

Camp Hillians in the Community

My Involvement with Redditch Talking Newspaper

by Nidhi, Year 12

What is it?

The Redditch Talking Newspaper (RTN) is a volunteer organisation that aims to help blind and visually impaired people receive local news. Volunteers read out news files, which then get sent off and are edited together by Brian Becker, a local videographer.

The files used to be sent off to listeners via USB, but this had to be changed during the COVID-19 pandemic as there was a possible risk of transmission. Now, the newspaper is uploaded online to the Talking Newspapers website and can also be accessed via most smart speakers, such as Google Home and Alexa, for even easier access.

This organisation helps people who need it by keeping them connected with a personal touch. Readers often rotate on a weekly basis, but it's nice to hear a familiar voice when getting the news - especially in a time where people have felt so isolated.

What do I do?

At first, I started off by reading the articles I was sent and recording them on my laptop. However, we have become a lot more professional over the last year and, after two upgrades, I now use a snowball mic to read into. Using the new software and the mics took some getting used to, but I'm now able to record any files with ease, and the skills I've picked up are very useful.

We have a rota, so I usually read once every couple of weeks, and this fits in well with my timetable. I really enjoy being part of the team, and can't wait to actually meet everyone when we're able to!

How did I get involved?

During the first lockdown, I had a lot of spare time and wanted to spend it doing something to help my local community. I had a look on [Do-it.org](https://www.do-it.org), and I found that readers were wanted for the RTN, so I got in touch! The process was very simple, and everyone I talked to was incredibly kind and welcoming. Although this organisation isn't currently looking for volunteers, there are plenty of places that are, so if you're able to spare some time, have a look on the website!



**BRITISH WIRELESS
FOR THE BLIND FUND**
KEEPING BLIND PEOPLE IN
TOUCH WITH THE WORLD

Alumnus of the Month: Where are they now?

*This month we feature: **Dr Anjna Chouhan**
(Senior Lecturer in Shakespeare Studies,
Shakespeare Birthplace Trust, Stratford-Upon-Avon)*



When were you at Camp Hill ?

I was at Camp Hill between 1997 - 2002.

What A levels did you do?

I left Camp Hill after my GCSEs and went to do my A Levels in English Literature, French, Biology and Mathematics at Sutton Coldfield Grammar School for Girls as I lived in Sutton and it meant a much shorter commute!

I have many great memories of my Camp Hill years: debating society, drama lessons, and having 'a date with Mr Clock' in Mr Rigby's Physics lessons. Is this even still a thing?

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

I went to the University of Leicester between 2004 - 2011, where I read for an undergraduate degree in English, and won scholarships to read for an MA in Victorian Studies (in which I specialised in Victorian theatre), and a PhD on Shakespeare in the 19th Century.

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

I am currently Senior Lecturer in Shakespeare Studies at the Shakespeare Birthplace Trust in Stratford-upon-Avon. I wasn't even aware of the crossover between heritage/museums and academia, so it was such an incredible discovery for me. I was freelance lecturing for about 6 months at universities before being offered a lectureship at the Trust, where I have had the pleasure of growing and learning ever since.

What do you love about your job?

I love having the freedom to speak to the public, and all audiences, about Shakespeare without being hampered by academic jargon. I also really love having constant access to the incredible collections! We have documents that are older than Shakespeare, and books that he read, as well as floors that he walked on. That's a pretty sobering - but incredibly exciting - thought to wake up to every working day!

What have been your career highlight/s so far?

I've met some incredible people: some famous, most quiet but extraordinary, eye-opening and inspiring. I also got to write the Shakespeare edition of Trivial Pursuit, which I like to think is pretty cool.

When I'm not at work, I'm

At the theatre (albeit online, of late), reading, podcasting (I make the series *Shakespeare's Pants*) or nose-deep in *Vogue UK*.

Best Camp Hill memory?!

Getting to write for, and have a piece performed by, the lead cellist of the CBSO! Seriously, GCSE Music was a blast!

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

People always say that you live and learn; and even though it's a well-worn phrase, it's entirely and irrefutably true. It's absolutely normal and healthy to fail, as long as you learn to do better next time. I often wish that I'd spent less time fretting and worrying – I'm still working on this! *'Youth's a stuff will not endure'* (Twelfth Night). Take a moment to appreciate that every so often.

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

Making English a subject for which I could have a legitimate passion, without it being touted as inferior or somehow 'lesser' than sciences or mathematics. Also, for confirming my suspicion that Geography is categorically *not* my subject.

What the pandemic has taught me.....

Many a thing, not least of which are the importance of family and the correlation between productivity and biscuit consumption!!!



Adobe Creative Cloud

We are pleased to announce that our GCSE and A level Art and Graphics students now have access to Adobe Creative Cloud which means they can use the latest Photoshop and Illustrator packages at home. Thank you to Ms Clarke and the IT team for all their help with the installation and instructions needed for this.

Royal Mail Stamp Design Competition

We have received some delightful entries from Key Stage 3 for the Royal Mail Stamp Design competition honouring our pandemic heroes. They will be sent off for judging at half term so good luck to all our entrants.





EUROPEAN YOUTH PARLIAMENT

European Youth Parliament

KECHG has three members of the European Youth Parliament among its Year 12 student community.

The European Youth Parliament (EYP) is a peer-to-peer educational programme that brings together young people from across Europe to debate the pressing issues of our time. Their mission is to inspire and empower young Europeans to be open-minded, tolerant and active citizens. Based in Berlin, the Parliament has region and national branches in 38 countries.

A number of our Year 12 students put themselves forward for and took part in the Regional Sessions in early 2021, with three being chosen to represent their region in the EYPUK National Session in August, which will be held virtually. National Trustee Joseff Reed stated that the standard this year had been very high. Many congratulations to all students who took part and in particular to **Casey Duncan, Huda Said and Sumaya Osman.**



"In March earlier this year, 7 members of Year 12 were given the opportunity to participate in the European Youth Committee Regional Forum. We were each given a committee and a topic to debate for that committee. We were allocated committees for the duration of the Regionals (for example I was allocated the committee on women's rights and gender equality) allowing us to discuss with other members of the community with varying points of view and come to a conclusion on the issue we are presented with and eventually debating our conclusion with other committees. Each topic given was incredibly interesting, calling on us to use our academic research skills as well as our own opinions on the situation, leading to a lot of very rewarding discussions."

Casey

"On Day 1, we were each allocated into breakout rooms with our committees and got to know the other members through a series of ice breakers. We met delegates from all over the country and even had an attendee from Reading despite the fact that it was the Midlands Forum. We also met our chairpersons, I was on the agriculture committee which was headed by the wonderful Melissa from Turkey who was a great leader and taught us the ways of EYP. After a short lunch, we got down to the serious work and started to draft our motions that would be debated the next day. My committee's motion was on banning battery farming and consisted of about 10 operating clauses that encouraged the EU commission to ban battery farming and engage in more sustainable and cruelty-free farming methods. This was a great learning experience as we were taught how to draft a formal motion. We then had our motion read over by the president, one final time before the big debate the next day."

Huda

"After preparing our arguments on Day 1, Day 2 was finally time to debate and do our best to get our motions passed. Each member of our group was given a role: the opening speech, the closing speech, and the role of responding to attacks from other committees. Our committee went through the motions of the other committees and tried to find flaws in their plans that could be brought up in the debate. It was honestly quite nerve-wracking at first, but after the first few debates, things quickly became more fun than scary."

It was really interesting to hear the arguments of others and it was a great learning experience, especially when people brought up points we hadn't thought of, yet we quickly had to counter. Most motions were passed which is a testament to the strong debaters present, and even those that weren't (which may include my committee ... maybe) were still really well thought out and strong arguments."

Sumaya



"After all was said and done, we finished with a sing-along to 'Imagine' (by John Lennon, not Ariana Grande, unfortunately) and said our goodbyes to our teams. Most of us are still in contact today and we truly met some great people and had an amazing learning experience. The three of us had a wonderful weekend, despite it being on Zoom and are looking forward to the EYPUK National Session in August."

Casey, Huda and Sumaya



The European Youth Parliament offers participants a unique learning experience, with hundreds of young people joining in its activities every year, becoming part of a vibrant network across Europe. Our three members will now get the chance to hear different perspectives and alternative views and to experience other cultures whilst also gaining useful skills along the way. We look forward to learning about their experiences at the National Session on our return to school in September!

The organisation is one of the largest European platforms for political debate, intercultural encounters, European civic education and the exchange of ideas for young people in Europe. Since it was founded in 1987, many young people have taken part in national, regional and international EYP sessions, built friendships across borders and learnt useful skills.

For more information, visit www.eyp.org.



Have you ever considered a career in aviation? Fantasy Wings could be for you!

by Casey Duncan, 12SW



Recently there has been a large push for greater representation in all aspects of the workplace. This movement has made its way to the aerospace industry, allowing opportunities such as the one presented by Fantasy Wings, an organisation enabling those from ethnic backgrounds with a passion for aerospace careers to be able to join in, regardless of their background.

