is testament to its success.



**BEST DOCUMENTARY SHORT:** *A Girl in the River: The Price of Forgiveness*

Documentary film-maker Sharmeen Obaid-Chinoy is breaking barriers left, right and centre, and her second Academy Award, this time for her documentary about 'honour' killings in Pakistan, will undoubtedly add to her momentum. "I was searching for a survivor (of an attempted 'honour' killing), and one day I read in the newspaper that a girl had been shot and put in a gunny bag and thrown in a river, and survived, and was in a hospital. So I went off to try and find that hospital." And she did and in doing so Obaid-Chinoy brought a new focus to more than 1,000 girls and women who are the victims of murders of this kind in Pakistan every year.





# #OSCARS SO WHITE

By Livvy McComb -Arts and Entertainment Editor

The Oscars hit the headlines this year for all the wrong reasons. Outrage was sparked by the all-white nomination lists for the four acting categories, as was the case with the 2015 awards. These four categories were not the only categories where the names of black and ethnic minority professionals were scarce, and something must be said for the lack of women in technical categories, however the stark image of a whitewashed, twenty name long nomination list for acting was particularly confronting.

Of course, a justification for the acting nominations was swiftly supplied by the white-privilege club card holders of the film industry: only white actors were nominated simply because they were the best. As actress Charlotte Rampling explained, "One can never really know, but perhaps the black actors did not deserve to make the final list," But in a year where the highly successful (and black dominated) films 'Creed', 'Straight Outta Compton' and 'Chi-raq' took to cinema screens, this is a rather unconvincing explanation.

More importantly, ignorant remarks such as Rampling's drag people into tit-for-tat arguments about positive discrimination and the balance between talent and representation at awards ceremonies. They distract from the real issue at hand: the Oscar nominations are not a cause of inequality, they are a symptom of it. As director Steve McQueen said in an interview with the Guardian, "One could talk about percentages of certain people who are Academy members and the demographics and so forth, but the real issue is movies being made. Decisions being made by heads of studios, TV companies and cable companies about what is and is not being made. That is the start. That is the root of the problem." The 2016 Oscar nomination lists are shocking, yes, but they are shocking because they represent the discrimination that is prevalent in Hollywood. In the words of Al Sharpton, civil rights activist, "Hollywood is like the Rocky Mountains: the higher up you get, the whiter it gets." and this needs to change.



## THE GOLDEN GLOBES

By Evie Game

On January 10th, 2016 the 73rd Golden Globes Award Ceremony was broadcast live from Beverly Hills in California. It was hosted by comedian, Ricky Gervais, and many movies and television programmes were honoured. So, what happened?

### AWARDS AND WINNERS

**Best Motion Picture Drama:**  
The Revenant

**Best Motion Picture- Comedy/ Musical :**  
The Martian

**Best Actress, Motion Picture-Drama:**  
Brie Lawson, The Room

**Best Actor, Motion Picture-Drama:**  
Leonardo DiCaprio, The Revenant

**Best Actress, Motion Picture-Comedy/Musical:**  
Jennifer Lawrence, Joy

**Best Actor, Motion Picture-Comedy/Musical:**  
Matt Damon, The Martian

**Best Supporting Actress, Motion Picture:**  
Kate Winslett, Steve Jobs

**Best Supporting Actor, Motion Picture:**  
Sylvester Stallone, Creed

**Best Director:**  
Alejandro G. Inarritu, The Revenant

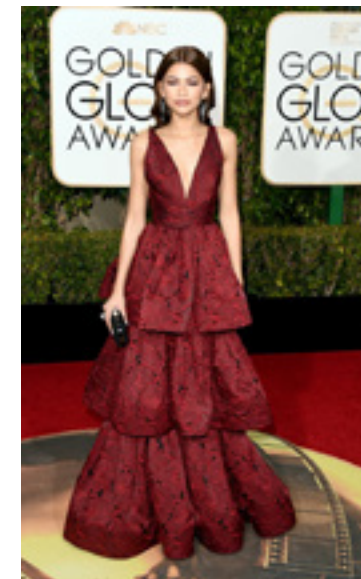
**Best Screenplay:**  
Steve Jobs, Writer: Aaron Sorkin

**Best Animated Feature Film:**  
Inside Out

### BEST DRESSED

As well as all the many awards, the Golden Globes was a very busy night, and everybody was dressed to impress. All eyes were on Joy Star Jennifer Lawrence and *The Revenant's* Leonardo DiCaprio; what were they wearing and how did it look?

