

ISSUE 16 • AUTUMN 2019

# HIGHLIGHTS



WRITTEN BY STUDENTS FOR STUDENTS

COVER PHOTO BY LUISE ZECK

*In association with*  
**STUDENT** *life*

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We're looking for:  
**Writers**  
**Photographers**  
**Designers**  
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# Student WORD

Hello and welcome!  
I can't believe we're already at the first edition of Highlights this school year. In this issue you will find beautifully written articles by Kesgrave students.



This leads me on to what's in this jam-packed edition, such as: a clip and climb review, book reviews and ways in which you can save our planet!

New for this year, we are now completely student led and published! If you would like to have an article in future magazines then please get writing and bring a digital copy to Mrs Tighe or Mr Barber in Media. Feel free to write about any topic that interests you and relates to our coloured categories depicted on the left.

Not only that but you can also send in your pictures. If you love taking photos and would like to contribute them to the next edition, this will definitely help us as we usually are in need of them. It is also a great way of sharing your creativity with others. Please submit in the same way as articles.

So, sit back, take a break and enjoy a rest with us!

All the best, James Fidler

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# MEET THE TEAM

HIGHLIGHTS Magazine is  
brought to you by our students

**Journalism and articles by:**



Kitty-Boo  
Capey



Yanis  
Kerampran



Amber  
Rippeth



Evie  
Thacker



Bethany  
Wildon



Isabelle  
Craig



Abigail  
Terry



Hepsie  
Capey



Genevieve  
Padman



Ella  
Wendon-Blixrud



James  
Fidler



Oliver  
Seggar



Poppy  
Brown



Luise  
Zeck



Tommy  
Goodrum

“

## WORDS FROM THE HIGHLIGHTS' STAFF

*As another term draws to a close we are delighted to once again bring you the Autumn/Winter 2019 edition of HighLights. We have been revising and making changes to the way HighLights is produced, in particular encouraging students from across the school to write all of the content and submit their own photographs, rather than these only being written by the HighLights committee or staff members. You will see that the magazine's contents page is divided into sections, so students have the chance to write about any topics that interest them from technology to travel. We would like to offer special thanks to those students who have never written for the magazine before and took a personal risk by submitting their articles. It is not always easy to put your writing out there for all to see, so well done to those who did so. It is important to note that some of our writers have only just joined KHS in Year 7 while others have been writing for HighLights for several years. Without them this magazine would not be in your hands right now! Mr Barber and I would also like to acknowledge our dedicated HighLights committee members who attend the weekly meetings to plan, design, edit and review the magazine at each stage of production. You have worked so hard and should be very proud of your efforts!*

*We wish all our readers a festive Christmas break, a great start 2020 and we hope you enjoy this edition of HighLights.*

*Best Wishes, Mrs Tighe and Mr Barber  
Staff HighLights team*

”

# OUR PLANET



OUR STUDENTS LOOK AT  
THE ISSUE OF THE ENVIRONMENTAL DAMAGE  
BEING DONE TO OUR PLANET!

# REDUCING YOUR CARBON FOOTPRINT

WRITTEN BY: POPPY BROWN

Climate change is a shift in our planet's weather patterns across the world. It threatens our wildlife, food, water and life as we know it. We are facing chaotic weather patterns, extinction to animals and the destruction to our planet. Humans are the biggest contributor and threat to the planet threatening our very existence. The average global temperature has gradually been increasing year after year. Over time, by burning fuel and mechanical advancements, we have created greenhouse gases (carbon dioxide, methane, nitrous monoxide) which has been heating up our planet. With an increasing global population, deforestation, more factories and vehicles polluting the earth daily how much longer can our planet sustain this abuse?

## What has it got to do with me?

It's simplistic to have the view 'One person won't make a difference' or 'I can't stop major companies from destroying the planet'. One person's actions make a huge difference. According to the Office for National Statistics one person on average produces 106.2kg of plastic waste per year. That's over 212 Tonnes of plastic produced by our students at Kesgrave High School alone! The equivalent of 35 full-grown male African elephants by just us. Now multiply that by the size of the population of Kesgrave and you're starting to get an idea of just what one small community can do to the planet. If one person can change a community that's a huge start in helping to reduce climate change. And plastics are only one of the problems.



## What can I do today?

**Travel:** Other than changing our diet to eating less meat and using meat alternatives, such as tofu, we can also change our method of transport. Try cycling or walking to places where you can. Even taking a bus is more sustainable than riding in a car. Even taking local holidays or travelling by train is better than flying on an aeroplane abroad.

**Recycle and avoid Plastic:** Look to source your food or goods that don't use plastic to package them where possible. If you do get plastic waste. Recycle it. Don't just throw it down, put it in a recyclable bin.

**Food:** Try to eat as responsibly as you can. If you're a meat-eater, Try and source meat locally and that has been reared organically.

If we can just start by making small changes in just Kesgrave who knows how much of the planet we can save?