'Fantasy Wings' is now open for registration for young people from all ethnic minority backgrounds. Each year they run an aviation programme which teaches young people how to become **professional pilots** and all about the world of aviation, from **engineering** to **aviation leadership**. This year the scheme is open to those aged 13 or older on 01.10.2021 to be considered.

At the end of the ten-month programme, three young people on their programme will receive the cost of training for their 45-hour Private Pilot Licence & the exam for their Private Pilot License funded by Fantasy Wings. 50 additional students of the 21/22 programme will receive a trial flying lesson fully funded by Fantasy Wings. This will be awarded at the end of the programme, at their Annual Conference.

Fantasy Wings are committed to changing the statistics and creating more opportunities for minority students to become airline pilots and aviation professionals. There are very limited spaces available for young people to join the programme in Birmingham, London and Manchester. It will run on one Saturday each month, beginning in October 2021 for ten months and will be delivered by airline pilots, aviation professionals and industry leaders. There is a fee to pay and various payment schedules on offer in order to spread the cost.

Visit fantasywings.co.uk for more programme information and read through the information carefully. Spaces are limited and are allocated on a first come first serve basis - so if you are interested, talk it through with your family and apply.

You can see Miss Gouldsworthy in school if you have any questions.

12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.

ONLINE

1 Give something back to nature

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!

2 Tranquil streams

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.

3 Give geocaching a go

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!

4 Share what you see

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!

5 Watch the stars

Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.

6 Wildlife on the web

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

OFFLINE

1 Ditch the phone

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.

2 Put down some roots

Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!

3 A different kind of tweet

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!

4 Feed your feathered friends

Hang a bird feeder where you can easily see it from a window. Then enjoy the feelgood factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a windowsill.

5 Park your worries

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.

6 Art and soul

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



Sources: <https://nhforest.org/coronavirus-tackdown-we-need-nature-now-more-ever> | <https://www.nationalgeographic.com/magazine/article/call-to-wild> | 'Mental Health and Nature', Mind, 2018



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#WakeUpWednesday

Spotlight on Cultural Traditions in the months of May and June

by Sriya 10W, Rahnuma 10S



Cinco De Mayo Festival: 5th May

Cinco De Mayo is a famous Mexican holiday, held on the 5th May, commemorating the Mexican army's victory over France in the Battle of Puebla. Traditions often include battle recreations of the Battle of Puebla before the festive and grand parades ensue - packed with bold, majestic colours. Traditional Mexican foods such as tamales, pan de dulce, tostados and guacamole are eaten. Decorated floats embellish the streets of Mexico and usually musicians and dancers perform in very bright, elegant costumes signifying the Mexican cultural heritage.

Cheung Chau Bun Festival

This is an annual festival that takes place in the island Cheng Chau in Hong Kong, during the fourth lunar month. It's dedicated to the god Pak Tai, who they believe saved the city from a plague more than 130 years ago. To commemorate this, there are many events: the main, liveliest event is the bun scrambling competition. Traditionally, hundreds of people climb up 20m high structures covered in 60,000 buns, attempting to collect as many as possible, then distribute them amongst the crowd. Another event is the Sik Parade, where children are dressed as mythological creatures and appear to be floating above the crowd (they are suspended in steel frames on paper fans and swords!). Other festivities include a flamboyant parade of little boats, lion dances, vibrant music, Taoist ceremonies, and food stalls.



Meadows in the Mountains, Bulgaria : June 3-6 2021

This 3 day dance and music festival takes place, forming over the past 10 years, on the blissful and idyllic Rhodope mountains which is almost 5 hours from the capital of Bulgaria, Sofia. Promoting social harmony and tranquility through the serene atmosphere of the mountains, it reinforces the importance of unity amidst the hustle and bustle of everyday life! This festival really is about appreciating nature at its finest and enjoying the wonders of life. A range of artists come and perform too.

Phi Ta Khon Festival, Thailand: June

This festival takes place in a small town called Dan Sai, a remote setting that doesn't usually attract tourists. However, this changes with the annual 3-day ghost festival, which is held in honour of spirits in the community. The first day is for the river spirit, in which masked and costumed performers parade through the streets to pay their respects. The second day is to encourage rain to fall: a smaller parade is followed by firing rockets into the sky, in the hope that rain would fall. On the final day, sermons are given by Buddhist monks. Dance performances are also hosted by the temples.





Language Corner (TIME)



German Idioms on 'Time'

Here are some weird and wonderful German idioms that translate strangely into English. See if you can guess what they mean!

1. "Wo sich Fuchs und Haare gute Nacht sagen" : where the Fox and hare say good Night.
2. "Um die heißen Brei herumreden" :to talk around the hot porridge
3. "Die beleidigte Leberwurst spielen" : to play the offended liver sausage.

Here are some more interesting German sayings. Can you think of any similar ones in English or other languages?

- Dreikäsehoch: this is something you could use to tell off your younger sibling! It means "three cheeses high" and refers to a child who is neither really tall nor really small- they are about the size of three wheels of cheese stacked on top of each other.
- Es ist fünf vor Zwölf: this means literally "it is five minutes before 12 o'clock. The English equivalent is something like "it's high time". It originated centuries ago, when builders working at the top of a clock tower would be called down just before the bell rings at midday, as this sound could be deafening!

Rough answers:

1. In the middle of nowhere, in the sticks.
2. To beat around the bush (to not get to the point)
3. To overreact to something. "Why are you playing the offended liver sausage?" The true effect can only be experienced in German.

IMOGEN JEFFERY 12P/NITHYASHREE KUMARESAN 12M

Language and Temporal Consciousness

Does language influence our perception of time? We'll begin with the assumption: 'yes', because to argue 'no' adds rather unnecessary difficulty, and is, to be blunt, unimaginative and uninteresting (I'd also be lacking the basis to proceed writing with). And thus, how? Or, is it that concepts of the past, present, and future (as well as other moods) are universal? To clarify, I'll mainly focus on the factor of language, however, it helps to note that culture and environment also contribute greatly to variation, and to further complicate things, both culture and environment in turn render limber our assumed impetus, language, on time perception.

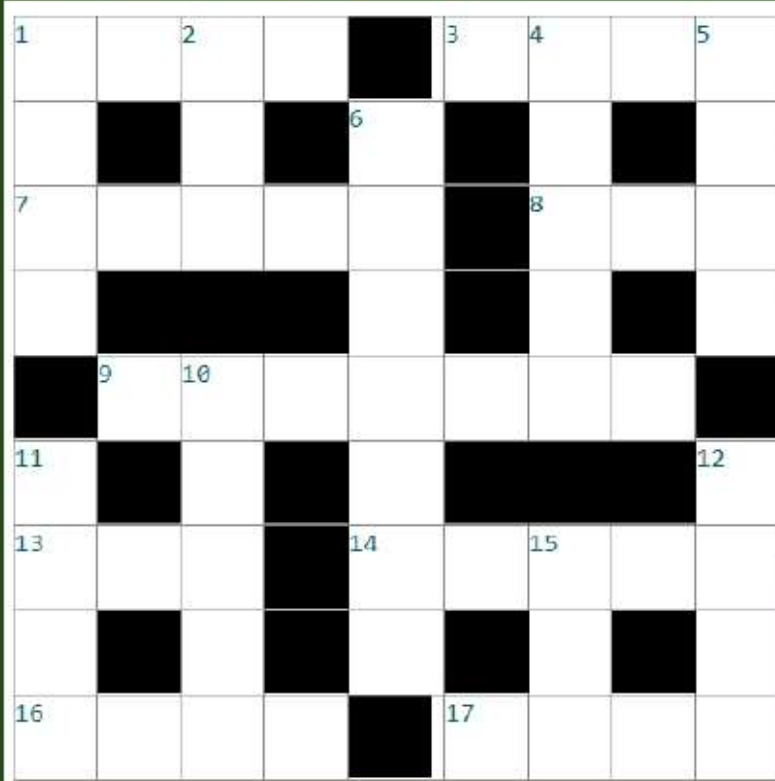
Let's tackle written language. In English, our script is written from left to right, so if visualised in a timeline, the past is leftward, the future rightward. Yet if you're familiar with Hebrew, applying the previous convention would mean you're, yes, travelling back in time! (or at least, just tracing a text that's temporally reversed) Another example is mandarin Chinese: since traditional characters trickle along a downwards writing direction, 'last week' is referred to as above, '上星期', while 'next week' is '下周', below. And this is continuous even with Braille, through which the visually-impaired develop their own left-to-right system to model the passage of time.

