

The Wellbeing Crew

by Ms Maginnis

Since the start of term we have had a company, "The Wellbeing Crew", in school to work with students in all year groups on improving their wellbeing. The company have previously worked within most of the other schools in the Foundation and we have been lucky enough to have them in our school this academic year, now, when looking after our wellbeing is so important. Students worked on holistic, relaxation and sustainable therapies to work on self-esteem, relaxation techniques, mindfulness, inner strength and resilience.

Here are some quotes from students who have been involved in the 6-week programme with The Wellbeing Crew:

"I had an amazing experience with the wellbeing crew. They were friendly and approachable. They listened to all of us and gave us good advice. They were able to look deeply into what we told them and managed to pull out things that even we didn't know about ourselves. It was a remarkable experience that I truly do recommend to my colleagues. By making us do random exercises, they taught us things that would help us in our everyday student lives. Overall 10/10, but I don't want to spoil anything for future classes."

- Nicoleta B. Rusu, 8Y.

"The sessions were a great way to calm down and relax. Each lesson had a moral. Nice techniques and you got to make cool things to take home to help me relax and sleep."

- Anon

"I really enjoyed the sessions; I found new ways of coping and mindfulness. It helped me find strategies to benefit my mental health. The reflection course has helped me become calmer and more positive."

- Anon



"I learned more about how to control my worries/stress and avoid feeling anxious. I also learned skills to calm me down (glitter jars, aromatherapy oils, listening for the clock, breathing exercises). I found it useful to talk about strategies and ways to help us be less stressed about schoolwork."

- Anon

"It helps a lot – especially when you have stress from tests."

- Anon

"I wish the sessions were longer! Can we do it again next half term?"

- Anon



Alumnus of the Month: Where are they now?

This month we feature ***Mahdiyah Bandali***



When were you at Camp Hill?

2010 - 2017 (Feels like a lifetime ago though!)

Which university did you go to, and what did you study?

BSc (Hons) Paramedicine at Birmingham City University

Qualifications and any further study?

I graduated with a first in my degree and have gone on to either participate or lead various CPD events ranging from Cancer Screening to Prehospital ultrasound usage whilst also taking up further modules such as the NHS leadership courses. I'm unsure whether I want to go on to do a Masters degree yet as I'd like to get some experience as an independent clinician however it is part of the future plan!

What is your current role and what has been your career pathway?

I'm currently working as a Paramedic and I cover both frontline shifts as well as events such as: football (mainly The Blues!), rugby, triathlons and horse racing. I also have been assisting in teaching clinical skills to Student Paramedics in University.

My route in becoming a Paramedic was quite haphazard: I studied Biology, Chemistry, Mathematics and Spanish as part of my A-levels and initially applied to Medicine. In Camp Hill, it's easy to get caught up in aiming for more traditional routes and subjects and therefore I didn't have any idea about Paramedicine or know anyone who was a practicing Paramedic. When it came to choosing my fifth option for UCAS, I knew I had to have a "back-up" option and wanted something that aligned with my passion for Medicine. I chose Medicine because I loved the physical side of it : getting hands on, talking to patients, dealing with emergency situations etc, and didn't have such a passion for the more academic / research side of it. I luckily happened to come across Paramedicine on the UCAS website and it seemed to match all those interests. I was very fortunate in managing to secure a position after realising what a competitive course it is and after talking to some of the lecturers in my interview it seemed like the perfect choice for me. I had no idea that Paramedics can do so much : intubating, cannulating, working in GP surgeries, in hospitals, consultant positions, prescribing... the list is endless!

The moment you start the degree you're taught clinical skills as well as a massive amount of anatomy, pharmacology and ethics before being put on placement in an ambulance within a few months and expected to start practicing whatever you learnt under a Paramedic mentor's supervision to every patient you attend. It can be quite daunting going straight from an organised classroom environment to suddenly managing people in some of their worst or most vulnerable moments in which they depend on you as a clinician, however it is so fulfilling and the best way to learn! I can't recommend it enough as a potential degree choice!

What I love about my job!

Everything! However, if I had to pick one thing, it's probably the ability to work as an autonomous professional. As a Paramedic, you're often head clinician and put with either a Technician or Emergency Care Assistant making you the "one in charge" therefore if you're the first crew to attend a traumatic incident or emergency then everyone will turn to you to lead the role. Whilst this might scare some people, I enjoy being able to make decisions and lead a team based on my clinical knowledge without the hierarchy of hospital environments. I also love being able to explore and visit different areas - the prospect of staying within a hospital for 12 hours scares me!

Career highlight/s so far?

I was lucky enough to secure a placement with the ambulance service in New Zealand which is definitely one of the greatest experiences I have ever had. Not only did I indulge in everything Lord of the Rings, I also attended such a wide range of patients in different environments that I wouldn't have done in England. From treating patients on volcanos to mountains, being part of the air ambulance crew - and relaxing on a beach almost every day (even though I was supposed to be doing my dissertation!), it formed memories that I'll never forget.



Mahdiyah with her paramedical crew on placement in New Zealand

When I'm not at work, I'm

Working. But I love it! I've had amazing opportunities to be part of changing the curriculum of Paramedicine with the College of Paramedics and working with organisations such as the Resus Council UK and it's exciting to be part of creating a new future for Pre-Hospital Care. Although I do find my 'down time' and will often go hiking, watch a bunch of films or spend the day relaxing in a café having in-depth conversations on coffee brewing (yes, I am a self-confessed coffee snob).