# SIMPLE WAYS TO STOP PRODUCING SO MUCH PLASTIC WASTE

**WRITTEN BY: ELLA WENDON-BLIXRUD**

*These are the top 10 tips on ways that you could help the environment. They are not too difficult but could have a big impact on our future.*

- Have a cloth bag to put your food in instead of getting plastic ones. An easy way to remember them is to keep them in your parents/carers car all the time.
- Buy loose fruit and veg when you can instead of buying fruit or veg in a plastic bag. Woodbridge Greengrocers sells everything plastic free.
- Use a reusable water bottle. It's a very easy thing to do instead of using plastic bottles. They are the most bought plastic thing that can be changed easily.
- Eat less red meat. It's very easy to reduce it in your diet; maybe only have meals 1 or 2 times in a week with meat and if you are a vegetarian or a vegan then that's even better.
- Have a reusable straw or don't use any plastic straws.
- Wash all your recycling so it can be recycled instead of having to go in the general waste.
- Only use what you need for soap, shampoo or conditioner so less is wasted; If you can use it longer it will save having to buy more plastic.
- Use a bamboo toothbrush. An easy way to stop a lot of unnecessary plastic.
- Turn off switches that are not in use, for example after you finish charging your phone or leave a room. It reduces electricity and could benefit you in the long run.
- Don't overbuy clothes that you don't need. This is one of the most helpful options for the environment, so if you only want to do a few of these things, you should try this one. Also, when you get rid of clothes give them to charity or, if it's really worn, make it into something new or give it to a clothes bank or recycle them.

Even if you only try 5 of these it makes a difference. If you already do all these, look at other areas in your life to work on in order to make the world green again.



# OUR PLANET NEEDS US TO ACT NOW!

**WRITTEN BY: ISABELLE CRAIG**

Climate change is such an important topic. I believe we must make better effort to help our planet or we will suffer the consequences and all the wonderful life around us will perish.

Right now, there are polar bears, turtles, seals and many other creatures in danger because of the impact that we as humans have on their habitats. Some of the world's most beautiful coral reefs are being ruined by our waste or bleached, which is not helping the wildlife that needs it to survive.

I believe that the use of plastic is one of the biggest issues impacting our planet today. Even though it is a useful material, it is a problem because if it is not recycled properly, it gets stuck in the habitats of animals and can remain there for many years after.

Turtles have been on the planet for millions of years. Dolphins are incredibly intelligent creatures. Whales are the biggest mammal and also one of the most interesting.

These animals are being affected by our practices and it is unfair for us to do damage to their environments. These, and other animals like them, digest plastic and other harmful materials produced by humans and may die a slow, painful death. Is it fair for us to affect their existence in such a damaging way?

What we must do now is help our planet so that both humans and animals can live healthier and happier lives and we can continue to share the planet rather than damage it.

You can make a difference. Try buying a cotton bag instead of a plastic one, buy food in the supermarkets with no plastic packaging, try using reusable plastic bottles instead of single use plastics and make sure you wash and place recyclable plastic into recycle bins so they can be reused. Other ways you can help the environment are by switching off your lights when they are not needed, swapping meat for vegetarian options on a regular basis or walking or cycling instead of driving or taking the bus.

How will you respond to this major environmental concern?



# HEALTH



HEALTH ADVICE AND SUPPORT  
WRITTEN BY STUDENTS



# CATCHING SOME ZZZs

WRITTEN BY: AMBER RIPPETH

*Sleep. The block of time (usually around 8 hours) when the body and brain switch off and your brain settles into a period of rest and calm.*

Ok, that's not all true.

Although you may feel like everything switches off while you sleep, the truth is while the “body” sleeps, your brain is tremendously active. While you are sleeping, your body goes through certain stages which focus and energise you for the next day, while some stages help to consolidate your memory. During deep sleep, different hormones are released which do things like fuel growth and help fight off infections. That's why, when you're sick all you want to do is sleep!

Doing things like going on your phone, watching TV and just generally looking at any screen before bed can really mess up your sleep cycle. Screens emit blue light which makes your brain more alert like it should be during the day, not during the night! This makes it harder to fall asleep and leaves you feeling groggy and tired in the morning. Instead of this bad habit, try doing relaxing things before bed like yoga, deep breathing, taking a hot bath or reading. Reading

is great, because it's proven that reading before bed gives you a good night's sleep and it also reduces stress.

If you can't fall asleep, you could try opening a window; cool air helps you rest better than a hot room. Don't look at your clock; turn it away from you before you fall asleep to ensure you don't wake up and automatically see the time, which just stresses you out more. Finally, keep to a schedule; try to go to sleep and wake up at around the same time so your body clock isn't too shaken up.

Not getting enough sleep can lead to sleep deprivation. This causes you to do things like having trouble with concentration and a lack of focus. This is bad if you're going to school that day because it means you probably won't learn much, leading to you getting poor results in the short and long term. Lack of sleep can also lead to you feeling moody or short-tempered, which can affect relationships. Not getting enough shut-eye can also increase the risk of accidents because you're not paying full attention. Accidents could be as little as forgetting something, or as big as a car accident so take care.