And now for spatial reasoning, the spoken language, and a little bit of culture. You and I, as English speakers, would point forwards to illustrate tomorrow and jerk a thumb over the shoulder to refer to yesterday, then increase this motion violently in the case of last week, last month, last year (...) regardless of whether you're facing the task of trudging up Cartland Rd or have left the mound behind. But place a native to the mountains of Papua New Guinea on a big old hill, and you'll find something curious- when the man faces uphill, yesterday is behind him; yet swivel 180°, and yesterday shifts to being in front. Now, the explanation to this is beautifully simple, and conveys a certain grounded principle of life in which the past tumbles downhill, while the future is yet to be climbed, likening a mountain's summit, its jagged ridge, to a horizon beyond which the sun's candescence spills opportunity after opportunity. Such worldview is anchored in nature's contoured slopes, its peaks and vales that are removed, purposefully flattened, in our urban setting. Instead, the spatial metaphor we use centres on the motion of walking, continuous forward motion, thus develops the difference. Linking to our previous inquiry into the written language, we deduce that cultures lacking in a written tradition nonetheless grasp with, and spatialise time. And furthermore, gestures themselves are a way of visually conveying known concepts of time, and are used to accompany our speech (hence all the flapping suggested previously).

To end somewhat summarily: across languages, however, certain similar spatial metaphors are applied when tackling time, summarised here: Durations are quantities ('a short while'); time's passage is referred to as movement ('Wow! Week A flew by.'); events are thought of as locations and are further categorised through their treatment from a removed perspective ('day is followed by night') or a perspective centred inside the sequence of located events ('I' ve got a long day ahead of me').

RUYI ZHANG 12P

Fun German Crossword!



Across

- 1 white
- 3 salt *n*
- 7 to rest
- 8 narrow, tight
- 9 second, unit of time *f*
- 13 until; to, all the way to
- 14 question *f*
- 16 round, circular
- 17 bank, edge of river or lake; shore *n*

Down

- 1 word *n*
- 2 I
- 4 evening *m*
- 5 trains *m*
- 6 arrival *f*
- 10 iron, the metal *n*
- 11 over, above
- 12 army *n*
- 15 on

Answers





Russian Lessons

by Naina, Connie, Ruby, Aarushi & Lauren



Since September, we have taken up the opportunity to engage in Russian lessons run after school every week. These lessons have been packed with learning language and culture, and have definitely been the highlight of our weeks! Starting from the very beginnings of learning the Russian alphabet, we have progressed over the year to being confident in reading texts and improvising conversations in Russian. The cultural component of the lesson meant Dr Campbell has spread her love for Russia with us, not held back by the fact that we're on Google Meet, through teaching us about Russian literature, history, festivals and food.

What will you learn?

After familiarising ourselves with the Russian alphabet and calligraphy, we started with the ever-useful topic of travel and airports. Hopefully we can put the vocab to use one day when travelling to Moscow and landing in its international airport, Sheremetyevo! Alongside the vital grammar and vocab, we also got an interesting glimpse into a great deal of Russian culture. We then progressed onto other useful topics such as the family, staying in a hotel and the incredibly important subject of food – all the while being exposed to the past tense, genitive case and various other intimidating grammar rules which we hope to master. Overall, we've learnt about a range of exciting topics which will equip us well when speaking the language and was made all the better by Dr Campbell's wonderful teaching.



Щи - traditional Russian cabbage soup

Insight into Russian culture!

All of our lessons include 30 minutes of learning about Russian culture, a part of language learning that can sometimes be overlooked but one that is nonetheless incredibly important. Across the last 8 months we've learned about inspiring Russian women (including Valentina Tereshkova, the first female Soviet astronaut), we've looked at the poems 'Winter Morning' and 'I loved you' by Alexander Pushkin, as well as looking at longer poems of his such as 'Ruslan and Ludmila'. We've also learned about other Russian cultural events like Maslenitsa, the Russian equivalent to Pancake Day, which some of us even celebrated at home as Dr Campbell sent us some Russian recipes.



Pushkin

Why learn Russian?

Learning Russian is proving to be an inspiring and encouraging experience. After overcoming the first hurdle of learning a new alphabet, a whole range of opportunities open up in reading and writing in Russian, as well as giving you a head start in learning other languages that use the Cyrillic alphabet.



Maslenitsa celebrations

So, in September, why not think about coming along yourself? Especially in the case of having in-person lessons, the journey taken by committing to and exploring a language alongside equally-curious students is a fruitful one. It'll surely be worth it to realise, this time next year, you've acquired the foundations of language that touches upon skills beyond your usual MFL - we bet you'll even surprise yourself!

And ending with a comment from Dr Campbell herself:

"It has been a real pleasure teaching Russian online over the past year. All four groups have shown great enthusiasm and commitment, and have made very good progress. Well done everyone, and especially the sixth formers who successfully recorded presentations in Russian about a wide range of topics. Congratulations to Elizabeth Shpectrov on her very good Russian GCSE results!"



Virtual Work Experience: North London Hospice

by Aleeza Butt, 12MP

NORTH·LONDON
HOSPICE

Registered Charity No. 285300

With all my planned medical related work experience both in hospital and in a local care home being cancelled for the past year, I was very grateful to be given the opportunity to take part in an online relevant experience at the North London Hospice, which provides palliative and end of life care as well as support for patient and families living with a life limiting illness. I had always imagined a hospice to be a sorrowful place, but I was pleasantly surprised. Even now, there seems to be a taboo about hospices revolving around death and fear, but this could not be further from the truth. Inside the walls of the North London Hospice is a bright and cheerful atmosphere where carers strive to keep life as normal and enjoyable as possible for their patients through their many services. Yes, there are inevitable times of sadness and loss of life, but the primary aim of the hospice is to try and focus on increasing the quality of life for however long the patient has.

To start off with, I was introduced to Palliative Care and the work of a hospice. Palliative care is an approach that improves the quality of life of patients and their families facing the problems associated with life threatening illnesses, through prevention and relief of suffering. Hospices provide holistic care, meeting the physical, social, psychological and spiritual needs of the individual. It is usually provided for people who have six months or less to live, however if their condition improves and their life expectancy increases, then they may be discharged as they are no longer eligible for hospice care. Palliative care can be provided from a range of people, from family, friends, and charities to health care professionals and laws put in place by the government. However, I was shocked to learn that it was only classed as a medical speciality in the UK as late as 1987, as a sub-speciality of general medicine.

One of the main aspects that is essential to the success and efficiency of palliative care is the large multi-disciplinary team which includes GPs, Community Specialist Palliative Care Teams, the Inpatient Unit, the Spiritual Care Team, the Palliative Care Support Service, and the Bereavement Support Service. These teams all work together to ensure personalised end of life care. I was particularly glad to learn that the UK is ranked as number one in the quality of death index for best palliative care; this involves the environment, staff, and skills. We are titled the "Best Place in the World to Die" due to our services being integrated into the NHS, specialised staff, and their deep community engagement.

Unfortunately, with learning about the incredible work hospices undertake, I also became aware about the struggles hospices face, especially in the pandemic. Hospices are only 40% funded by the government and rely on donations, retail shops and volunteers to provide the remaining funds. The impact of Covid on North London Hospice has been evident with the halt to visitors, the negative psychological effect on both staff and patients and the lack of funding being the biggest obstacle. I learnt that to be a good health care professional, staff must be empathetic but also need to be careful not to take any negative feelings home.

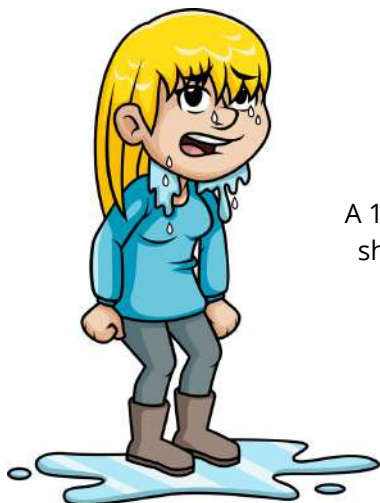
My takeaway impression of the North London Hospice was that it is a place of solace and compassion that tries to ensure that patients die 'a good death' where the individuals are treated with dignity and respect, being without pain and in the company of close family and friends. Hospices are indeed the ideal for end-of-life care, but the next step would be trying to implement and deliver these services everywhere, from hospitals to homes.

Word of the Month *Thunderplump*

A 19th century word which describes a heavy, thundery shower that seems to come from nowhere and soaks you in seconds!

Source: Susie Dent - Lexicographer

Basically sums up the whole of May!!



May's Magnificent Montage

by Aahana Jain, 11M

Spring is here! Birdsong fills the air, new life is evident and the erratic weather patterns are beginning to settle. To celebrate this, I decided to dedicate this month's gallery to all things bright and beautiful. From minute insects to majestic swans, the start of spring is the time of birth and sunshine.



Furthermore, I have delved into 'A Perfect Planet' on BBC IPlayer. Not only are the animals and their behaviours captivating, but the photography is absolutely mesmerising! I was completely awestruck at the scenes depicted. At the end, there is a short section about how the camera crew filmed in one of the locations. The resilience and determination needed to produce such a fantastic film is laudable, and I definitely envy those who travel the world to capture the rarest animals alive for a living!