Jennifer Lawrence wore a red cut-out Dior Dress which was complimented by her new short hair.



Zendaya wore a tiered dark red dress by Marchesa.



Room star Brie Lawson wore a gold embroidered Calvin Klein dress.



David Oyelowo is no stranger to bold looks and pulled off purple, wearing this Dolce & Gabana suit.



Sam Smith channelled his inner 007 in this slick Dior get-up. The 'Writing on the Wall' sensation sent the press in to raptures with his chic look.



Leonardo DiCaprio kept it classic with a black Armani suit. Lets be honest Leo always looks stylish no matter what he wears, so it is no surprise that he was amongst the best dressed at this years Golden Globes.



# FIVE WAYS VS FICTION

By Aimee Hughes

## Five Fictional Schools That Make You Glad You Go to Five Ways

This school may not be perfect but at least it doesn't have a body count

### #5: LOWOOD INSTITUTION- JAYNE EYRE

On the curriculum at Charlotte Bronte's boarding school for poor and orphaned girls are cold rooms, thin clothes, malnutrition, and public humiliation. While the MacCarthy block may boarder on artic in the winter months, at least no-one has died of consumption

### #4 FORKS HIGH SCHOOL- THE TWILIGHT SAGA

Stephanie Mayer has taken a lot of abuse over her Twilight books but we have to hand it to her, she managed to create a truly nightmarish school. It's not even the constant threat of vampire attack or morally questionable teen marriage that got it on the list, it's the fact that if we went there we would have to be horribly, horribly written.

### #3 KING EDWARD VI CAMP HILL SCHOOL

It's not fictional, but how we wish that it was... this one requires no explanation. "shudder"

### #2 HAILSHAM- NEVER LET ME GO

School Uniforms are often criticised for robbing kids of their individuality but at least we aren't literal clones. It's also nice to be able to live without the constant fear of having your spleen stolen.

### #1 SHIROIWA JUNIOR HIGH SCHOOL- BATTLE ROYALE

If I tell you that the hunger games had been accused of being a comparatively tame rip-off of this Japanese cult classic, you'll have some idea of what the kids of Shiroiwa have to go through. While most schools on this list have a death toll this one takes the cake for sheer brutality (and disturbing creativity).



## Five Fictional Schools that Make You Wish You Didn't Go to Five Ways

We don't want to make the staff too full of themselves so here's 5 more to remind us that while KEFW could definitely be worse, it could also be much better...

### #5 HORACE GREEN- THE SCHOOL OF ROCK

We don't have Jack Black. Major oversight. For Shame, Mrs Wilkinson, for shame.

### #4 MALORY TOWERS-MALORY TOWERS

Set in a castle with midnight feasts, pranks, mysteries and adventure, life at Malory Towers is anything but dull, especially that one time when a girl nearly fell off a cliff (our school doesn't even have a cliff). We also don't have stables so I think the verdict is pretty clear on this one.

### #3 EAST HIGH SCHOOL- HIGH SCHOOL MUSICAL

You can bet on East High having its head in the game, and while it failed to bop to the top of this list, it's done anything but stick to the status quo. Let this be a reminder to just work out, and while we're all in this together it's important not to forget that sometimes you need to go your own way.

### #2 ST TRINIANS- ST TRINIANS

So they can make bootleg liquor and hard drugs in Chemistry but when I do it I'm 'in violation of school policy' and I 'have to leave before the police are called'.

### #1 HOGWARTS SCHOOL OF WITCHCRAFT AND WIZARDRY- HARRY POTTER

Magic? Check. Feasts? Check. Quidditch sports reports that people actually care about? Check. Despite the yearly threat of death, I think we were all gutted not to receive our Hogwarts letter when we turned 11.

But, it's not all bad news, KEFW and Hogwarts do actually have some similarities! Everyone simultaneously loves and ridicules the yellow house, hates the green house and while the head may love Vic and Bob rather than cats, she does have pink sofas.