Sleep is something we all need and it is so important not to deprive yourself of it, so make sure you get enough kip to stay awake and be productive throughout the day.

# HOW TO HELP YOUR MENTAL HEALTH

**WRITTEN BY: EVIE THACKER**

## *Mental Health Awareness in school + some positive advice*

Mental health issues in schools have risen by over 40% in the 21st century. In a school of over 3000 children, one in three will have a problem with mental health... roughly over 1000. In 2016, a survey was conducted showing how many people had issues with mental health.

### **UK Statistics on common mental health disorders:**

- Anxiety (GAD) 5.9%
- Depression 3.3%
- OCD 1.3%
- Panic Disorder 0.6%
- Post Traumatic Stress Disorder 4.4%

The self-harm, suicidal thoughts and attempts, have also risen recently with 20.6% of people in England having suicidal thoughts and over 13% of people aged 10-16 years old self harming.

Some of the most dangerous mental health disorders develop in schools such as; depression, anxiety, panic disorders, behavioral disorders and eating disorders.

Having an understanding and an awareness of mental health can help people that are struggling. If more people know about it, we can do more to help and

prevent further mental health issues in places like school where they occur more often.

### **Something positive!**

The higher awareness of mental health is helping those who suffer from these disorders. If you or someone you know is dealing with a mental health disorder, there is support and counselling available to help.

Talk to someone and don't be scared to ask for help. It is easier to get over a mental illness with support from others.

It is also proven that petting animals such as dogs or cats can relieve stress. I'm not suggesting you run out and buy a pet, but





if you know someone who has a friendly dog or rabbit that needs some extra love, this could be a good way to make you feel more positive.

Self-love is also important. Make sure you take time for yourself. Maybe do some mindfulness colouring or make a list of all the things that are bothering you or on your mind, then list all the things that are positive in your life, no matter how small they might seem. Even something as simple as a warm bath or a mug of hot chocolate can boost your mood.

People also recommend physical activity for stress relief, creating a schedule if you feel unorganised, doing some self-care face masks, going out to a spa or a calm area in nature. It sounds cheesy but getting a

good amount of sleep, a healthy diet and some time spent unplugged and away from screens also helps out. Try something new or exhilarating, or just take a calm walk somewhere nice.

Whatever it is that is making you feel negative, there is help out there and some simple things that can be done that, although you might think sound silly, may actually be really beneficial and go some way to helping you feel a little more positive.

Most importantly though, if you are feeling unhappy with your mental health, talk to someone. After all, a problem shared is a problem halved!



# WHAT MUSIC CAN DO FOR YOU



**WRITTEN BY: KITTY-BOO CAPEY**

*There are lots of reasons you should listen to music but mainly it can improve your mental and physical health, memory and your grades. It affects the signals sent through your brain for the better, lifting your spirit and improving your mood.*

It is scientifically proved that music affects your mood and mental health massively. This is because of the way the brain is wired to react to music. When you listen to positive music that makes you happy your brain releases oxytocin- a hormone that makes you feel positive and cheerful. When you listen to emotional music, a processor in the brain, increases your sensitivity and helps you feel connection to the music.

Music can also help memories develop and return. Songs that you have an emotional connection to are some of your strongest memories, these are stored in a part of your brain just behind your forehead. It is also where all your memories of your self are in the brain. When people develop

Alzheimer's, nurses will play songs from their childhood to them as this can help to develop memories and remind the person of memories they've made.

It is recommended that when you're studying you should listen to classical or orchestral music because it is proven to considerably boost test scores. This can be because the music drains out distracting noise so you can focus on what you are doing. Another reason is the "Mozart effect." The "Mozart effect" suggests that listening to Mozart improves intellectual performance because of the soothing nature of his work.

Music is one of the easiest ways to lift your mood. It helps to reduce heart rate, blood pressure and anxiety while increasing your happiness. If you listen to music 25 minutes per day it helps to prevent back pain and improves your sleep, therefore improving your physical wellbeing also. Experts have also found that joining a choir or a group where you do lots of listening to music or singing can make you happier in general.

# MUSIC AND ME



**WRITTEN BY: HEPSIE CAPEY**

*Hi my name is Hepsie, I'm in Year 7, and I would like to tell you all about playing the flute.*

I've been playing the flute for a little over 18 months now. At the start learning it was hard and I never thought I could get very good at it but now with heaps of practice I have significantly improved.

I practice for around 30 minutes a day. I have a buffet flute and I play a great range of music. The most important thing about playing is to have fun, and even if it's hard, never give up.

When I first began playing the flute, I would practice the first bar of the song I was learning and every time I mastered it I would move on to another. For a while I carried on practicing like that. Once I got onto four line pieces I knew I had only a few pieces left to learn until I could do my Grade 1. At that point, every time I practiced I got better, learnt more notes,

worked harder and got closer to learning my pieces. After a lot of practicing my teacher said I could start to learn the music for my exam, I was so excited, but also very nervous.

I did my Grade 1 in summer this year. On the day of my exam I was scared and nervous because it was my first exam and I had never done anything like it. Four weeks later, I got my results and I found out that I had passed. I was ecstatic because I could now begin to progress even more.