Here are a few shots shown in 'A Perfect Planet':



Chronicle Interview: Ms Morgan-Long, Subject Leader for Drama

How long have you worked at Camp Hill for?

I started at Camp Hill way back in January 2010 - it's gone in the blink of an eye! And I've loved it all!

What are the things that you most enjoy about working at Camp Hill?

100% it is the time I spend in the classroom with the incredible students. I get to watch amazing performances through the whole school year with you all and that makes me feel so lucky! I'm always bursting with pride when I see the work you produce, especially having seen the journey that you've often gone through to get that and I honestly think I'm the luckiest teacher in the school for that!

Was Drama always your favourite subject at school?! What other subjects did you enjoy?

I have, of course, always loved drama - and ultimately that's why I teach it. I want to pass that love on. However, at school I enjoyed lots of others things too - for A Levels I also took Psychology and English Literature, both of which I loved, and I also really enjoyed History and Textiles (for my final GCSE product, I made a baby's playmat with an underwater theme and now I wish I'd kept it to give to my own children!).

What made you want to be a Drama teacher?

I had an amazing drama teacher myself and I'm sure she was by far the biggest inspiration for me. But also I love all aspects of my subject, from performance through to theory and I love communicating to others - I always feel especially pleased when I can see that I've grabbed someone's interest in a new aspect of the subject or it can be amazing to see the reactions to the pieces of live theatre we watch.

Favourite ever Camp Hill memory?

This is way too hard to answer! I've seen so many incredible performances from students over the years in all kinds of styles and I don't think I could pick between them. Watching you perform when I know how much work you've put in, how nervous you all get and then your pride (relief?!) afterwards is incredible for me!

If you had a limitless budget, what would be the production you would produce and direct here at CH?

I think I'd want to do a big musical like "Mary Poppins" (I think we'd need a limitless budget for this as Disney would no doubt charge you a fortune to let you do it!) or "Wicked" - I think we'd have loads of fun singing and dancing (even though I can do neither) and everyone loves a show tune.

If you weren't a Drama teacher, what would you be?

I like to imagine I'd work in the costume department at the RSC - I always love going there to hire costumes - it's a huge warehouse just filled with racks of clothes and accessories of all descriptions crammed tightly together. I'm sure working there: designing, making and taking care of the costumes would be a difficult job but fun too...Not as much fun as spending time with you lot though!

You're known for bringing a touch of glamour to Camp Hill with your gorgeous dresses and shoes. Who is your ultimate style icon?

I can't resist a good pair of shoes, and I have some beautiful Jimmy Choos at home.
A definite style icon for me generally would be Coco Chanel - a very stylish woman who changed fashion hugely, and has some great quotes, including "A girl should be two things: who and what she wants."



Interview by Tanisha Rumana, Year 10



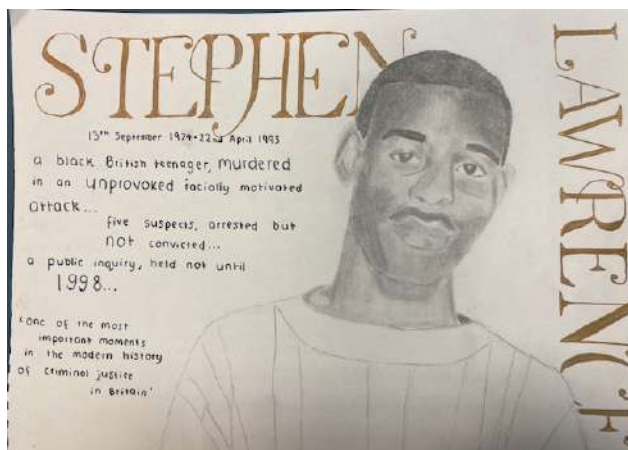
Eventbrite sessions have been set up with one of the KOOTH team, specifically for parents and carers across Birmingham and Solihull, so that they can introduce themselves and to give parents/carers the opportunity to ask any questions they may have.

The events have been scheduled for **Thursday 17th June 5pm-6pm** and **Thursday 15th July 5pm-6pm..**

Parents/carers can sign up to attend either session by following this link:

Kooth Eventbrite Session for Parents & Carers across Birmingham and Solihull

Students in 8Y produced these fabulous pieces of art in response to Stephen Lawrence Day.
Well done, 8Y - and thanks to Ms Durham for sharing these with us!



All about: RAMADAN & EID

by Iona 10W and Asra 10C

As many of us may know, the ninth month of the Islamic calendar marks the start of Ramadan, which is observed by Muslims worldwide as a month of fasting (*sawm*), prayer, reflection and community. This annual observance is deemed as one of the Five Pillars of Islam and is a commemoration of the first revelation of Prophet Muhammad (peace be upon him) - an event during which he was visited by the angel Jibrīl who revealed the beginnings of what would later become the Qur'an.



Ramadan lasts for twenty-nine to thirty days, depending on the time between one sighting of the crescent moon to the next. This year it lasted from the evening of Monday, 12 April and ended in the evening of Wednesday, 12 May.

Fasting from dawn to sunset is *fard* (obligatory) for all adult Muslims who are not acutely or chronically ill, travelling, elderly, breastfeeding, diabetic, or menstruating. The meal eaten before dawn is referred to as *suhoor* or *sehri*, and the nightly feast that breaks the fast is called *iftar*. The spiritual rewards (*thawab*) of fasting are believed to be multiplied during Ramadan. Accordingly, Muslims refrain not only from food and drink, but also tobacco products and sinful behaviour, devoting themselves instead to *salat* (prayer) and recitation of the Qur'an.

Many different religious festivals are held around the world each year, and they are enjoyed by everyone as a way of communities coming together to celebrate certain events or beliefs. During May this year, Muslims celebrated one of their festivals known as Eid, specifically, Eid-ul-Fitr, which translates to "feast to break the fast" in Arabic - it comes right after Ramadan. Eid-ul-Fitr commemorates the end of Ramadan; after spending a month of prayer, devotion, and self control to achieve spirituality and peace at the highest level, Muslims celebrate the accomplishment of their hard work during Ramadan with this festival. Eid-ul-Fitr typically lasts for three days, and during this, Muslims take part in Eid Salah, which is a special prayer done in the morning of Eid to show thanks to God. Family and friends gather to exchange gifts, and eat special meals, while wearing traditional cultural outfits. As we know, food plays an important part in celebration, and a traditional food eaten on Eid is *Mithai*, which is a sweet dessert, because the Prophet Muhammad (peace be upon him), always ate something sweet during Eid.



The Sport Report

by Amelia, Year 10

Welcome to one of the newest segments of The Chronicle. This article will feature key events in the sporting world every month.

Men's FA Cup Final

On the 15th May, the biggest crowd since March 2020 came to watch Leicester City win 1-0 against Chelsea. Leicester City had been beaten in their four other efforts to claim the FA Cup trophy from 1948 - 1969, and now nearly 52 years later they have become the FA cup champions.

Women's Champions League Final

On Sunday 16th May the Women's Champion League took place in Gothenburg between Chelsea and Barcelona. The English team was blown away in their first ever time in the Champions League final by Barcelona. Barcelona demolished Chelsea winning 4-0 with an amazing first-half performance, inspired by their wingers Lieke Martens and Caroline Graham Hanson. This is the second Champions League final for them and clearly the lessons learnt from their experience in 2019 proved invaluable this time round. Barcelona have made history by becoming the first Spanish team to win the Women's UEFA Champions League, recording the biggest margin of victory in a final of the competition.



FEMALE ATHLETE OF THE MONTH- Dina Asher-Smith

On Sunday 23rd May, you could watch the fastest British women in recorded history compete in Gateshead at the season-opening Diamond League meeting. This exciting event featured the world's top sprinters. This was a great test to see how well their winter training has gone ahead of the Tokyo Olympics. Dina Asher-Smith contested the 100m against Jamaica's Shelly-Ann Fraser-Pryce and Elaine Thompson-Herah, who have won the last Olympic 100m titles, as well as American star Sha'Carri Richardson and Britain's Laura Muir.

Dina Asher-Smith is a great inspiration for women in sport and especially those with African/African Caribbean heritage. The 25 year old has been listed in the Powerlist 2021 edition. She set the world best for 300m in her age group at the age of 13. At 19, she became the fastest ever teenager at 60m; in 2015 she became the first British woman to run a legal time under 11 seconds and, in 2019, she became World Champion in 200m.