# LIFE HACKS

By Miranda Townsend

*If you've got nothing to do,  
Well I've got a couple of tricks for you.  
So I hope you won't look uncool,  
Using these life-hacks at school!*

#1) If you're writing an essay, copy and paste it into Google Translate. By using its 'listen' option, you can have it read out the essay, allowing you to listen for any errors and to see if it reads the way you want. EXTRA HACK: If you can't imagine 'dropping the mic' if you were reading your essay on a stage when you read the last sentence, your conclusion isn't strong enough.

#2) When you first get your timetable, take a photo of each week and set the relevant one as your lock screen. By looking at it every time you unlock your phone, you'll gradually learn your timetable like the back of your hand. Then, you can replace it.

#3) While searching for information on a vague question, don't use 'google.co.uk'. Instead, try using 'scholar.google.co.uk'. This site allows you to search for much more relevant results than shopping websites and other pages unrelated to your topic.

#4) When you're gathering data for an essay or paper, find another online that is similar in subject to the one you need to write. Go to its bibliography, and now you have several sources of information to use! This works exceptionally well for essay about books!

#5) Can't understand that Wikipedia page? Go to the address bar and replace the 'en' with 'simple'. This changes the site to Simple Wikipedia, which is much easier to understand. It doesn't use specific and technical terms, which you'll need to go to the original page for.

# BAKING MISHAPS

By Shannon Penasar

I was standing there, in my super-fancy apron like one you'd see in Masterchef, and completely covered in flour and batter. My dark hair looked like a weird mix of steel grey and the tacky white paint used in hotels and other cheap places. I took ages to get that out of my hair, especially since it turned into a sticky, gloopy mess when water hit it. Not fun.

Anyway, unfortunately this occurred during this first time I tried baking a cake. And everything that could go wrong, went wrong. The oven temperature was too high, so I ended up making something that looked like black leather, but completely raw and disgusting to look at in the centre. Needless to say, it was completely inedible. The surface was covered in flour, not an inch could be seen of the black marble, except for when splatters of egg distorted the white powder. Thankfully, hardly anything touched the floor, but it was easy to 'clean' that up (aka kick the mess under the bench until someone else noticed it... or it started to grow something).

I guess it all began when I started to actually started to bake! I was too lazy to get scales out, so I just threw ingredients together. Too runny? Add some flour. Too thick? Add some butter. Too bland? Add some sugar. After quite a few minutes, it was thrown into a baking tin, and into the oven. Well,

I already mentioned what exactly came out of the oven, and needless to say, it was a disaster. But it was fun trying to explain what on Earth happened to my mum! When she is extremely terrifying, and obsessive over her kitchen... Yeah, I got into big trouble that day... Big trouble.



# APPLES, APPLES EVERYWHERE

By Molly Pearce

I love apples! There's so many things you can do with them: pie, cake, tarts and more savoury selections for those without a sweet tooth. And there are so many combinations and possibilities that easily work together.

To celebrate the glorious apple, here is a simple recipe that anyone can make with very little time or effort and is great as a sweet treat either cold or warm.

Ingredients:

4 cooking apples (I recommend Bramleys, they're super cheap and super common)  
100g chopped nuts  
25g caster sugar

Method:

- 1: Pre-heat the oven to 200°C/180°C/gas mark 6.
- 2: Cut your apples into quarters lengthways, taking out the core. I usually do this by scooping out the core, being mindful of my fingers at all times.
- 3: Place the quarters skin-side down in a baking tray and sprinkle the nuts evenly over them.
- 4: Sprinkle the caster sugar over each quarter, using the same amount for each one. If you don't then some of the quarters will be tangy and some will be sweet.
- 5: Place tinfoil over the baking tray, making sure that no moisture will escape. If it does, then your apples will dry up.
- 6: Cook for 20 minutes, or until the apples are cooked through (i.e. they are gooey and juicy all the way through.)

If nuts aren't your thing, try replacing them with dried fruit, (raisins, for example, work quite well) or for extra spice, sprinkle a pinch of cinnamon over each quarter along with the sugar for a sweet but tangy kick. For more sweetness when serving, melt some chocolate in a heatproof bowl over boiling water. Drizzle the chocolate over the top of the apples and then serve.