I was scared before my first lesson at high school because I didn't know what to expect, but it went really well. My teacher was very nice and said I could join the woodwind ensemble. I'd never been in an orchestra or ensemble before and it was something I was really excited about.

I am now working for my Grade 2 and I should be doing it in Easter.

# STUDENT *life*

Lifestyle Magazine by Young People, for Young People

PROUDLY SUPPORTED BY **ABP** ASSOCIATED  
BRITISH PORTS



COVER IMAGE BY  
**RACHEL MITCHELL**

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# ENTERTAINMENT

CO-EDITOR **FRAN MULVEY**

## WINTER PLAYLIST

BY **RAHUL ANEESH**

Winter season is coming up and fast; the thing that keeps me wrapped up the most for winter isn't a blanket or a North Face jacket, nor is it a Jumper, or the heaters in my house. It is in fact my music; here are a few songs that you should consider listening to for winter.



### **Tory Lanez – Cold Hard Love**

There are two sides to Tory Lanez; a skilled and talented rapper or an R&B singer drenched in auto-tune? this is a bit of both. The singing adds a soothing and cold atmosphere to the track especially with the cloudy instrumental then, at the 3:30 mark of the song, he starts rapping in his normal voice about a relationship. The track does speak for its title.

### **Post Malone – Big Lie**

This track is actually produced by DJ Mustard but it really doesn't sound like it. Post Malone provides excellent singing on the track as well over these beautiful synths. The best part however, is the chorus where the drums and the snares enter the scene, which increases this track's replay value. The synths also help create this cold atmosphere.

### **XXXTentacion – Whoa (Mind in Awe)**

This song does sound beautiful and I really enjoy the sound of the "whoa" along the chorus of the track, and the vocal melodies, to help contribute to its beauty. I also like the keyboard sample and the heavy drums which appear on the chorus. I could imagine watching the snow falling while listening to this song.

### Travis Scott – R.I.P Screw feat. Swae Lee

I like the cold midnight vibe of this track. It also features Travis Scott and Swae Lee breezing through the instrumental. I feel like most of Travis Scott's songs are made for the same purpose and that is good night drive music hence why I enjoy his music and this song in particular, highly recommended.

### Night Lovell – Light from the Car

This instrumental also has a calm vibe with the nice synths and drums in the mix. I also really like how Lovell adds to the calmness with his calm and monotone voice and delivery. This is also yet another track to consider when you're driving in the cold night.

### Schoolboy Q – Dangerous feat. Kid Cudi

Usually I listen to Schoolboy Q's music for turning up and partying but this is something else. It features a soft guitar melody and a nice chorus from Kid Cudi. It also features a tension building verse from Schoolboy Q as well as tension building drums as well. I can just imagine myself walking along in the snow at midnight.



### Meek Mill – Stay Woke feat. Miguel

Meek Mill comes in with an impactful rap performance along with serious subject matter and the Miguel chorus is well done and very catchy. Like the previously mentioned Schoolboy Q I mostly listen to Meek Mill to get hyped up but he does know how to make a track where he is speaking facts.

### Young Thug – What's The Move feat. Lil Uzi Vert

This song features birds in the background to set the scenery of nature; I also really like the synths too. Young Thug and Uzi provide nice melodies to the track and a catchy chorus from Thug too. I have never heard a trap song sound very close to nature.

### Frank Ocean – White Ferrari

His singing on this track steals the show since it just adds to the beauty of it all, and makes for one of my favourites off "Blonde". But I personally enjoy the sound of the synth and the soft guitars that build up as the track progresses. This whole song feels like winter.

### Yung Lean – Yellowman

This is a well-constructed piece of work from the Swedish rapper because it features some lovely synths and great singing from Lean. Then in the second verse the bass drums come in and provides a solid rap verse. Then the outro is really beautiful and well put together. One beautiful track to listen to in the snow.

### Aries – Home

I like the heavy kicks, the strong vocals and melodies (especially the chorus and outro) and the subject matter of missing home despite all the negativity. It was also the perfect track to close off the album it came from "Welcome Home". I would strongly recommend trying out his music, since he knows how to make a solid track.

# NETFLIX REVIEWS

BY **GEORGIA BUCKLES**

## ONE DAY AT A TIME

Netflix original series | Comedy – drama



A brief summary – this show is based around the lives of a Cuban-American family whose mum, Penelope, has just come out of the army as a single mum. The show follows her struggles and her family's struggles looking at very modern problems and topics in today's society. The show rarely leaves the house and is set up like a sitcom, however this is a very clever way of

doing things and although some would say that makes it fake, I feel that it adds to the emotions conveyed and it's like the house is their safe space; they can do or say anything they want. This show is based off another 1975 Norman Lear original series with the same name but has a modern spin on the characters and ideas.

I love this show as you automatically fall in love with all the characters for so many different reasons and you get a great equal amount of light comedic entertainment to tackling the darker parts of society but still always managing to end happy. It will make you laugh and make you cry and is definitely a binge worthy show.