Best Camp Hill memory?!

Singing Bohemian Rhapsody for House Festival! (Go Priory!) Or pretty much any lesson with Mr. Marcetic - I think he'd be proud of the amount of Spanish I use with patients.

Advice to your teenage self OR Advice to Camp Hillians today?

In such an academically successful school, is easy to get caught up in studying really hard for exams and seeing them as the be all and end all - and not looking at the wider picture. Grades absolutely don't define you as a person and academia isn't for everyone. There is so much more out there and, whilst grades are important, it is equally important to maintain a balance! Find your passions, discover what drives you or makes you happy and don't let anyone or anything else define your success. For some, success means securing a place at the best university with a list of A* grades following their name, however, for others success can mean creating their own business product or, in my case, delivering 5 babies (so far!).

The thing I am most grateful to Camp Hill for is.....

The opportunities! Being able to participate in competitions like Poetry By Heart, going to the University of Birmingham for debating competitions and embracing Spanish culture on a memorable trip Salamanca!!

Colonial Countryside

by XazQ Sandhi, Year 8

I am part of the Colonial Countryside project; a child-led project that looks at the historical connections between England's National Trust Houses, the British Empire, Africa, the Caribbean, and India. For this project, which was launched in 2017, 100 children were selected from 10 primary schools from all over the country. Each primary school was partnered with their nearest National Trust property and the young researchers were tasked to explore the historical connections of that house; my primary school was partnered with Charlecote Park.

At Charlcote Park, we focussed on three artefacts that had a colonial or slavery link: the Indian Dress Sword on which the label stated "Taken from the Indian Mutiny"; the painting of Sir Thomas Lucy which depicts a young slave boy in the corner; and finally, the miniature of Tipu Sultan, an important Indian figure in the fight against the British Empire.

As we researched these objects and browsed the archives, we considered the labelling of the Indian Dress Sword to be incorrect as it had not been "taken" from the "Indian Mutiny" but had been "stolen". The team of young historians, including me, also passionately debated the term "Indian Mutiny" as most historians of the period call it the "First War of Indian Independence." I am proud to say that, as a result of our research, the labelling of the sword has now been changed to "Stolen from the First War of Indian Independence." The children have also produced a Guide Book for Charlecote Park, written by children for children.

As part of the project, we were asked to choose one of these objects and produce a creative writing piece on it which was then published as a collection of pieces by Peepal Tree Press. I was particularly interested in Tipu Sultan as he was a part of my country's history and I was fascinated about how his miniature had landed in Charlecote Park. I wrote my piece on Tipu Sultan and it has been widely praised in various forums and I have since enjoyed reading it at various seminars and conferences of which I have been part.

Reading and writing about Tipu Sultan left me craving for more information about him. Therefore, I decided to visit his kingdom at Srirangapatna in India during my summer vacation last year to learn more about him. While there I visited his Summer Palace, his Burial Tomb, his fort (which is now in ruins), and the site where his body was found after his last battle. This proved to be a very interesting visit as I learnt that there were actually different versions of the same period of history; there were two Indian versions saying that Tipu was a tyrant as he did forced conversions of the Hindus in his kingdom; another Indian version that I came across revered him as a great ruler and a 'martyr' who had fought against the British rule in India, and then there was the British version which saw him as someone who had been really bad for the British rule.



Miniature of Tipu Sultan



Tipu Sultan's Summer Palace

And this was not limited to just Tipu Sultan. Learning about British history and Indian history together has led to some contradictions. I researched that the British Empire had collected many things from India as trophies of conquest, and yet Indian history states these items were stolen. So, this project has made me think; why are these two histories contradictory? This has led me to question, What is the real history? Why are there different versions of the same piece of history? Shouldn't history be the same everywhere? According to me, history should be based on evidence and facts and not on personal opinions.



I am proud to say that my research opened discussions and led to a collaboration between the National Trust and Tipu Sultan's Summer Palace Museum that I had visited.

My research has also impacted on how I perceive historical objects on a personal level. During Lockdown, I visited Packwood House with my family. There, I saw a sculpture of a white lady with a black page boy in a glass case. When I saw that sculpture, I did not feel ashamed, disgusted or shocked. I just felt curious and wanted to know more. So, I decided to talk to the volunteer about it who said there was not much information available about the piece and added that the figure had sat there for the last 50 years without anybody noticing it but now suddenly there had been a lot of interest. Well, isn't that the point? I am in touch with National Trust to do further research about the piece.

I have presented my research at the University of Leicester; British Museum's Annual Conference; and more recently at a seminar as part of the Queen Mary's College: Children's Literature Children's Lives event. I have also been interviewed by established media houses including the BBC, BBC Culture, and ITV and have now been invited to be interviewed on my research on Tipu Sultan for the Colonial Countryside Online Open Course.

As a result of my research, I have also talked about the importance of teaching Colonial history in schools. I do understand that some people don't want to learn about it and I respect that but they should not stop children like me who do want to learn about it.



Packwood House

Wonderful Women It's Important to Know About!

by Ileen Sami and Aminah Fazal

This month, we're focusing on **Noor Inayat Khan: Princess Turned Spy**

A sufi pacifist of Indian descent, this remarkable woman was at the forefront of the French Resistance in wartime Europe, finally being killed by the Germans in 1944.

A great, great, great grand-daughter of Tipu Sultan who famously kept the British East India Company at bay in the late 1800s, she had a great legacy behind her.