# ABS WORKOUT

By Charlie Leslie

This workout can be repeated 3 or 4 times a week for maximum effect

I would recommend repeating this rotation 3 times to make up the full workout

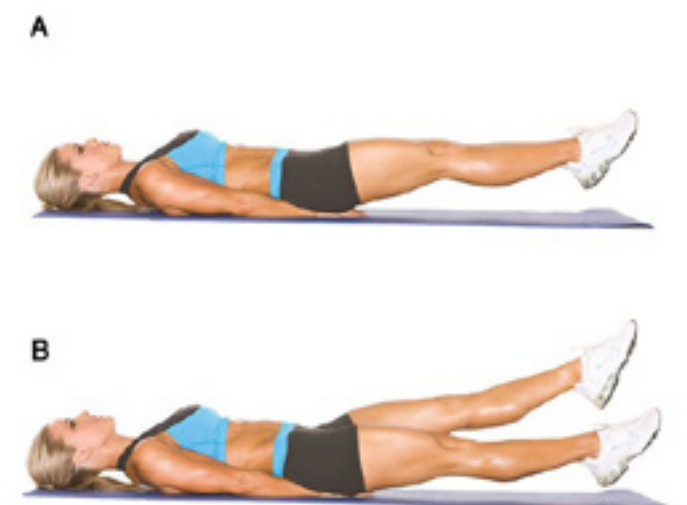
Crunches are a really good exercise which works the upper abdominal region. Make sure you keep your hands behind your head so work can be focused on the abs.

Sets: 20



Scissor kicks are really effective at working the whole abdominal region. The key thing to remember with this exercise is to keep your legs straight

Sets: 20





# EVERYTHING YOU NEED TO KNOW ABOUT STRESS

By Shannnon Penasar

Stress. Now, end-of-year exams are drawing ever closer, although mocks have finally finished (yay!). But for some (most), stress is still rampant! Especially amongst the Upper Years!

Stress is actually quite interesting if you really think about it. It's different for everyone. Like, everyone reacts differently to, say, a horror film. Some scream, some don't really care, some jump (and later deny that they were scared anyway). Admittedly, I'm in the latter category, but I digress. Stress, in a way, is like that, but not at the same time. After all, we all react differently, and therefore, need something different in order to handle the situation at hand. However, we all don't have the same resources or skills at hand, so improvisation is needed.

Emotionally, it can – well, it can mess you up. You could feel lonely, depressed - like the whole world is against you. You could feel like you're losing control, completely unable to relax. Or you could become moody and frustrated (so no PMS jokes towards stressing women please). Physically, it can cause tiredness, chest pain, sweating, dry mouths, and loads of other stuff. Google it if you want to find other 'symptoms' of stress.

But 'Symptoms'. I really don't like that word, especially when it relates to stress. The word 'symptom' is used for something that happens to you during a disease or a disorder. A disease is 'an incorrectly functioning organ, part, structure, or system of the body...' plus more stuff. Yes, I copied and pasted that from [www.dictionary.com](http://www.dictionary.com) (my saviour for when I had an incomprehensible English book to read), and I am not sorry for it. But back to the topic in hand, a disease is something that makes you ill. A disorder when something is wrong with your mind or your body. Stress is probably better to be described as a disorder, but is it really?

Well, the main thing to understand is that stress is a natural reaction, not a disorder. It happens anywhere! I mean, when you're watching a film, or reading a really good book for the nerds out there, have you ever found yourselves with sweaty palms? Or when you're on your first proper date or maybe waiting for an interview, and you can feel your heart pounding in your

chest? This is evidence that stress is felt both in your mind and in your body.

Through evolution, this response triggers your 'fight or flight' instinct, kicking your body into gear, and bombarding your body with hormones to increase your heart rate, blood pressure, while also boosting your energy and preparing your body to enable you to deal with the problem. This normally happened when, say, you were about to become the newest chew-toy for a sabre-toothed tiger or something. Stress/adrenaline was protection from predators, and other threats.