This is one of those shows that you can constantly go back to and never get bored of. You can pick it from any episode as they are all stand alone but it is probably better to watch in order as they do contain a bigger story within the small ones.

I would give this show a 5/5 as it contains all the emotions and quirkiness that a family has, it makes whoever is watching feel like they are part of it.



## TO ALL THE BOYS I LOVED BEFORE

Netflix original film – 2018  
Drama/teen genre

Summary – An American teen romance film following Lara Jean Covey who is a hopeless romantic, so much so that she writes a love letter to all of the boys she has had a crush on but never sends them. However one night her little sister, Kitty, finds them and mails them to everyone. At school they all come to confront her, turning her high school quiet life into mayhem. The film is based on a book written by Jenny Han.

I love this film and have watched it many times; if you love romance or just want something calming and casual to watch then this is the film for you. I would rate the film a 4/5 because although it is really romantic and has such a great spin on modern love, it doesn't have anything overly exciting in it and although you fall in love with the characters you never find out lots about them.



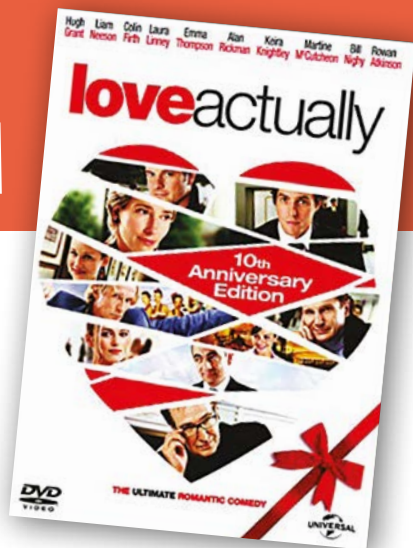
# MY FAVOURITE CHRISTMAS FILM

## LOVE ACTUALLY

BY **GEORGIA BUCKLES**

This is a modern Christmas classic that is good for anyone. Released in 2003 and directed by Richard Curtis, it will make you laugh, cry and fall in love with every character. The film follows the lives of a range of different characters over the Christmas period and dilemmas they come across, then at the end of the film the audience finds out how they are all linked. The eight London couples try to deal with their relationships in different ways; their tryst with love making them discover how complicated relationships can be. It has singing, dancing and everything a Christmas film should have. It also has a range of different actors, all incredibly famous and talented such as Hugh Grant and Keira Knightley and will always put you in a good mood by the end. It makes you realise all the different aspects of Christmas and how everyone treats it slightly differently.

However if you aren't the biggest Christmas fan it also looks at other aspects of life such as marriage, school, work and mostly love. This film is such a light easy-going film full of happiness but takes the audience through every aspect of love. I saw this for the first time a few years ago and have watched it every year to this day. My favourite character in the film



would be Sam played by Thomas Brodie-Sangster. I love this character as he is so adorable and new to the idea of love, he makes it all seem so simple and has no embarrassment that will stop him from getting her and does all he can. I think he carries a very important but subtle message that the whole film is about that love doesn't have to be bad, hard or complicated and that Christmas is such an important time for giving, sharing and loving. This message has a great impact on the audience, and I think is one of the main reasons I love the film. Also because it shows so many different types of love and ways to fall in love which is not always shown in other stereotypical love movies. Although there are many iconic scenes that come from Love Actually, one of my favourites being when the prime minister, played by Hugh Grant dances around his house, however my all-time favourite scene would be the necklace scene with Rowan Atkinson and Alan Rickman. I would definitely recommend this film, even if you are not a big fan of rom coms.