Upcoming Events

- 29 May : (Football) Champion League's Final
- 30 May - 13 June : (Tennis) French Open
- 3 - 6 June : (Golf) US Women's Open
- 4 - 13 June : (Hockey) EuroHockey Nations Championships
- 7 - 12 June : (Cycling) Women's Tour
- 10 - 14 June : (Cricket) World Test Championship Final
- 11 June - 11 July : (Football) UEFA Euro 2020 (postponed from last year)
- 26 June : (Rugby Union) Premiership Final
- 26 - 27 June : (Athletics) British Championships and Olympic trials
- 26 June - 18 July : (Cycling) Tour de France
- 28 June - 11 July : (Tennis) Wimbledon
- 29 - 4 July : (Rowing) Henley Royal Regatta

Sport in the News: The New Premier League?

by Zamzam, Year 10



On the eve of the UEFA Executive Committee meeting, 18th April 2021, Florentino Perez announced the formation of a brand new football league called the European Super League. This new league would consist of 12 of the world's leading football teams such as Arsenal, Liverpool, Manchester United etc. However, the implications of this new league did not sit well with the players and resulted in a huge uproar among the football fans and community. The six premier league teams participating were dubbed "Shameless Six" across social media in opposition to the previous title "Big Six."

In response to this new league, the UEFA, the FA, the Premier League, the Royal Spanish Football Federation, La Liga, the Italian Football Federation and Lega Serie A all released a joint statement saying, *"As previously announced by FIFA and the six Federations, the clubs concerned will be banned from playing in any other competition at domestic, European or world level, and their players could be denied the opportunity to represent their national teams."*

This caused a major shock to both the club leaders and players and, only 24 hours after receiving the news, six of the Premier league teams pulled out of this new league and it was inevitably cancelled.

Diy Tassel Keychains

by Aleenah

You will need

- Embroidery thread
- White hemp fine cord
- Metallic string
- Large clasp or lobster clasp with split key ring
- Beads
- Scissors



Method

1. First, cut a piece of hemp cord about 12-inches long and loop it through the bottom ring of the clasp. Tuck the ends through the loop and pull until tight.
2. Thread your beads through the hemp cord. The more beads you use, the longer the keychain will be.
3. Next, take your embroidery thread and slide the wrappers off. They're already wrapped in a 6-inch loop so just layer your colors on top of each other and tie the ends of the hemp cord tightly around the center of the threads. Trim the leftover hemp cord.
4. Then, fold the two ends of the embroidery thread down and tie another piece of hemp cord down around the folded thread – about 1/2" down. Tie 2 knots and trim off any excess hemp cord. This gives a nice circle shape at the top of the thread and just under the beads.
5. Tie a piece of your metallic string around the white hemp cord and then continue to wrap it tightly around the hemp cord until you cover it completely. Trim off any excess strings.
6. Arrange the bottom of the tassel and cut the folded ends with sharp scissors. Give the ends of your tassel a little trim so the ends are even. Now you have a fun beaded tassel keychain!



Poetry by Heart Success

Poetry by Heart is an annual national competition where students are invited to choose a poem from a vast selection from across three centuries. This year, there was also a Freestyle round where students were invited to write their own poem for performance. Ordinarily, schools hold their own in-house competition rounds and winners then compete at regional and eventually national level. However, this year, due to the pandemic, the whole competition was held on-line. Students who wished to take part were asked to submit a video recording of them performing their chosen poem. Ms Staples took charge of communicating all the information to students here at Camp Hill, we had 31 entrants in total from across KS3, all of whom received certificates. We are delighted that 3 of our students have been awarded commendations by *Poetry by Heart*, and have received prizes as well as certificates. Well done to them, and to all those who entered:

- Lola - Highly Commended (performed 'Sonnet 130: 'My Mistress' Eyes' by Shakespeare)
- Vera - Commended (performed 'Eldorado' by Edgar Allan Poe & 'The Language of Cat' by Rachel Rooney)
- Anoushka - Commended



Here's Anoushka's report on the competition:

I enjoyed entering the Poetry by Heart competition because it was a fun way of practising speaking and learning about different types of poetry. I've always enjoyed poetry - and memorising a poem for a competition seemed like a fun way to learn more about it. Another thing that attracted me to the competition was the huge variety of poems to choose from

One thing that was difficult about the competition was recording myself performing the poem. I must have done numerous takes, all with different voices. Each syllable and line needs to be clearly delivered and it was difficult to focus on remembering the poem and, at the same time, thinking about the delivery of those lines along with meaningful gestures.

Originally, when looking through poems on the *Poetry By Heart* website, I had considered reading a Sylvia Plath poem as I am a fan of her work. Then I saw there was a Freestyle Poetry Showcase section and I decided to write my own poem. I like writing poetry and also thought it may be easier to remember and deliver a poem I had written myself.

I prepared for the competition by listening to past submissions and watching youtube videos of poems being read aloud by well-known poets. I listened to all different styles from Michael Rosen to Kay Ryan. These helped me work out how I wanted to deliver my own poem and how I could convey its message. To help me memorise it, I jotted a summary of each stanza: this really worked in recalling the order of each stanza.

Don't Love! by Anoushka, Year 9

Keep your head down low love,
As in hidden street corners lurk,
Struggles hidden in the shade of society,
That hidden sunshine always seems to hide.

Don't wear a short skirt love,
It'll attract too much attention.
Don't show too much skin,
It'll get you in trouble.

Don't walk alone at night love,
If you do hold your key ready.
As it is your only hope of piercing,
The four glass walls that trap us.
Ignore the cheeky whistles love,
Just boys being boys after all.
Silicon tears will fall down,
Your shudder shook plastic cheeks.

Allegations fall through the cracks love,
That society split in the ground.
Where a woman's words go missing,
Reported cases start spiralling.

Watch out for the glass ceiling love,
Hanging above your head.
As when you finally reach the finish line,
They'll move it further away.

Oh he's usually such a nice boy love,
Is what they will tell you.
Your reputation will take a stumble,
But he's usually such a nice boy.

It's up to you to learn you have a voice.
Despite what they say you do have rights.
The haunting lack of words from the men in power.
A deafening silence covering the screams.

"Love."



Art and Graphics News



HENI Talks is dedicated to sharing insights about art history on film from leading artists, curators and academics.


This growing catalogue of short films aims to open art up to the wider public, and create a platform through which everyone can learn about art history, and can discuss, comment, enjoy and engage with it.

Our mission is to inspire people with the power of art and give them access to a broad range of expert speakers. We also work closely with a wide range of museums and galleries to film on location and bring out the stories in their collections.

I am delighted to announce that on the back of her ARTiculation presentation and success, Femi Themen in Year 13 has been invited to help create a new 'Young Voices' film for HENI TALKS composed entirely of ARTiculation Alumni. This will be a film featuring alumni talking about artworks at the Roche Court Sculpture Park. Femi has been chosen as one of only six alumni nationally selected. I wish Femi all the best with her imminent filming experience and look forward to seeing the result.

Royal Academy of Arts Young Artists Summer Show

A big thank you to all our artists who submitted work for the Young Artists Summer Show this year. The work was wide ranging in themes and media, with many artists reflecting on their experiences over the last year. We have displayed the work for all to see in school and I would encourage students to take time to read the descriptions of each piece.



Well done Nuzairah Akther, Swetha Prabakaran, Zaynab Butt, Maya Altaf, Irem Ahmed, Charde Levermore, Sana Khan, Suhela Mukherjee, Mamta Garikapati, Arya Kozhippally, Amina Farhan, Rinsola Alatise, Fatima Zahra Saeed, Hermela Muley, Lily-Marie LeBlanc, Lucie Tullet, Shreya Garikapati, Bryony Smith.

Ms Irving
Subject Leader Art and Design Technology

HENI
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Ms Irving
Subject Leader Art and Design Technology

Pompeiiian Fast Food

by Tasnime, year 10

We all have days where we return exhausted from school or work and often find ourselves tempted to order food from takeaway places. At Camp Hill Girls, the most popular picks among students include: KFC, McDonalds, Dominos, Greggs, Five Guys, Pret a Manger and Dixy. What may come as a surprise to many, is that takeaways are no modern phenomenon: they've actually been around for **CENTURIES!**



On December 26th 2020, archaeologists in Pompeii found an astonishingly well-preserved ancient snack bar (or "thermopolium" in Latin) complete with remnants of 2,000-year-old food! This was an incredible find after nearly 3 years of excavations at the site, and was one of around 80 "thermopolium" in Pompeii. Decorated with brightly colored frescoes bearing images of a Nereid nymph riding a seahorse and gladiators in combat, and complete with deep circular holes that would have been used to hold jars, the food bar is the first of its kind to be found fully intact.

Remnants found included: pork, fish, snails, and beef, providing useful insight into Pompeiiian diet and lifestyle choices. Duck bone fragments were also found as well as crushed fava beans, which were used to modify the taste of wine. Cooking utensils such as a bronze drinking bowl, ceramic jars, and wine flasks, were also found at the site. Its frescoes depict animals such as a chicken and two hanging mallard ducks, suggesting possible menu items that the ancient snack bar offered to its customers, indicating the wide variety of meat used in the preparation of the dishes.



"As well as bearing witness to daily life in Pompeii, the possibilities to analyze afforded by this thermopolium are exceptional because for the first time we have excavated a site in its entirety," said Massimo Osanna, director general at the Archaeological Park of Pompeii.