But we're in the 21st century, the likelihood of being chowed on by a sabre-toothed tiger is equal to the likelihood of Donald Trump becoming President. Oh wait... Actually, the likelihood is the same as actually completely any of the 'The Impossible Quiz' series by Splapp-Me-Do, without Googling any of the answers, in less than five tries. Pretty impossible, right? Anyway, while we don't face the trials our ancestors did, we still have our own threats to deal with, though they may not be as life-threatening as the ones of old (even if you think it is...). We do face various challenges daily. We have deadlines to meet, homework to accomplish, and exams to (hopefully) pass! And all these trails make your body react just the same - our 'fight or flight' instinct kicks in.

Also, stress can actually help you. Stress actually makes your life interesting in a way. Without stress, would you get stuff done? If it wasn't for stress, my GCSE Food Tech coursework would probably be half complete, sitting in a forgotten folder in the non-existing 'corner' of my PC. But hey! I did it! And I got an A (I think)! But when stress continues, without periodic relief from the pressure, then stress becomes a problem. You see, there is such a thing as oversteering. And that is probably the biggest problem people, including teenagers, face.

You see, when stress is relentless, it becomes harmful, and possibly dangerous. It can cause people to turn towards alcohol, tobacco, or even drugs to try and deal with it! It could become deadly and nasty! Sadly, these substances don't help with stress. Instead, they maintain it and cause even more problems. Stress can also play a part in other conditions such as diabetes, high blood pressure and asthma.

There's even something called chronic stress, which sounds even more terrifying. Chronic stress is basically when the amount of stress that you feel is so large, that it affects your ability to live a normal life, as stress wears down your body and mind. It's kinda more than that, but at least you have the gist of it.

However, it can be much easier to lower stress levels. In fact, there are many ways to do so. One easy way is to figure out what is causing you stress and plan. Note down

what stresses you, whenever you feel stressed. Then make a plan to address it. This could mean that you would have to lower expectations for yourself, or (God forbid) actually ask for help.

Another way is to create some very close relationships with family and friends. Tell them you're having trouble, and they may be able to help you out with some advice (strange or otherwise); some other, useful ideas; or even just hearing something from another point of view would help a lot.

Also, when you get angry, walk away. Do something to help you calm down. Count to 10 (or 20, or 30, or whatever number to get you nice and calm), walk a bit or do some exercise. In fact, do some exercise daily, it'll help. Trust me. Even a 10-15 minute walk would work wonders!

Okay, this is fairly obvious but you need to sleep and rest. Recommended, you need around about seven or eight hours of sleep (yes, that means you only have about sixteen hours of awake time, with most being at school, but you need sleep!) To help out with this, cut out caffeine – so say goodbye to tea and coffee later in the day – and get rid of any distractions such as your phone and TV, then go get some shut-eye. Make sure that you get to sleep at the same time each time, to help you get into a routine as well.

If none of this helps, then there is only one thing left to do. You need to get help. Talk to a psychologist (or the School Nurse, it's free and you might as well), or someone else who is licensed as a mental health professional. Said psychologist would advise you on how to manage your stress, and identify what makes you stressed. A plan (look up to the first point~~~) would then be developed.

Eventually, there'll be another article detailing even more ways to help with stress. See you then!



**HEY YOU!  
YES YOU LOOKING AT THAT DODGY  
GREEN  
BACKGROUND WITH WHITE WRITING!**

**DO YOU WANT TO BE FEATURED IN THE  
NEXT  
EDITION OF THIS MAGAZINE!**

**WELL HERE IS YOUR OPPORTUNITY!**

**SEND IN A PICTURE OF FROM THE EAST-  
ER HOLIDAY! AND WE WILL CAPTION IT  
AND FEATURE IT IN THE NEXT EDITION**

**IT CAN BE EMBARRASSING, FUNNY...  
ANYTHING YOU WANT IT TO BE REALLY  
(NOTHING TOO EXPLICIT)**

**SEND THEM TO**  
**agonyaunt.backchat@gmail.com**

**THANKS  
LIFESTYLE EDITOR  
(AND MY MINIONS)**



# TELL ME ABOUT IT

Mel and Ma,  
I recently had a massive fight with my parents. I've never had so many mean things said to me in my life and I've never said so many mean things in my life. The scrap made me re-evaluate who I am as a person and it seems to me that I'm probably the worst kind. I broke up with my boyfriend because I realised how much I hold him back, limit his possibilities and influence sadness and arguments. I am crazy in love with him but there's no way that I can continue to hurt him and be okay with that at all, even if the hurt sprouts from jokes. I'm an anchor to all of the people I am supposed to love, and I'm going to have to let them go. What do I do?