Her father, Hazrat, left this legacy to become a Sufi preacher, eventually spreading the faith on tours across the world through traditional Sufi music. He met Noor's mother, an American woman, during a tour to California. She converted and changed her name from Ora Baker to Ameena Begum.

Noor was born Noor-An-Nisa Inayat Khan in Moscow, 1914. The family settled in Bloomsbury, London in her infancy, before moving to Paris where she spent the rest of her youth. The defining moment of her transition from an artistic, vague child to a leader was in 1927, when her father died on a trip to India. Her mother, consumed by grief, was reserved, staying in her room so the young Noor had to grow-up quickly and make decisions.

Noor's education was musical, just as her father's had been, She specialised in the study of the harp at the Paris Conservatoire and also child psychology at the University of Paris (known as Sorbonne). She later became engaged to a pianist of Jewish origin, but this was not supported by her family. Later rumours arose of an engagement with a British officer.

After the Nazi invasion of France in 1940, Noor and her brother decided their pacifism wasn't enough - they had to, "thwart the aggression of the tyrant." She escaped from Paris to Bordeaux, and from Bordeaux to England. In a way, she was a model secret agent for the WAAF (Women's Auxiliary Air Force), which she joined in 1942, as she was bilingual, knew the streets of Paris by heart and picked up radio skills very well. Indeed, some say she did the work of 6 radio operators in a high stress war situation.

Suspicious of her being a double agent arose and she was finally betrayed to the Germans in October of 1943. But, even when she was captured and interrogated in the Gestapo headquarters, she never revealed any information. While she was imprisoned, Noor tried to escape twice. The second time, by loosening the bars on the windows she was almost successful. However, an air-raid was happening at the same time so she was promptly recaptured.

Two days later she was transferred to 'Pforzheim' - a city in south-west Germany and kept in solitary confinement. For the next ten months she was shackled and starved and classified as 'highly dangerous'. During this time, she continued to remain silent and refused to give away anything about her work or her fellow operatives.

In September 1944, Noor was transferred yet again, this time to the notorious Dachau concentration camp. She spent one torturous night there as she was kicked and abused by the Germans officers and left "battered and bruised" on the floor. Still she remained silent. In the early hours of the next morning she was ordered to kneel and was shot. She died with freedom on her lips as the only word she uttered was "Liberté". Just seven months after her execution, in 1945, Dachau was liberated.



Noor was posthumously awarded the George Cross and a French Croix de Guerre in 1949 and, last year, it was announced that she would be honoured with a blue plaque outside her war-time home in London.

Today her ashes lie with 30,000 other victims near the crematorium at Dachau and we remember her as a freedom fighter whose ultimate sacrifices provide us with the gift of the free world that we have today.

A World Outside of Camp Hill: Celebrating Your Talents!

When you're not swotting up for that Spanish test, ploughing through your physics homework or generating that geography research data - it seems you are busy living your best life in all manner of exciting and varied ways! Camp Hillians have a wide variety of hobbies: this page is all about celebrating that and informing everyone about all the possibilities of things to get involved in!

Hobbies and interests aside from school work are important because they help to take your mind off things that might be making you feel stressed. They make a huge contribution to your wellbeing and can be a great way to unwind and relax.



Lots of Year 7 students were keen to tell us about how they love to draw and paint, as well as bake and take part in sports. Shreya sent in this fabulous painting of a dog that she worked on independently.

Lily-Marie in Year 7 is a committed ballet dancer who has performed in numerous shows including Birmingham's Royal Ballet production of "The Nutcracker". She said, 'hobbies are a great way to broaden opportunities and to make friends with lots of different people.'



Maryam (Yr13), practises archery in her spare time and she said that it is a great way to relax and is really cathartic as in the moment, the bow, the arrow and the target is the only thing that you need to focus on. She would recommend this to everyone as it is a very underrated sport and that more people should appreciate it and take part.

Mayyah in Year 11 has been enjoying crocheting in her spare time and is currently making a blanket (shown on the right).

Aahana enjoys swimming in her free time and even though it was hard to keep up with swimming over lockdown, she attended zoom land training sessions. She also finds swimming to be a good stress reliever.



So, if you have some spare time, why not learn a new skill? YouTube has lots of 'How to' videos if you want to get 'crafty' - or find out what socially-distanced sports you can get involved in in your local area. Yoga with Adrienne on YouTube is always a great way to unwind after a busy day, or channel your inner Mary Berry and practise those baking skills: Red Velvet Chocolate Cupcakes anyone?!

Sanjana Devalla (Yr11)

Women's Aid and St Basil's Collection: House Competition

Throughout the second half of November the House Captains led a House challenge for the collection of hygiene items, for Women's Aid and St Basil's.

On Friday 27 November Maddy Kane and Jess Mackie sorted the enormous amount of generosity from students in all houses into categorised products.

The charities are collecting the items on Monday 30 November but have been warned about the astounding amount of kindness from the students and the sheer volume of products provided.

This is a true example of how the Camp Hill spirit prevails, even when we are in a global pandemic.



From all of the House Captains, thank you for all of your generosity, it has made such a difference to the lives of women in need.

The Winning House will be revealed in the next edition of the Chronicle... watch this space!

women's aid
until women & children are safe



**St
Basils**
Works with young people

The Air Pollution Crisis...And How We Are Tackling It

by Sanaa Pasha 11P

At the time of writing, we have just entered a second lockdown. Whilst there are a variety of emotions that come with this, perhaps one positive impact will be the environment. The first lockdown saw carbon emissions fall sharply; canals were at their clearest for years in Venice - and there were blue skies over the usually smog-ridden Delhi.