# THAT'S A CHRISTMAS WRAP

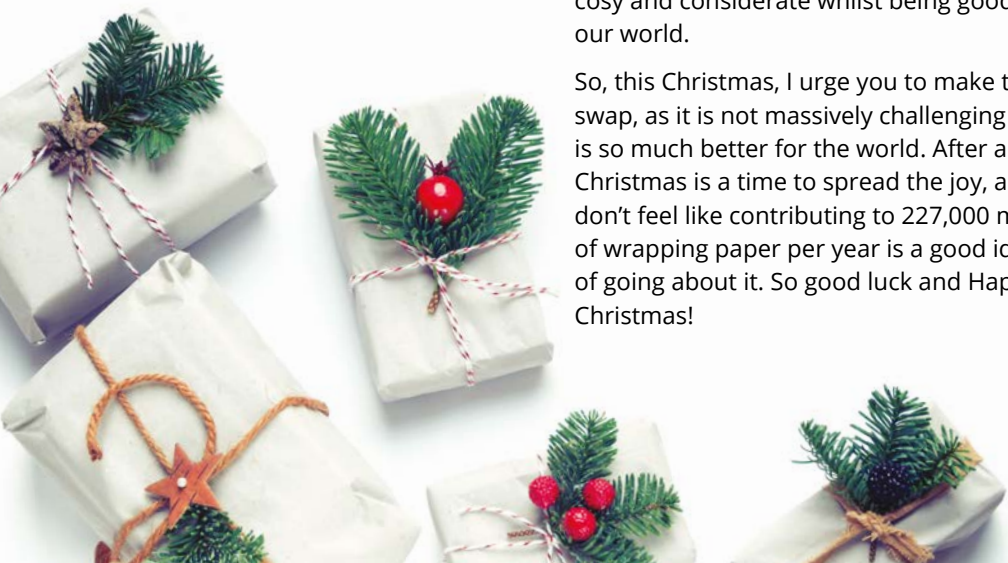
BY **MADALENE HOWARD**

Over the last couple of years, with increased immersion into involvement and fundraising for environmental charities, I have noticed, that as well as the impact large careless companies have on the planet, another main issue is our routines, our ingrained lifestyle habits that take a toll on our world, but seem insignificant in the whole scheme of things, so we don't change them.

Working towards a more sustainable Christmas, was one of my family's goals last year and I am eager to repeat and improve it this year too. Wrapping paper, in all truth does not give us that much elation, it is what is inside that counts, so why do so few people ditch the decorations? I don't think that people really realise the damage cellophane and other plastic wrapping can have on the planet, and what the alternatives are...

Brown paper is a good alternative however it is important to make sure it is not plastic coated. Once you have found a good source of it however, it makes a gift look nostalgic and cute, especially with a nice ribbon around it too! My favourite method was using a tea towel, as well as being environmentally friendly, it brings an extra gift to the receiver too, (no-one can ever have enough tea towels!). However, it is important to perhaps find out where they are sourced, and make sure that whilst you are trying to do the right thing, you are not funding the continuation of sweatshops, and unethical systems. To avoid any confusion with this, there are other options available too. Tissue paper can come in ranges of colour and can look creative or perhaps a pretty paper bag or decorated shoebox. Boxes and bags can often be reused too, and can look themed, cosy and considerate whilst being good for our world.

So, this Christmas, I urge you to make the swap, as it is not massively challenging and is so much better for the world. After all, Christmas is a time to spread the joy, and I don't feel like contributing to 227,000 miles of wrapping paper per year is a good idea of going about it. So good luck and Happy Christmas!



# HOW I ANNOTATE MY BOOKS

BY ROSIE WEDGE

For years the thought of annotating my books sent shivers up my spine. Every English lesson caused a small part of my heart to break off when I had to take my new, pretty, shiny book, and begin writing all over the pages. I saw annotating my books as a disrespectful thing to do, almost as though I was offending the author by scribbling all over their work. However, these past few months I have begun annotating my books, and now, I don't see myself ever going back to not annotating them! It is something that I would highly recommend to any book lover and is a fantastic way of getting the most out of your reading experience, especially if you like to take a critical and reflective stance to your reading.

Before I get into telling you all how I annotate my books, and how you can too, both with and without having to write on the actual pages, let me quickly explain where this change of heart came from. I watch an awful lot of BookTube. Just like those of us who watch commentary videos, or videos in the beauty community, we book nerds have a little corner of our own to discuss books, share our reading hauls, and vlog our reading experiences. We even have world-wide "readathon"



challenges across the whole year that thousands of us participate in! Many of the BookTubers I religiously watch annotate their books, and at first, I couldn't bear to watch. However, I soon came to realise just how much they were getting out of their reading experience. I wanted to as well, but I needed that final motivation to get me over the genuine fear of "ruining" my books. That's when I read a short essay titled "How To Mark a Book" by Mortimer J. Adler in which he says "There are three kinds of book owners. The first has all the standard sets and best-sellers...the second has a great many books...all of them clean and shiny. The third...every one of them dog-eared and dilapidated...marked and



scribbled in... (This man owns books.)” This really spoke to me. I have no future intentions of ever selling my books, so why am I keeping them so pristine? If I want to mark them, and have no reason to keep them tidy, then I should just go for it! And so, I did.

There are several books I will never mark, which include mangas and graphic novels, beautiful collector’s editions, and first-prints of classics (e.g. my first-pressing, first-edition of “Lord of the Rings” omnibus will go unmarked forever and always!) However, these books aside, I’m happy to annotate. If I want to mark a book but not my special copy, then I’ll simply buy

a secondhand one to mark. Animal Farm is one of my favourite classics of all time, and the thought of marking my beautiful collector’s edition is just too much for me; so, I got a secondhand copy for £1.50 on eBay; problem solved!

If you don’t want to write on the actual pages, then I highly recommend buying some sticky highlighter tabs on Amazon (you can get around 1400 of them for £6) and devising a key for each colour. That way, you can tab certain moments, scenes and quotes without ever marking the book; they’re designed to be peeled off without leaving a residue. For example, I use a pink tab for scenes/moments I love, yellow for a quote I love, green for a plot twist, and so on. If you really want to make some notes, but still aren’t feeling brave enough to write on the paper, then try using sticky notes. I often stick these at the top of the pages, so they can all poke out of the top, and are easy to find.