Hurting on the Inside.

*Dear Hurting on the Inside,*

*We've all had fights with our parents and it just seems to me as though you've had a rough day and they're feelings caught up with you when you least expected them. You are definitely not the worst kind of person for speaking what and how you feel to the people who deserve and need to hear it. There is nothing better than honesty, even if it does cause a small amount of temporary pain. Your boyfriend, however, is a completely different matter. If you love him and you're hurting yourself by ending something that makes you happy, you need to fix that. You might be an anchor in a dangerous sense, but everyone knows that anchors keep ships safe; you're letting yours go. Your boyfriend, I sense, seems to adore you, puts you on an unreachable pedestal and couldn't let you go if his life depended on it. To me, you have the answers right in front of you. It's a bad day, not a bad life and if you're in the gutter now, at least tonight, you'll be looking up at the stars, knowing that up is the only direction in which to move. Don't let anyone go. You are your own saviour!*

*Good luck! All our love,  
Mel and Ma xx*

Mel and Ma,  
Lately, it's been really hard within my friendship group. It's just been one fight after another and it's stupid because the majority of them are pointless. The dilemma for me is that I never know which side to take. It's really difficult when your best friends put you in situation where you have to choose which one to side with, and it's unfair on me. What should I do?

Aching Conscience

*Aching Conscience,*

*As someone older, I can offer you the biggest linguistic hug on behalf of everyone, because we all know exactly how you feel. All teenage friendship groups suffer prolonged periods of arguing and irrelevant disputes. One thing I would say would be when they happen, take a step back and peer into the situation from a different perspective than usual. Ask yourself whether what your friends are arguing about will matter in five years? In one year? In a month? Next week? If the answer is no, then they will all realise that this dispute in which they find themselves is completely unnecessary and if they don't, arguably, they're not your best friends. You should never have to choose, and if they can't accept that, hold out for people that will.*

*All my love,  
Mel x*

Morning Mel and Ma,

So I found out that my boyfriend of 8 months has been speaking or as he says 'only flirting' with my best friend of 11 years. I know everyone says that teenage relationships are 'destined for doom' and people use them to help pass the time and get through secondary school, but the boy I was with was so different from all the others, and I guess it was this kind of naivety that makes it unbelievable. My and my best friend ended our friendship on a cold note and my ex-boyfriend is begging me to rethink my decision about leaving him. I really don't know what to do. I don't deserve to hurt anymore but I can't trust him again.

Love you,  
Anonymous xxx

*You have it all set up for you. Even though you're stuck in a state of confusion and internal conflict, you, my love, have answered your own question. I think we can all agree that your EX best friend was never really your best friend if she didn't have enough respect for you to respect what sounds like a relatively serious and intimate relationship and your boyfriend doesn't deserve the affection you obviously are full of. You're magical and deserve to be surrounded by people that can appreciate that. Remember who you are and what you deserve- that's EVERYTHING!*

*Lots of love,  
Mel&Ma xxx*

Hello Mel and Ma,

I've got my GCSE's at the end of this year and I don't know how everyone else has managed to do them! There's so much to learn and all the exams are so important. How do I revise? When should I start? What do I do?

From a very stressed out student

*Dear stressed student,*

*You're right, everyone has been through GCSE's and we are all okay! No matter how scary things seem you will be alright! Although they seem like the end of the world right now, in a few months when they're finished you'll realise that they are just a stepping stone to A-levels, and whatever you want to do next. When it comes to starting revision you should probably be starting now, the earlier you start the less stressed you will be when the exams are happening, you definitely don't want to be cramming because you won't do as well as you can and it's undeniably more stressful. If you're worrying about how to revise and what to do you can procrastinate away a few more hours and make a timetable, nobody wants to stick to them but they're really helpful if you do. Schedule in breaks, give yourself a free evening and if you're working all through the week have Saturday or Sunday off so that you can properly relax. If you don't have any down time you might burn out early and that wouldn't be good. Everyone revises differently; you could rewrite your notes, make flash cards, make spider diagrams, do past papers and learn what you don't know. I would suggest having a look at the specification for your exams so you can work out what you're going to need to know and if you don't understand anything ask your teacher or email them if you don't want to ask in person.*