As a climate activist who has been a member of Birmingham Youth Climate Strikers, I have researched the effects of air pollution in Birmingham for over a year and have been campaigning for greater climate action. Kings Heath High Street is one of the most polluted streets in the UK. Back in 2018, it was the centre of clean air day in which bus fares were reduced to encourage more car-users to swap to public transport, and parking bays were closed to deter drivers. These, and other changes, resulted in a substantial drop in nitrogen oxide levels. But, this wasn't a one off; across Birmingham there is a growing momentum to tackle air pollution. Birmingham's Clean Air Zone (an area where targeted action is taken to improve air quality, for example, by charging vehicles which don't have clean enough engines to travel within the area) was set for 2020 but, due to the pandemic, has been pushed back to June 2021. It's expected to massively reduce the nitrogen oxide levels in the air. The Council has been criticised for taking no action against Tyseley Incinerator which some regard as one of Birmingham's biggest pollutants, but campaigners are making sure that their voices do not go unheard: there are social media campaigns; a walk to Tyseley organised by Birmingham Friends of the Earth and many petitions. One thing is evident: attitudes within the city are becoming increasingly more environmentally-aware.

I had the privilege of interviewing Dr Malcolm Dick OBE, of University Of Birmingham - a social historian who explained how understanding Birmingham's history as a leader in the industrialisation of the transport industry is relevant to addressing our own climate concerns. Birmingham was once known as 'the city of the motor vehicle' and currently there are a record number of cars on West Midlands' roads. There are plans to encourage cycling, walking and the use of e-scooters and public transport to cut down on cars. Dr Malcolm Dick stressed the importance of understanding how Birmingham attempted to deal with pollution problems in the past in order to know how we can better deal with them now. A big part of this is an attitude shift within the public which we are already seeing: a willingness to want to be more eco-friendly. This, paired with schemes from the Government and councils, can make a massive difference to tackling our air-pollution levels crisis.

Perhaps it's time to reflect on the environmental impact of our actions after this lockdown and, most importantly, push our leaders, councils and Governments to take action. We are headed in the right direction and I am hopeful that we can tackle all the issues presented before us.



A typical scene on Kings Heath High Street



Some of Birmingham's Youth Climate Strike activists

Learning Languages

by Swetha Prabakaran 11L

The skill of learning languages does not only apply to school but also in places of work and general communication - but this is a known fact. I'm here to inform you of some facts that you may not have heard, skills that you acquire by learning one or more languages.

A little bit about me - hi, I'm Swetha, and I love learning languages because I love the communication skills and versatility it can bring you. I am also interested in the etymology of words. I'm confident in speaking English and four Indian languages (Tamil, Telugu, Hindi and Malayalam). As well as that I am currently learning French and German in school and Turkish in my free time.

Fun fact

If you speak more than two languages you are a polyglot!

Learning languages is known to enhance the cognitive part of your brain as it has been shown to improve memory and problem-solving skills. Learning many languages within a short period of time can improve your multitasking and concentration skills.

Taking an interest in learning languages can also help you learn about different cultures around the world, which will prove interesting when travelling and meeting new people.

Fun fact

The oldest language which is still spoken in the southern states of India and many parts of the world is Tamil!

Highlighting your interest in languages on CVs and application forms for universities will show that you are a well-rounded student. Furthermore, when searching for career opportunities, it's always handy to impress potential employers with your language skills to show how much of a versatile candidate you are!

WAYS TO START:

Broaden your literature and media range!

Watch movies and shows in the language you're interested in learning, it will help you gain context.

Have a notebook dedicated to learning vocab.

This will help you jot down any words you learn immediately.

Practise, practise, practise!

As usual, practise makes perfect. Make a habit of pronouncing new words you learn and writing out the letters.

If there are any questions, feel free to email me at 16prabakaran466@kechg.org.uk

Kamala Harris: Vice-President Elect of the United States

by Asma Fathima 11S



On the 7th of November 2020, Senator Kamala Harris was declared Vice-Presidential Elect. The first ever African-American and Asian-American woman to hold the position, Ms. Harris' historic victory comes after a career of record-breaking achievements.

The story of her own parents and her childhood is quite remarkable..... Her mother, Shyamala Gopalan, was an Indian immigrant and her father had been brought up under colonial rule in Jamaica. They met at the University of California in Berkeley in 1962. Her father, Donald, was studying for a PhD in economics, (to this day, he is Emeritus professor of economics at Stanford University), and her mother was reading biochemistry. At home in Chennai, India, Shyamala had been a bright student but at the British-Indian college she attended, as a female, she was only permitted to study domestic science. Unbeknown to her father, Shyamala secretly applied to Berkeley – and was accepted. She then had to persuade her shocked and reluctant father to let her go!..... But she did.....

Kamala's parents met at a civil rights rally at the university: Donald was giving a rousing speech about the detrimental impact of colonialism and its wider implications for race in the US. Shyamala heard him and approached him afterwards to congratulate him.

As a couple they stood out. It was not common to see a black and Indian couple together but they were a powerful force around Berkeley. Shyamala quickly became known as a fiery debater and they engaged in social, political and economic discussions within and beyond the university community. Protests around civil rights, however, were a big part of the young couple's life. In her speech at the Democratic National Convention, Senator Harris said that her parents "fell in love in that most American way — while marching together for justice in the civil rights movement of the 1960s."