I did this for a while, and then felt even more keen to write on my books. But I still needed a final push. So, I took a small starter step, grabbed a yellow highlighter, and just highlighted my most favourite quotes. Three or four a book, that was all. Soon, I felt confident enough to write my thoughts and feelings on the pages! I started in pencil so I knew I could rub it out, and slowly transitioned into pen. I still use my sticky tab method, but now my pages are covered in cute little scrawly notes that encapsulate all my thoughts and feelings throughout the story! I thoroughly recommend starting if you’ve considered it; don’t let anything hold you back from making your beautiful books your own!



# SCHOOL AND CAREERS



GETTING READY FOR THE NEXT  
CHAPTER IN YOUR LIFE. ADVICE AND GUIDANCE  
TO HELP YOU GET THERE.

A photograph of a young boy with dark hair and glasses, wearing a blue collared shirt under a dark blue sweater with 'KHS' on it. He is standing next to a woman with glasses and a black top, who is smiling. They are both holding a trophy that consists of a wooden base and a silver star-shaped top. The background is dark.

# SPELLING BEE

**WRITTEN BY: YANIS KERAMPRAN**

*Let's start with the basics. What is the KHS Spelling Bee?*

The Spelling Bee is a spelling competition open to all Year 7s, where you will be asked to memorize word spellings in the hope of going to the next round. If you're successful, you will stay in the competition until the end and aim to become the 2020 Spelling Bee Champion in your year group!

*Why should I give it a go?*

The Spelling Bee is a fantastic opportunity to feel involved, make new friends and improve your vocabulary. Every round, you'll be asked to learn words – some of which you will have never heard of! At first, this can be quite challenging, but then you realise that the more you practise them, the less daunting they seem, and you might even start using them in your own writing! It's also a great way of boosting your confidence and self-esteem as in the final rounds you will have to spell words out loud in front of an audience. Don't let

this put you off – putting yourself outside your comfort zone is a great thing to do and nothing beats the feeling you get when it's over and you know you've tried your hardest.

*But what if I'm not good at spelling?*

You should never limit yourself to only what you think you can do: you have nothing to lose, so why not believe in yourself and aim high. I never actually thought I would get very far in the competition, but you never know if you're going to do well unless you try, and simply saying you're "not good enough" will not get you anywhere, because you don't know that, you just assume. How far you get is not because of your spelling ability – it's because of the dedication you have to the competition (learning the spellings, turning up, practising etc.).

The competition starts in your English lessons, where the first 3 rounds take place. Then, if you pass, you'll move onto weekly lunchtime rounds. Overall, being last year's winner, I can tell you that I've experienced it all and I would hugely recommend it, whoever you are and whatever current ability you have. Good luck!

Br

Nick Broomfield - Masterclass interview

15<sup>th</sup> November 2019

- His films mirror as he goes along.
- Interviews were done in a comfortable environment as it allowed them to feel safer. (more like)

Michael -

REVISION?

**WRITTEN BY: ABIGAIL TERRY**

Revision? It's something we all have to do. Whether it is just an end of unit test in Year 7 or your A-levels, revision matters. You may be saying "Revision is pointless - I just can't remember anything!" Well, believe it or not, there is a wrong way to revise. So, in this article, I am going to give you some top tips on revising the smart way!

1) After school, rewrite your notes and make them look pleasing to the eye. Rewriting your notes makes them stick better in your brain. And by making them look nice, you'll want to come back to them in the future.

2) Record yourself saying some of your notes and listen to them periodically. There are four main ways to memorize

things: reading, writing, listening and speaking. By doing these first two points, you'll have already used all four techniques.

3) Grab some friends and make a game!

For example, go to a café and take turns to list the next element in the periodic table and make the first person to get one wrong have to buy everyone in the group a drink!

4) Write things like equations on post it notes and stick them in random places around your bedroom!

For example, if you need to memorize the equation for straight lines on graphs, write  $y = mx + c$  on a post-it and stick it on a hanger in your wardrobe. When you next pick it out, you'll see it, and will be on the way to remembering it, because it was a strange occurrence.

5) Take study breaks.

Revise for 30 minutes, then take a 10 minute break. Taking these interval breaks will keep you relaxed, but still remaining in a revision mood. Be careful not to take too long a break, otherwise you risk becoming lethargic and far less likely to learn anything.

6) Take a picture of a page of your notes and make it the screensaver on your phone. After a week, change it to a different page.

I can almost guarantee that you look at your phone more frequently than your notes – so why not combine them! I challenge you to describe your screen saver right now. Go on, do it! Now, imagine being able to do that with your notes!

7) Have a space ONLY for revision.

When you go to this 'space' it will trigger your brain to get in to a revision mode and will make you less likely to get distracted. If you can't find a spare space work at the dining table, whatever you do, do not revise in your bedroom and especially not on your bed. You will probably end up asleep! It's important to keep fun spaces and work spaces separate in your mind.

8) If you're revising inside, wear some hard soled shoes. When you're wearing shoes it makes your brain focus more, feel less inclined to go into relaxation mode and puts you into work mode.