Although fast food chains have advanced and become heavily reliant on mass production, the essential ideas of a "thermopolium" have not changed. In fact, the name literally translates to a place where hot stuff is sold. Many Romans didn't have the time or means to prepare meals at home and came to rely on these ubiquitous eateries. It is also worth remembering that the food served in Roman fast food bars was healthier than today, and the hamburger itself was much more nutritious.

Hungry shoppers could stop by and pick up things like fish, lentils, or meat. Need a warm drink? Instead of Costa, how about a Calda? This was a mix of hot water, wine and spices kept warm and cozy in a fancy urn.

While we may no longer enjoy the festering fish-based sauce garum, we do have the equivalent...ketchup! Likewise, the sales of pizza, fish-and-chips, burgers, fries, soft-drinks, ice-cream and hotdogs have skyrocketed in popularity, all gradually contributing to the fast-food culture which we have in the 21st century.

So, those who complain that fast food is the bleak consequence of modern living are very wrong indeed. Fast food has been around to tempt us in one way or another throughout history!



Camp Hillians Being Busy Outside of School

We love to learn of the activities, interests and talents that our students have outside of Camp Hill. We very much want to celebrate the wide variety of things that you get up to: the skills you develop, your contributions to society, and all those achievements you notch up. Please send details of your hobbies, involvement in clubs, awards you have won etc to chronicle@kechg.org.uk and we'll be in touch!

Iona Yr10 - Speaking Competitions

Recently, Iona won 1st place in the Dudley Festival's Prose Reading Competition(13-14 years), performing an extract from Daphne Du Maurier's Rebecca in the Dudley Festival.

In addition, following her success in a competition run by the Prayer Book Society (which introduces young people to the 1662 Book of Common Prayer - a key text of the Anglican Church), Iona will now be representing the Diocese of Worcester in the National Finals in Hampton Court Palace in February 2022.



Thank You for the Music!

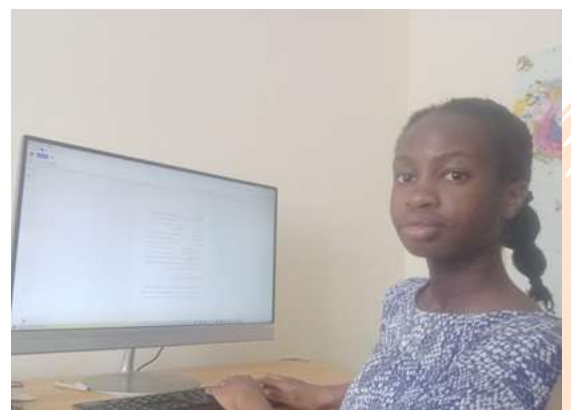
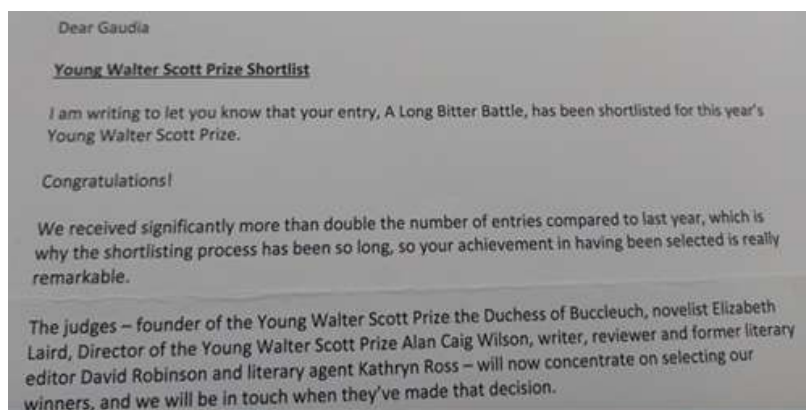
Safiya in 8Z is passionate about musical theatre and has really missed the opportunity to perform in shows since the onset of the pandemic. She has, though, been working hard towards her International Dance Teaching Association Exams. Just look at some of the medals and trophies she has won in the last few years!

Gaudia Gets Writing

Year 10 student, Gaudia, has enjoyed some super success in writing competitions recently.

As well as winning the KS4 Halloween horror story competition in school back in October, she was recently shortlisted for the 2020 Young Walter Scott Prize. Her piece - told from the perspective of a young girl during the Biafran War - has given her the opportunity to further explore historical writing, as the organisation has invited her to take part in Zoom workshops throughout the summer holiday with historians, professors, and writers to develop her skills.

She says: "In lockdown, to pass the time, my friend and I began to take part in short story writing competitions. There are a number of competitions out there of a wide variety, so if your passion is centred towards politics, fantasy, creative writing, or historical pieces, there is plenty to choose from, as hundreds of organisations are eager to read creative pieces. My main advice for anyone wanting to take part in short stories is to write about what you are genuinely interested in, and take inspiration from as many places as possible to make your writing as exciting, realistic and engaging as possible"



Lucy Yr9 - Bullet Journaling

Year 10 Chronicle writers, Daanya and Khadijah, interviewed Lucy about her hobby of bullet journaling.....



What is your hobby and when did you begin?

My hobby is bullet journaling and I started in June 2020, when we had online school. I started so that I could organise all the tasks that were set over lockdown. I usually journal every other day as I use my bullet journal to write all the homework I get and tasks I need to do.

What is your favourite part about bullet journaling and would you recommend this hobby to anyone else?

I love that it's so creative and there are no boundaries! I also love how I can use it to help me stay organised! I would recommend bullet journaling to anyone who wants to get in touch with their creative and artistic side! You don't have to be good at art to write a bullet journal though...

It's all about finding your style and what works for you! There's also a wide variety of bullet journaling posts and photos on social media to help inspire your spread.



What equipment/materials would you recommend and how do you manage your time with journaling and school work?

Firstly, you need a notebook (dotted or lined). To strip it back to the basics, all you need is a good pen, a pencil, a rubber, and some coloured pens. You do not need lots of stationery to achieve a good spread, however I am a stationery addict and own way more pens, brush pens and washi tape than I will ever use so I'm guilty as charged!

Usually, I set up my weekly spreads at the weekend, which saves me time to work during the week and most of the time, I watch TV while I journal too.

How many bullet journals have you been through so far and would you say that doing this has improved your mental wellbeing?

I am now on my second journal and I strongly believe that it has improved my mental wellbeing because it's something I can do to relax and destress. I am also free to journal in whatever style I want as there are no rules - except have fun!



Getting Involved with Local Charities

by Asra (10C)

Over a year ago, situations had completely changed due to the global COVID pandemic. Many lives were impacted, and I think it is so crucial to recognise how vulnerable and weak many people have become. For myself, realising how gratitude and a positive mind can bring the good out of anything, and this hit me when I decided to take part in working with various charities.

During the first lockdown, I was not able to go to school or do any of my extra curricular activities. I was left with free time to try and do something positive for myself and others (despite the tight COVID restrictions). This led me to become a social media advocate for the Trussell Trust's Food Bank - a charity that works to end the need for food banks in UK by providing emergency food and support to people in poverty. Being a social media advocate for them means I am able to help promote their message through posting information about hunger and links to donations on Twitter, so I could make a difference without being in any physical contact with others. As part of Trussell Trust emergency support in times of crisis, my brother and I launched an appeal for milk donations. Our friends donated generously and we visited Sparkhill Food Bank to hand over the UHT milk cartons; we also gave a thank you card to the workers there. I feel that we all need to appreciate the time and effort these people do to help the less fortunate in our society. This effort did not only help others, but myself as well; I felt a sense of satisfaction and productivity that I was contributing to ending hunger in the UK.



Poverty and homelessness also come under the umbrella of world issues, and especially during times like these, less fortunate people suffer more. Because of this, I got in touch with a charity called iCare, which arranges food packs to be distributed weekly for the homeless. At this time, lockdown had started easing up a little, so my brother and I approached two of our friends to join in this cause - I feel that doing such things with others makes the whole process much more enjoyable. From August 2020 onwards, we have been going to their centre (during every school holiday) to set up stalls and to pack food which we give directly to the needy. My experience with interacting with the disadvantaged people who needed this service and observing how appreciative and grateful they were as they queued up to receive boxes of food was a real eye opener - although we have always been told to be grateful for what we have, it had never made me realise how true and important this is until I witnessed these poverty-stricken people. They may not have much, but they have gratitude in abundance.

The logo for Homeless One. It features the words 'HOMELESS ONE' in a bold, white, sans-serif font. Below this, the phrase 'EVERY1 MATTERS.' is written in a smaller, white, sans-serif font. The entire logo is set against an orange background.

I believe that doing good deeds opens doors to do more, so with all the insightful experience with iCare and Trussell Trust, we received a call from charity called Homeless One that needed some help. This was during December 2020 when things got really tough. Homeless One is also an organisation that makes food parcels for the homeless, and I was delighted to be able to get involved and help this charity too.