Kamala's mum at a civil rights rally at Berkeley

Harris was brought up with their shared passion for the civil rights movement, attending rallies and marches as a small child. Surrounded from childhood by women who fought for the rights and empowerment of their sex (her grandmother, for example, who travelled the Indian countryside educating women living in poverty about birth control) influenced her political vision greatly.

Kamala's father went on to become the first Black scholar to be offered a permanent position in Stanford's economics department. Her mother became a successful research scientist who published influential work on the role of hormones in breast cancer. Sadly, their marriage did not last – and Kamala and her sister were mainly brought up by her mother and the extended Afro-American community where they lived near Berkeley. Kamala has often recalled in interviews how her mother's determination and resilience as a working single-parent continues to inspire her.



In her victory speech on 7th November, Kamala Harris said:

"To the woman most responsible for my presence here today – my mother, Shyamala Gopalan Harris, who is always in our hearts. When she came here from India at the age of 19, maybe she didn't quite imagine this moment. But she believed so deeply in an America where a moment like this is possible. I'm thinking about her and about the generations of women – Black women, Asian, white, Latina, and Native American women throughout our nation's history who have paved the way for this moment tonight. Women who fought and sacrificed so much for equality, liberty, and justice for all, including the Black women, who are too often overlooked, but so often prove that they are the backbone of our democracy. What a testament it is to Joe's character that he had the audacity to break one of the most substantial barriers that exists in our country and select a woman as his Vice President. But while I may be the first woman in this office, I won't be the last. Because every little girl watching tonight sees that this is a country of possibilities."

After High School, Kamala attended Howard University - a prestigious, historically black university. She became the San Franciscan District Attorney, and then the Attorney General for California - and finally, only the second-ever black and first ever Asian female Senator.

Ms. Harris is certainly more than her gender and colour. Her election, whilst it marks a turning point in American history, does not mean the end of civil rights activism: it is also a reflection of the deep-rooted and persisting racism and sexism that still pervades American society. Whilst Ms. Harris may be the first black woman in office, she is also the only one. After generations of marginalisation, black women, referred to by Ms. Harris as 'the backbone of democracy' will be represented in office.

In her victory speech, she acknowledged the barriers still faced by communities across the country, but also paid tribute to the lasting legacies of women and civil rights activists from the past who paved the way for her historic win.

'But while I may be the first woman in this office, I will not be the last. Because every little girl watching tonight sees that this is a country of possibilities and to the children of our country regardless of your gender, our country has sent you a clear message: Dream with ambition, lead with conviction and see yourselves in a way that others may not simply because they've never seen it before.'

Kamala Harris: Victory Speech, 7/11/2020, Wilmington, Delaware.



HAUNTED HOUSES WINNERS

COSTUME

KS3 TEEBA DASHER: CARTLAND
KS4 HOLLY MIA GARSIDE:
CARTLAND
KS5 AROOJA SAJID: WARWICK

SPOOKY BAKE

KS3 NAVYA PILLAI: LICHFIELD
KS4 HAANIAH SULTAN: LICHFIELD
ALICE HOGGARD: LICHFIELD
KS5 DIVYAA YOGANANTHAM:
LICHFIELD

SCARY STORY

KS3 HANA RICHARDS: MERIDEN
KS4 GAUDIA AGHANENU: PRIORY

PLAYLIST

KS3 RITISHA PATCHABATLA:
LICHFIELD
KHARRISMA JACOBS: CARTLAND
KS4 MAMTA GARIKAPATI: MERIDEN
KS5 NICHAREE DAWOODBHOY:
CARTLAND

PUMPKIN CARVING

KS3 OJAL RAO: CARTLAND
KS4 SIMRAN GOSAL: WARWICK
KS5 JARIA SABIR: CARTLAND

GROUP VIDEO

KS4 IIM MERIDEN
KS3 HAANIA SHAH AND FRIENDS:
WARWICK

OVERALL WINNER: CARTLAND
INFO ON PRIZES TO COME SOON



Mr Hardy's Recent Study Success!

Salena Ali (11L) spoke to Mr Hardy about studying for his Masters degree during lockdown, and more specifically, about his dissertation, which is an essay project. It took him a year to complete, but he had completed most of the main tasks, such as reading and research, at the start of the year. For his dissertation, he had to write 17,000 words! (Gulp!)



S: "What was your dissertation based on? What were your most interesting findings?"

Mr H: I investigated theoretical models of reading. This refers to the different interpretations that each student has when reading literature, and looking into their responses. I found that the students had very interesting and sophisticated ideas, more than teachers may realise, but sometimes they might have contradictory ideas. For example, when answering questions, students will try to display the 'correct understanding' of a text, when it's really about the student's individual views and opinions. There can't be a correct answer to the text and also a matter of opinion!

Prior to my research, I thought that students may just agree with whatever teachers tell them and possibly feel caught in the middle of the different views. I was surprised to find out that students believe more radically different things all at once. Moreover, I found that older students are much more political and opinionated, and that they understood the importance of freedom of interpretation rather than fitting the exam criteria.

S: "What were your biggest challenges? What advice do you have for the students of Camp Hill?"

Mr H: My biggest challenge was probably time management. It was so interesting to be back in the position of being a student again and having to meet deadlines! Due to how busy school was, and working remotely during lockdown, I had to continue working on my dissertation into the summer holidays and, indeed, right up until the deadline!!

My advice to Camp Hill students is to choose a topic for study that is something you are genuinely passionate about. Try not to focus too much on salary or status but instead think about why you love the subject and look into where it might lead you. Throughout my Masters study, I was reminded about my love for English and for teaching.