*Good luck revising!  
Ma x*

Mel and Ma,  
My Nan is really ill at the moment and I don't really want to talk to anybody about it but it's really upsetting and I keep getting angry at my friends and am struggling to do much of my schoolwork because I want to see her. People are starting to notice – What should I do?  
Anon

*Dear Anon,*

*It's horrible when someone that you love is ill and it must be a really difficult time for you at the moment. It must be challenging now that your friends are beginning to notice, especially if you don't really want to tell them about what is happening. You could always just tell them that you are having a rough time at the moment and I'm sure that they would understand or you could text them and tell them, if you don't want to say anything in person. When it comes to your work, you should talk to your teachers if you are struggling and I'm sure they'll be happy to help, if you don't want to talk*

*to them in person you can always email them – their emails are in the school calendar. If you want to talk to somebody you could go and talk to our school nurse on Friday lunchtimes – she's lovely. Don't forget that you can talk to your family as well, they need you and you need them. We hope your Nan gets well soon,*

*Mel and Ma xx*



## TELL ME ABOUT IT

We know that you all have your bad days, rough arguments and little fall outs. We do too, we promise. But you're unsure about how to handle them, huh?  
Email us, Mel and Ma, at [backchat2016@gmail.com](mailto:backchat2016@gmail.com) for a bit of compassion and friendly advice on your heartbreaks and hang ups. We've got you.  
We look forward to hearing from you and helping you out!

All our love,  
Mel and Ma  
xXxXx



# MY SPORT: RAVI GURUNG

By Ciaran Hanvey- Editor in Chief

Sport is engraved into the school identity, with many pupils excelling at sport both inside and outside of school. As part of the 'My Sport' series, I aim to uncover sporting gems of Five Ways and interview them about their sport and how it plays a part in their lives.

The subject of the first edition is Ravi Gurung, some of you may recall the assembly earlier in the school year where we were left mesmerised by clips of Ravi kayaking. In this interview with him I discuss where his journey started right up to his goals for the future and how you, the readers can get involved with Kayaking.



**Q:** Firstly, how long have you been Kayaking?

**R:** I have been Kayaking since September 2009, so in total I have been kayaking for six and a half years.

**Q:** Am I right in thinking you do not do conventional Kayaking?

**R:** Yes, you are right, I mostly do freestyle kayaking (Play boating), which is done in much smaller boats than in conventional kayaking. In freestyle kayaking I do tricks such as cartwheels, loops and barrel rolls all of which take dedication and perseverance to learn and execute with precision.

**Q:** How and where do you train?

**R:** I mostly do flat water training on Friday nights at Thimblemill swimming baths in Smethwick. Flat water practice is the same as moving water practice only instead of doing the moves on a feature you do them on flat water. The benefit of flat water training is that you can perfect your technique, particularly of the more advanced moves.

**Q:** What is your most memorable experience while Kayaking?

**R:** My most memorable experience was when I was 12, while in Nepal. At the time I was the youngest person ever to paddle the Bhote Koshi River in Nepal. The river is grade 5 which means it has extremely difficult rapids with precise and technically demanding routes which are to be followed. Being the youngest ever paddler to kayak such a difficult section was memorable for me, I don't think I have paddled a river that has been as difficult since.

**Q:** Who do you class as your main inspiration?

**R:** My main inspiration is my dad, I know that sounds 'wet' but he was a white water raft guide and is the reason I have been able to paddle so much and progress in the sport as quick as I have done.

**Q:** What are your goals for the future, What do you want to achieve within the sport?

**R:** My main goal for kayaking is to win the Himalayan White Water competition in Nepal. Nepal is where my dad is from and is where I have spent a lot of time growing up so winning this competition would mean a lot to me. I would also like to compete in an international event such as the Kayaking World Championships representing Nepal where I hope to win a medal.