After a while, the COVID restrictions eased up, so I looked for something else to diversify myself to working with charities that help in different things. I signed up to be a volunteer for Acorns Children's Hospice Trust. Now, every Saturday, I go to my local Acorns charity shop and help out in organising donations given by others. Through this, I learnt how to handle responsibilities well and also cooperate with lots of different people.

Working with these charities has helped me become a more optimistic person and it is so satisfying to know that you are actually making a real difference.

The logo for Acorns Children's Hospice Trust. It features the word 'acorns' in a large, orange, lowercase, sans-serif font. Below this, the phrase 'Your local children's hospice' is written in a smaller, blue, cursive font.

Industrial Gold Cadets Award Winners: Camp Hill Girls!

The Industrial Gold Cadets Award is a highly contested award run by the Engineering Development Trust, an organisation that provides resources to schools and educational providers to encourage students to pursue STEM as a career. As part of the sixth-month project, schools (typically in teams of up to six members) are partnered with companies in order to research, develop, construct and present a real-life solution to a real-life problem.

Camp Hill Girls is lucky to be partnered annually with the company Collins Aerospace, who provided the materials needed to construct our project and provided mentors who guided us throughout the whole process.

Team members this year were: Kreesha Ramachandran, Anna Gooding, Vaidehi Kadhane, Vanshika Gupta and Atharva Joshi.

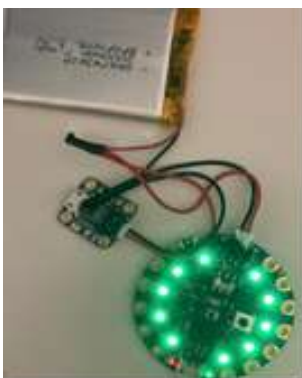


Last October, the project brief was given to the team by our mentor: "Design and Construct a unique COVID solution." This COVID solution had to be useful and practical in a school and workplace environment, as well as being commercially viable and physically discrete. In terms of choosing an issue to tackle, research showed that social distancing was a prevalent issue at the time. Increasing the distance between individuals to greater than 1m can reduce the transmission of Covid-19 by up to 90%. In school, we were all affected; year groups were sent home regularly, up to 3 times, adding up to 6 weeks of effective learning lost. Schools and workplaces were the root of the problem because of these regular, impairing and inevitable outbreaks.

To gain an accurate understanding of our customers, the team sent out a survey virtually to the student body that was answered by over 500 students.

All of this research into different types of distance measurement technology and analysis of student feedback led us to our final product: A Social-Distancing Badge that utilises the RSSI (Received Signal Strength) of a Bluetooth Low-Energy Radio in order to alert badge wearer if another user is within a 2.3 metre proximity.

Kreesha and Atharva worked on the coding elements of the project, Anna worked on the hardware components and Vaidehi and Vanshika worked on the CAD and packaging designs.



Delivering a presentation on our project on Monday 26th April went brilliantly - the team's research and hard work paid off and was seen through their efficient skills and thought-through answers to technical questions that were asked in the Q&A. The panel of assessors all seemed thoroughly impressed with the team's overall project and further ideas. The Graduation Ceremony was hosted over Zoom on 30th April to inform teams of the results and rankings of their final projects.

After winning Best Overall Project for Day 1, sponsored by Capita, we were thrilled to also be awarded with the Best Overall Winner of 2021 Award, competing and winning against every team across England and Scotland and ranking first place.

In our presentation and project report, we documented the consumer research, explained our reasoning for different decisions made, listed requirements, compared advantages with disadvantages, explained future developments and also discussed our own personal roles and journeys in the project. We used Gantt charts, held formal Zoom meetings with our mentors and even more regular informal meetings with just the team to update about progress.

Through our enormous efforts, even throughout the second lockdown, and with our mentors, Andrew Benn and Ashley Patrick from Collins Aerospace, and our Stem Coordinator Mr Bettison, providing excellent guidance, we successfully created and delivered a project we are extremely proud of.

Overall, this opportunity has given us a vast amount of skills and knowledge that we are confident will aid us in our future STEM careers. We all gained various project, leadership and time management skills as well as experience working as a functioning team unit in a professional environment. We are very happy with our team's award-winning success and would definitely encourage students to take up this fantastic opportunity when they enter Year 12.

LINK TO OUR PRACTICE VIRTUAL PRESENTATION:

<https://www.youtube.com/watch?v=8vH3be9uVGM&t=28s>





PERIOD POSITIVITY

Being period positive isn't about whether you love or hate menstruation. It is about talking about menstrual health and rights without any shame.

#periodpositive pledge

1

1. It's period positive to say menstrual products, not sanitary products*, because periods aren't dirty.

*or feminine hygiene, or sanpro, or CSPs, or femcare

Take the pledge. Earn the charter mark.
www.periodpositive.com



CODE RED - Period Positivity

Sew Marvellous is a sewing group in South Birmingham. We sew a variety of items for local charities and will be focussing on Women's Health and Wellbeing in March. We understand that schools have access to free sanitary items for girls who need them and we would like to offer our services in providing bags similar to the Red Box Project to provide discreet storage for the girls to access.



Using a tampon and a pad is covered in your PSHE lesson - if you are unsure, talk to a trusted adult on how to use these products. Also make sure you do not have TTS (toxic shock syndrome) that can be induced by a tampon.



Period products can be found in these small bags that Sew Marvellous have kindly sewed for us. There will be a variety of different products that you will be able to access freely when you're on your period.

These are:

- Always ultra (1&2)
- Lil-lets organic (ultra thin pads with wings)
- Tampax



normalize periods



This alternate method of bags filled with products in the bathroom will provide a more discreet and available way for students to access free period products. These bags will be clipped onto the back of the bathroom doors and will be filled with different types of sanitary products, giving girls the option to choose which one they prefer.



Please keep in mind that this service of free period products should only be used when needed and it is important to not abuse this service as there will be students who will be relying on it. It is important to be mindful and respectful when using the products and only take them when needed so as to make sure this system works well and effectively.

Did you know? The Month of May - historical facts!

by Bhavana 10L & Ebundu 10S

May 14, 1796 - Smallpox vaccine was developed by Dr. Edward Jenner, a physician in rural England. He coined the term vaccination for the new procedure of injecting a milder form of the disease into healthy persons resulting in immunity. Within 18 months, 12,000 persons in England had been vaccinated and the number of smallpox deaths dropped by two-thirds.

May 23, 1810 - Journalist Margaret Fuller (1810-1850) was born in Cambridgeport, Massachusetts. She became the first American woman to serve as a foreign correspondent, reporting for the New York Tribune. Her book *Women in the Nineteenth Century*, published in 1845, is considered the first feminist statement by an American writer, and brought her international acclaim. Sailing from Italy to the U.S. in 1850, she died, along with her husband and infant son, in a shipwreck off Fire Island, New York.

May 24, 1844 - American inventor Samuel Morse sent the first official telegraph message, "What hath God wrought?", from the Capitol building in Washington, DC to Baltimore. Morse was the co-developer of the morse code and popularised the use of telegraphy.

May 23, 1846 - The first American female attorney Arabella Mansfield was born near Burlington, Iowa. She was certified in 1869 as an attorney and admitted to the Iowa bar.

May 26, 1878 - Interpretive dancer Isadora Duncan (1878 - 1927) was born in San Francisco. She revolutionized the entire concept of dance by developing a free-form style and rebelled against tradition, performing barefoot in a loose fitting tunic. She died in 1927.

May 1, 1915 - African American Olympic Athlete Archie Williams (1915-1993) was born in Oakland, California. Williams defeated German athletes at the 1936 Berlin Olympics and helped denounce Adolf Hitler's theory of Aryan racial superiority. Williams won a medal in the 400 metre race.

May 19, 1925 - Civil rights activist Malcom X (1925 - 1965) was born in Omaha, Nebraska. While in prison, he adopted the Islamic religion and after his release in 1952, he worked for the Nation of Islam. He was assassinated while addressing a meeting at the Audubon Ballroom in Harlem on February 21, 1965.

May 27, 1937 - 200,000 people walked along the Golden Gate Bridge to celebrate its opening in San Francisco.

May 10, 1994 - Former prisoner Nelson Mandela is inaugurated as president of South Africa. He had won the first free election in South Africa despite attempts by various political foes to deter the outcome.

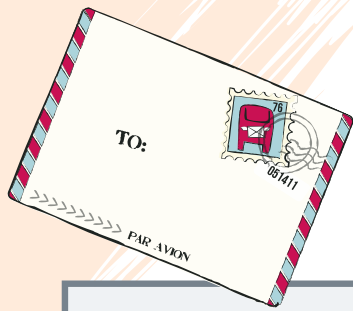
May 18 (annually since 2009) - Sri Lankan Remembrance Day. It marks the capitulation of the Liberation Tigers of Tamil Eelam and the end to the 26 year civil war on 18 May 2009. The celebrations include a military parade, speeches and a moment of silence for the lives lost.