Whenever you are undertaking a big project, draw up a clear schedule or 'plan of action', so that you can measure how well you are doing. This is hugely motivational and will help you enjoy your learning so much more.

Huge congratulations to Mr Hardy for all his hard work and for being awarded his Masters degree!

In the Camp Hill Book Corner...

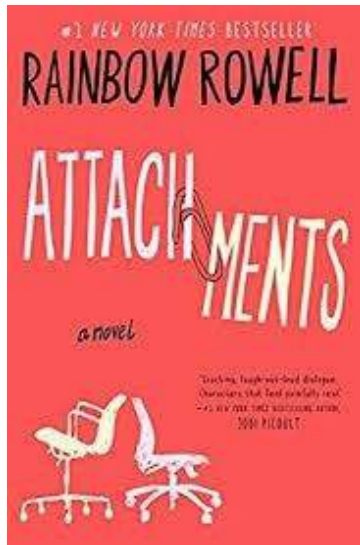
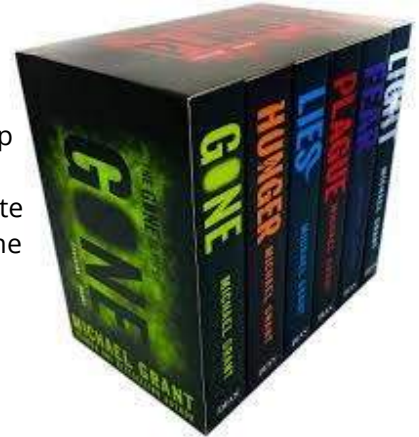
Books to put on your Christmas List!

by Jude Shayeb (115)

The Christmas holidays are gradually drawing closer, and with them, the opportunity to relax and invest in some quality reading time – after all, there's nothing quite like curling up before the (proverbial) warm fire on a lazy winter's day with a good book in your hands, five supersized bars of chocolate and far more blankets than you'll ever need! And while The Chronicle can't quite gift-wrap that cosy holiday atmosphere, we can provide some of our latest top book recommendations to get you through the winter term:

KS3 - The Gone Series (by Michael Grant):

Set in the fictional town of Perido Beach, The Gone series follows the adventures of a group of ordinary Californian teenagers who suddenly develop dangerous supernatural powers after all the adults in their town mysteriously vanish. I found this series to be a thrilling, well-written read, one of my favourite aspects of it being the fact that I never felt the "superheroes battling against the forces of evil" plot was forced or clichéd – I became genuinely invested in the fates of all the characters that Grant created, even supposed antagonists like Diana and Caine. Would highly recommend to anyone looking for an exciting sci-fi read.

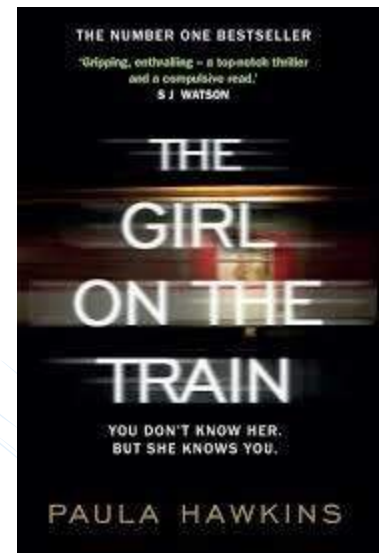


KS4 – Attachments (by Rainbow Rowell)

This is my favourite romance of all time: the kind of book that makes me feel warm and fuzzy on the inside every time I read it. Attachments is set in the U.S just before the turn of the millennium, and focuses on Lincoln, an IT worker whose job is to monitor his colleagues' work emails for any offensive content. The witty exchanges between two young women, Jessica and Beth, are constantly flagged up, and soon Lincoln finds himself absorbed into their complicated lives – and falling for a woman he's never actually met. I found Attachments a both incredibly engaging and surprisingly funny read, and I particularly enjoyed reading Beth and Jessica's email conversations from Lincoln's perspective; it's a definite must read for all romance lovers!

KS5 - The Girl on the Train (by Paula Hawkins)

A chilling psychological thriller, The Girl on The Train follows the life of divorcee and alcoholic Rachel Watson on her daily commute in and out of London. Every day, Rachel nurtures a fantasy about the perfect life of a couple whose house she regularly passes in the train – until one day, on her way into the city, she catches a glimpse of something she was not meant to see – something that will change her life forever. I loved how this novel used an "unreliable narrator" to act as the protagonist, so that by the end of the book I had no idea whether to sympathise with Rachel or be extremely wary of her. The plot was fantastically twisty, and I could never predict what was going to happen, which made the ending all the more satisfying. Would highly recommend it to anyone looking for a fast paced, thrilling read!



Dealing With Your To-Be-Read Pile!

by Jude Shayeb (115)

At home I've got a list. I mean I love making lists for everything – homework to-do lists, cute stationery-that-I-want-to-buy lists, even a list of all the English monarchs through the centuries, which I'm attempting to memorise for absolutely no reason. (Well ok, maybe I want to sound impressive in front of the History department.) But, the list that's proving most difficult for me to get through is – rather ironically – my To Be Read list. A bucket list of very impressive, posh sounding books that obscure literary websites have demanded I read before I die - a list that seems to grow and grow with every passing day until the very act of picking up a book seems exhausting and I eventually succumb to the temptation of watching re-runs of The Chase instead.