**Q:** What advice do you have for anyone that is interested in taking up the sport? How would they get involved?

**R:** If anyone wants to get involved with Kayaking the best thing to do would be to join your local kayaking club. For the majority of us that attend Five Ways the easiest way to get involved would be attend the after school club with Mr Bartlem and Dr Squire on Thursday evenings. Alternatively, you could join Birmingham Canoe and Kayak Club, I attend both of these clubs weekly and would be more than happy to teach people the basics of kayaking. It's a really unique sport and will take you all over the globe, in my 6 years I have progressed from paddling Grade 2 and 3 rivers such as The Dee and Tryweryn, to massive Grade 4 and 5 sections such as the Middle Etive in Scotland, The Ottawa in Canada, The Plattling in Germany and the Seti Khola in Nepal.



# BODY SHAMING

By Demelza Rose Werrin

It's always baffled me that people offend and purposefully ignite self-loathing within others by shaming their bodies. The media's portrayal of what people now believe to be the perfect male and female bodies are illusions that people divert to in an attempt to weaken someone else's self-confidence. So here's a quick reminder:

1. You do not reserve the right to shame someone's body it is not what you deem aesthetically pleasing.

Unfortunately, it seems as a society, through the media, that we have been conditioned to think of the perfect female body type as a tiny waist and curvaceous hips, and the appealing male body type as one with ripping muscles and a jawline to die for. Unsurprisingly, this bracket is one in which but a few people can fit. We then need to remind people that if you fit into this bracket, that's okay. But what is also okay is not fitting into it. If you are deemed larger or smaller than the media's ideal, it does not detract from your beauty, intelligence or potential. The average size of a woman is 10/12 on her hips and 8/10 on her top. I for one, do not fit into either of those expectations, but as I've gone shopping, learnt how to buy for my body shape, it's so much easier for me to happily defy the assumption that the majority of women are averagely sized. Of course, like all girls do, I have moments where I wish I had a different body shape where jeans look better, or I could wear a crop top without revealing too much but I get past it. I try on a different pair of jeans, I find an even nicer top, and I put the two together and feel more empowered.

It seems the same for men. Guys seem to be obsessed with the illusion that they are only attractive to girls if their arms are toned and their torso's defined. The only reason I like this is because it's promoting health and keeping an ever-growing obese population to one where there is still a percentage of healthy, fit citizens. Medium is the bracket that encapsulates most men, while the majority of those aim to bulk up in order to fit a large. It seems to me that as we become an ever more judgemental society, people are becoming more and more defined by their looks and their sizes. It's incredible that the need to be good on the eye is creating a generation of gym junkies but it is also creating a powerful body of people that feel they can shame those with different outlooks on their bodies.

There of course are a number of people, who are on dangerous ends of a spectrum, bordering anorexia and obesity. WE NEED TO STOP SHAMING THEM AS WELL. As a body of people who are united through just being, we need to help those who can't see their own self-worth by

seeing it for them. Shaming people who are too thin or too fat is so incomprehensibly ridiculous. Yes, it's unsafe, yes, it's unhealthy and YES, WE SHOULD BE HELPING, THEM NOT MAKING THEM WORSE. There is an element of this where people go too far in order to achieve their ideas of perfection, but once they are gone, it seems to me that they are too far-gone and have been conditioned so much to think that they cannot be society's idea of perfection until they weigh 5 stone, or society's idea of repugnant until they are 15 stone. Shaming someone's decisions is one thing but shaming their decisions about their body is another. The evident desire for men and women to be the media's archetypal beauty has resulted in the immoderation of self-gratitude in some cases, and the lack of such in others. It's up to us a body of fellow humans to help those who cannot comprehend their natural aesthetic and inner beauty.

It's got to point now, in my opinion, where people should know that our bodies are just a shell. As cliché as it sounds, for me it's always been about what you radiate from within, your body is how other people perceive you, yes, but in no way should it be the reason others treat you in a certain way. Whilst believing you are an astounding piece of art work (which of course, you are), you exude confidence, making others feel what you feel. Now is for the empowerment of one another, not the enforcement of a disillusion on mind of the easily influenced.

'For all desire for perfection and sophistication, there will always be an element of beauty in the unrefined.'







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name of Edward"