Isadora Duncan



Nelson Mandela
voting in 1994



Letters & Feedback



I am an ex student who receives your emails including the Girls Chronicle. I just wanted to say how much it meant to read Lucy Bridge's article in the December edition about body neutrality, this was such a positive and encouraging message and I hope fellow pupils have taken note!

I work on an eating disorder ward for adolescents and the idea of celebrating our bodies because of what they do rather than what they look like is a strong message in the treatment we provide. Lucy's article was very in tune with this and I have since shared snippets with some of my colleagues because the idea is much more powerful coming from a young person.

Well done Lucy,

Kind regards
Rachel



Film Recommendation: Yi Yi

by Ananya, 105



"Yi Yi", which translates to "one after another", centres around the paths of three generations of a family living in Taipei: a grandmother (who gets a stroke very early on in the film), her daughter and son-in-law and their own children. However, as film critic Nigel Andrews so cleverly put it, "[t]o describe ['Yi Yi'] as a three-hour Taiwanese family drama is like calling 'Citizen Kane' a film about a newspaper."

For me, "Yi Yi" is about so many things (the lives of the ordinary, the regret of lost opportunities, growing old, being young, a depiction of fear, a homage to childhood innocence and so much more). It feels that I am doing the film an injustice by pinning it down to just a couple. As you can probably tell, I cannot recommend it enough and, if you have three hours to spare, please do watch it - it is free and subtitled on Youtube!

Study Tips

by Anika, Year 10

With assessments around the corner for many of us in Years 12, 10 and lower school, it's vital that we study smarter, not longer, in order to maximise productivity and keep up motivation. For some people, this comes easy - copying up notes or highlighting a text can help them revise for a test. But this doesn't work for everyone and such techniques are actually proven to not be very effective so here are some tips to help you study better and maximise your revision!

1. Pick a suitable time and place to study

People work best in different environments, so find the one that suits you best. Some people prefer places like a cafe or library, where the constant buzz and presence of other people help keep them focused, while others prefer studying in the quiet of their bedrooms. Regardless of the place, ensure that it is well lit with natural light, and is comfortable for you.



2. Make a plan

Try to set yourself a routine and keep yourself accountable, either by telling others e.g. your parents or friends; keeping alarms for time limit; organising study groups with friends; or make to-do lists for the week and study session. Research shows that the most effective time to study/revise is the morning so adapt your study plan to fit that: set yourself a time everyday to do your work in chunks and keep yourself motivated.



3. Space out learning

Cramming before a test often doesn't help you get the results you want, so space out learning and revise regularly. Plus, don't just re-read your textbook. Make your own revision material e.g. notes, flashcards etc (with diagrams and real life examples to help you understand), test yourself, either by quizzing yourself, asking a family member to quiz you, or do past papers and practice questions.

4. Focus for short periods

A time management method called the Pomodoro technique is where you study for a short duration of time (e.g. 25 minutes) and have a 5 minute break before repeating. Knowing that you only need to work for some time before being able to reward yourself can help you work harder. To avoid distractions online, you can use apps such as Freedom, Forest, Serene, RescueTime etc to temporarily block distracting apps on your phone.

Remember, studying is important, but it's only one part of your life - try to make time for yourself, friends, relaxation time, hobbies and family time so that you can feel happier and less stressed. Always take breaks, drink lots of water, and above all, try your best. Good luck!



Recipes

by Khadeeja (10C)

Ratatouille

Serves 8

Ratatouille is not just the name of a much-loved children's film - it's actually a French dish, originally made by poor farmers as a stew but which has developed over the decades to become this colourful and flavoursome vegetable treat!

Ingredients

Veggies:

2 aubergines, sliced
6 roma (or plum) tomatoes, sliced
2 yellow squash, sliced
2 courgettes, sliced

Sauce:

2 tablespoons olive oil
1 onion, diced
4 cloves garlic, minced
1 red bell pepper, diced
1 yellow bell pepper, diced
salt, to taste
pepper, to taste
795g can of crushed tomatoes
2 tablespoons chopped fresh basil, from 8-10 leaves

Herb dressing:

2 tablespoons chopped fresh basil, from 8-10 leaves
1 teaspoon garlic, minced
2 tablespoons chopped fresh parsley
2 teaspoons fresh thyme
salt, to taste
pepper, to taste
4 tablespoons olive oil



Method

1. Preheat the oven to 190°C (Gas mark 5).
2. Cut all of the vegetables into 1mm rounds and set aside while you make the sauce.
3. Heat the oil in a 12" round oven safe pan on medium heat.
4. Sauté the onion, garlic, and bell peppers until soft for about 10 minutes. Season with salt and pepper, then add the crushed tomatoes.
5. Stir until the ingredients are fully incorporated. Remove from heat, then add the basil.
6. Stir once more, then smooth the surface of the sauce with a spatula.
7. Arrange the sliced veggies in alternating patterns, (eg: aubergine, tomato, squash, courgette) on top of the sauce from the outer edge to the middle of the pan. Season with salt and pepper.
8. Make the herb seasoning: In a small bowl, mix together the basil, garlic, parsley, thyme, salt, pepper, and olive oil. Spoon the herb seasoning over the vegetables.
9. Cover the pan with foil and bake for 40 minutes. Remove the foil and bake for another 20 minutes, until the vegetables are soft.
10. The ratatouille is also excellent the next day, cover with foil and reheat in a 180°C (Gas mark 4) oven for 15 minutes, or simply microwave to desired temperature.

Chocolate Mousse Cake

Serves 12 (or 6 if you're having extra big portions!)

This totally moorish dessert will become a household favourite in no time! All it takes is a little patience.

Ingredients

Biscuit base

- 25 Oreo cookies, finely crushed
- 5 tbsp unsalted butter, melted

Chocolate Mousse Filling

- 250g chopped semi-sweet chocolate
- 1 tsp vanilla extract
- 1 pinch of salt
- 700ml heavy cream, divided

For the decorations

- 2 tbsp sugar
- 3 Oreo cookies, cut in half
- 80 g chocolate shavings



Method

1. Butter a 9-inch springform pan.
2. Combine finely crushed Oreo cookies and melted butter. Press into the bottom of the springform pan using the bottom of a flat cup or glass. Make sure it is compact! Chill for 30 minutes in the fridge.
3. Combine the chopped chocolate, vanilla extract, and the salt in a medium bowl.
4. In a small saucepan, bring 3/4 cup of the heavy cream to a bare simmer. Pour the cream over the chocolate, let sit for 1 minute, then whisk until smooth. Cover and chill in the fridge for about 20 minutes to cool.
5. Beat 1 1/2 cups heavy cream in a medium bowl with a hand mixer or stand mixer on medium-high speed to stiff peaks, about 2 minutes.
6. Whisk the chocolate mixture to loosen it then fold it into the whipped cream with a silicone spatula until no streaks remain.
7. Scrape the chocolate mousse into the pan and gently spread it to the edges. Cover and refrigerate for at least 6 hours or overnight.

Mrs Dewes' Pasta Special

Dr. Dewes' wife invented this recipe when she was a student. This gourmet dish could be enjoyed by anyone, however, it is especially for the Year 13 students as they may enjoy preparing and eating it at university. It is nutritious, tasty and vegetarian but best of all – it is fast and cheap! Until now this has been a secret recipe known to very few people.

Ingredients to serve 2

Quantities are approximate and may be varied while retaining the delicious nature of the dish.

- Pasta – approx. 200g depending on hunger. Fusilli, penne and spirali have all been tested for this recipe and work well but other types of pasta may be just as good.
- Chopped large onion (only if you have one and wish to contribute to your 5 a day) and oil to fry it in.
- Tin of baked beans – a branded bean works well but budget supermarket beans work just as well.
- Mayonnaise – 3 BIG spoonfuls.
- Grated cheese – around 75g of cheddar (other cheeses probably work but have never been tested so this is at your own risk).

Method:

- Cook pasta.
- Fry onion in separate pan. When soft add beans and keep heating.
- Drain pasta when cooked and return to pan.
- Add onion / bean mixture to pasta.
- Keep on low heat and add mayonnaise and cheese and stir through until cheese melted.
- Season to taste.
- Serve into bowls (plates can be used but things may get a bit messy!) and put a bit more cheese on top (parmesan if you want to be impressive!).



Quote from Dr. Dewes – “Mixing pasta and baked beans may sound disgusting but it tastes great!”

Dates for Your Diary



June



**Monday
7th**
**Staff Training
Day**



**Tuesday
8th**
Back to school
World Oceans
Day



**Saturday
12th**
The Queen's
birthday



**Thursday
17th**
**Year 10
Parents Evening**



**Sunday
20th**
Father's Day



**Wednesday
23rd**
International
Women in
Engineering Day



**Friday
25th**
**Year 12
UCAT course**
A level Art Exhibition



**Monday
28th**
**Year 9
immunisations**



**Tuesday
29th**
**Year 9
immunisations**



**Year 10 & Year 12
assessments begin**

See you back in school after half term