But I'd like to think that I'm not alone, and most people have some sort of TBR pile lingering in the back of their minds – a famous thriller or play or romance that you “just haven't got round to reading yet.” So, if you're trying to squeeze in some last minute reads before the end of the year and don't know where to start, here are some handy tips on how to tackle your “To Be Read” pile once and for all:

You need a physical pile – You'll feel a lot more motivated to start making a dent in that list if your TBR pile is threatening to crush you in your sleep - and it's hard to top the sense of accomplishment you'll feel when you finally take that lengthy classic off the stack!

Set yourself goals – And not just, “I'll finish the pile by the end of the year”: that's far too vague. Try to be specific and aim for a certain number of pages per day, or a certain amount of time, e.g. 10 minutes before going to bed.

Whittle it down – Don't make your stack as tall as your bedside table, or the prospect of picking up a book will become far too daunting – try starting with three thick-ish books and build up from there.

Curate your pile by season – Try splitting different genres of book into different seasons – I'm guilty of reading far too many depressing books in the gloomy winter months, so how about leaving tragedies for the summertime and bumping some more uplifting books to the top of your TBR pile this month?

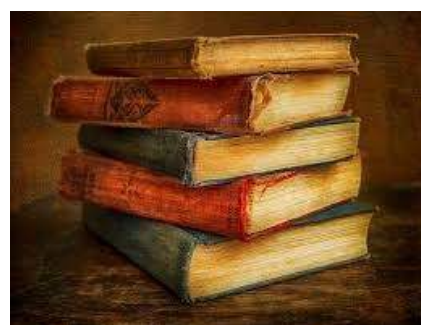
Stop buying books! – Yes, I know, for hardcore readers this will be the bitterest pill to swallow – but if you want your dream of vanquishing your TBR pile to become a reality, its vital that you stop impulse buying books and focus on the one you've left lying sadly abandoned on that dusty shelf – remember to give your books the TLC they deserve!

Good luck and happy reading!



Word of the Month **BIBLICHOR**

The comforting, musty and distinctive fragrance of old books.



Mandazi

This recipe was sent over to us by Ileen Sami, Year 11.

This delicious recipe is a traditional African deep fried donut.

<https://allthingskenyan.com/countries/kenya/mandazi-recipe>

Ingredients:

- 1 egg, beaten
- 1/2 cup sugar
- 1/2 cup milk
- 2 Tbsp. butter, melted
- 2 cups white flour
- 2 tsp. baking powder

- 1) Bring all ingredients to room temperature before mixing them together.
- 2) Mix all the ingredients together, adding more flour if necessary.
- 3) The dough should be soft, but not sticky
- 4) Roll the dough on a lightly floured board until it is about 1/4 inch thick.
- 5) Cut into triangles and fry in hot oil. Fry until both sides are golden brown.
- 6) Remove mandazi from oil and drain on paper towels or newspaper. Mandazi are best served warm.

Tips:

- Sprinkle some powdered sugar over the hot mandazi.
- Add about a 1/2 teaspoon of cinnamon, ginger, all-spice, or cardamom to the dough or a combination of these spices to total a 1/2 teaspoon.
- You may substitute 1 teaspoon dry yeast for the 2 teaspoons baking powder. You will want to allow the mandazi to rise before cutting shapes and frying.



Chocolate Mocha Cupcakes

This recipe was sent in by Maryam Chaudri, Year 9.

Cooking time - 25 mins Preparation - 15 mins Total time - 40 mins Quantity produced - 16 cupcakes

Ingredients: Chocolate Cupcake

- 40g espresso powder
- 1tsp baking powder
- 1/2 tbsp vegetable oil
- 40g unsweetened cocoa powder
- 2-3 medium eggs
- 60g milk cooking chocolate (chopped)
- 1tsp sour cream
- 100g caster sugar
- 100g brown sugar
- 130g all purpose flour
- 135g unsalted butter
- 1tsp vanilla extract
- 2tbsp fresh semi-skimmed milk



Ingredients: Mocha Icing

- 40g unsalted butter (at room temperature)
- 200g icing sugar
- 1tsp vanilla extract
- 1tsp espresso powder

Method: Mocha

Icing

1. First of all, in a small bowl whisk the espresso powder with the vanilla extract.
2. Secondly, add the unsalted butter and whisk for a couple of minutes.
3. Once the butter is whisked, add icing sugar little by little and stop when fluffy. Decorate the cupcakes as wished.

Method: Chocolate Cupcake

1. Firstly, you want to preheat your oven to 350 degrees F and gather all the baking equipment.
2. Next, in a large bowl whisk these ingredients. Flour, brown sugar, caster sugar, baking powder, milk chocolate, cocoa powder, baking soda, salt and instant espresso powder together.
3. Afterwards, in a medium-sized bowl beat the eggs, butter, sugar, sour cream and vanilla until fluffy.
4. Whisk both bowls of ingredients together thoroughly.
5. Put the batter into your cupcake pan(s) and bake for 15-20 mins at 350 degrees F. Allow them to cool before frosting.



Crafty Camp Hillians!

If baking is not your bag, or you just feel like turning your hand to something else creative, why not have a go at making these Christmas-themed decorations and gifts?

Punched-Paper Festive Bunting

This jolly garland will instantly add a celebratory feel when strung up at a window! It's simple to make and is perfect for any room of the house. Why not decorate your bedroom to make it a cheery Christmas chill-out zone?



- Draw out silhouettes of festive shapes, including trees, baubles and doves, onto tracing paper.
- Fold over a piece of coloured card and transfer a design by turning over the tracing paper onto it and rubbing over the back of the design. Repeat on several pieces of coloured card, enough to produce a decent length of bunting
- Once all shapes are cut out, mark lightly in pencil where you want to hole punch it, e.g. lights on a tree
- Once ready, punch through your designs on the back of the cutting mat, as it will mark it. Hold the punch vertically on top of where you want to make a hole, hold the card securely and push down. Use a craft knife for other details.
- Punch a hole at the top of each shape - from where it will hang.
- Thread each shape with 40cm twine and tie and knot, so you have made a circle of twine.
- Lay all the shapes out and cut a piece of twine the length you want the bunting to be: your main twine. Tie individual shapes (with the circle you have already created) onto the main twine and you are done!

Handmade Sugar Scrub Cubes

These gorgeous sugar scrub cubes work so well and are perfect for gift giving (as well as keeping a few for yourself!). Think: family, friends, neighbours - even teachers! :)

They are fun and easy to make yet they look and smell incredible! A hint of cranberry would bring a Christmassy-feel to these, but lavender, lemon work well too: you can use whatever fragrance you love most or go fragrance-free!

What you need:

Melt & Pour glycerin soap base (available from Hobbycraft or similar, or online)

A couple of drops of body-safe-fragrance essential oil

Jojoba oil

Sugar

Food colouring

Equipment:

Knife

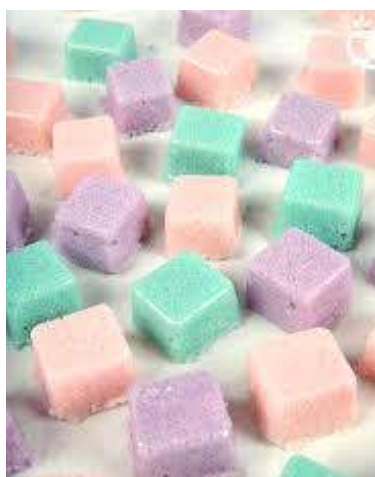
Spoon

Microwave safe bowl
for melting soap

Measuring cup

Mixing bowl

1 glass baking dish



Method:

- Start by chopping up the soap base, this makes it much easier to measure. Place it in a microwave-safe bowl, and microwave until the ingredients easily mix together, stirring every ten seconds. Then, pour a thin layer of sugar on the bottom of your glass baking dish.
- In a mixing bowl, combine 1/2 cup of melted soap base, 1/2 cup of sugar, and 1 teaspoon of jojoba oil.
- Depending on the colour you want, add just less than 1 drop of food coloring. Pour the sugar scrub mixture over the layer of sugar in the baking dish. Let it dry and harden for about 5 minutes.
- Cut the hardened sugar scrub mixture into small squares and gently lift them up
- from the dish. You'll notice that the layer of sugar you put into the glass
- dish beforehand is perfectly stuck to one side of each sugar cube

The Chronicle Quiz

COMPILED BY SWETHA PRABAKARAN 11L

**GUESS THE TEACHER
BY THEIR CHILDHOOD
PHOTO!**



**UNJUMBLE THE CAPITAL
CITIES!**

HENAST

SWMOCO

IARCO

DLNIUB

RIDDLES:

I DISAPPEAR WHEN YOU SAY MY NAME. WHAT AM I?

WHAT HAS TO BE BROKEN BEFORE YOU CAN USE IT?

WHAT IS ALWAYS IN FRONT OF YOU BUT CANNOT BE SEEN?

GENERAL KNOWLEDGE:

IN WHAT YEAR WAS NINTENDO FOUNDED?

CLUE: NOT IN THE 20TH CENTURY

**WHICH LETTER OF THE ALPHABET DOES NOT APPEAR ON THE
PERIODIC TABLE OF ELEMENTS?**

WHAT IS BARBIE'S FULL NAME?

HARRY POTTER FANS:

**TO ENTER THE RAVENCLAW COMMON ROOM, YOU MUST
PARTAKE IN A...?**

FLAGS QUIZ



Answers

GUESS THE TEACHER
BY THEIR CHILDHOOD
PHOTO!



MR HARDY

UNJUMBLE THE CAPITAL
CITIES!

ATHENS

MOSCOW

CAIRO

DUBLIN

RIDDLES:

I DISAPPEAR WHEN YOU SAY MY NAME. WHAT AM I?

SILENCE

WHAT HAS TO BE BROKEN BEFORE YOU CAN USE IT?

AN EGG

WHAT IS ALWAYS IN FRONT OF YOU BUT CANNOT BE SEEN?

THE FUTURE

GENERAL KNOWLEDGE:

IN WHAT YEAR WAS NINTENDO FOUNDED?

CLUE: NOT IN THE 20TH CENTURY

1889

WHICH LETTER OF THE ALPHABET DOES NOT APPEAR ON THE
PERIODIC TABLE OF ELEMENTS?

THE LETTER 'J'

WHAT IS BARBIE'S FULL NAME?

BARBARA MILLICENT ROBERTS

HARRY POTTER FANS:

TO ENTER THE RAVENCLAW COMMON ROOM, YOU MUST
PARTAKE IN A...?

RIDDLE



KOSOVO



LESOTHO



PANAMA



CANADA



UAE



SRI LANKA



GREENLAND



GREECE



EGYPT



TURKEY



PORTUGAL



It's nearly Christmas!



1st December

The school Christmas trees arrive!

8th December

Christmas lunch -
baguette and a mince pie



18th December

Tinsel Day
End of Term