9) Treat yourself. For example, after a day's hard work, go out shopping and buy something you really want. Or you

could have a system. One idea would be for every 2 hours you revise, you could add £1 to a 'pot' and accumulate it. Then, after one month, count up how much you have 'earnt' and go on a shopping spree. This will make you feel satisfied and proud of yourself, whilst working towards the big reward – that Level 8 on your maths paper!

10) Create mnemonics, silly images and phrases.

For example,  $\pi r^2$  could be remembered as 'pies are squared', and the order of open strings on a guitar as "Elephants And Donkeys Grow Big Ears". These silly little mnemonics are more likely to stick in your mind than just "EADGBE".

It is important to remember that different things will work better for different people, so make sure you work out which tricks perform best for you.

However, the most important thing I can stress to you is to START EARLY. And no – I don't mean a month before your final exams, I mean as soon as you start the course. This will benefit you because you won't be cramming a few years of information into 4 months of revision. You can take your time to not only learn the information but also to fully understand the topics at a manageable pace. Also, by revising the work you have learnt that year, you will likely have a deeper understanding of that topic for the next year, where you will likely expand the topics you learnt the previous year.

So revise, have fun and work hard!

*Good luck with all your exams  
and tests this forthcoming year!*



# ENTERTAINMENT

A large crowd of people is gathered at an outdoor festival during sunset. The sun is low on the horizon, casting a warm glow over the scene. In the background, a large, striped tent is visible. The sky is filled with soft, colorful clouds. The foreground shows the backs and heads of many people, suggesting a large gathering.

THE LATEST ENTERTAINMENT NEWS  
AND REVIEWS BY KESGRAVE STUDENTS

PHOTO BY LUISE ZECK

# Clip 'n' Climb

**WRITTEN BY: GENEVIEVE PADMAN**

A few weeks ago, Year 7 went on a trip to Clip 'n' Climb (an indoor rock climbing centre based on the outskirts of Ipswich) for the morning. It was fun, thrilling and full of colour; an all-round exciting experience!

The first thing that we did was some team building exercises and competitions. These involved cup stacking, tower building, a headbands competition, make-your-own crossword and a rowing machine challenge. We then had our safety talk which showed us how to use the climbing equipment safely and effectively. After that, it was into the climbing area, which consisted of lots of colourful walls, with different types of climb options.

Climbing up the rock walls was so much fun! There were lots of different types of walls including a spherical rock wall, a rope wall, a pixelated rock wall, a hexagonal rock wall and many more. There was also the Stairway to Heaven (lots of steep green podiums that got higher and higher) and a Death Drop slide. The Death Drop slide was a steep slide going that went up to the ceiling and then dropped down straight with a curve at the bottom. You had to hold on to a bar and let go when you could not hold it anymore. It was very high!

Overall Clip 'n' Climb was an amazing experience and I definitely want to go there again



# TOP 3 READS

## JAMES FIDLER'S TOP 3 READS

**WRITTEN BY: JAMES FIDLER**

*In this review you'll discover some of my top three reads from this year.*

### **The Hobbit by J.R.R. Tolkien.**

This fabulous, magical book, and the prelude to Lord of The Rings, is all about Mr Bilbo Baggins who is a hobbit. Hobbits are "little people, about half our height, and smaller than the bearded Dwarves. They wear no shoes because their feet grow natural leathery soles and thick warm hair like the stuff on their head (which is curly)." Bilbo rarely travels away from his hobbit-hole in Bag End and lives an unadventurous life until he meets the wizard Gandalf...

In my opinion this book is just as exciting as Harry Potter – or perhaps even more so! If you love the Potter series then this is the book for you!

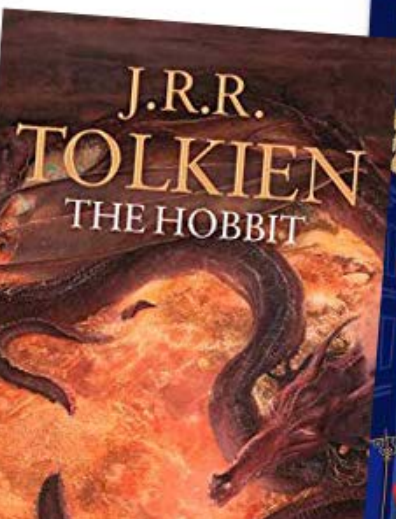
### **Roll of Thunder Hear My Cry by Mildred D. Taylor.**

This brilliant American novel tells the story of nine-year-old Cassy Logan and her family, who live in Mississippi in the troubled 1930's. Cassy and her family witness and are subjected to racial prejudice in their local community. Against her and her family. This emotive book, which is listed on the year 8 history recommended reading list, shows how important it is to stand up for your rights.

### **The Good Thieves by Katherine Rundell.**

This exciting book tells the warm-hearted tale of a grandchild by the name of Vita Marlowe. This clever and good minded child with her new friends backing her try to gain her grandfather Jack's castle back from mastermind criminals. Two clever and brave boys from a travelling circus just over the road from her grandfather's top flat in New York; with the help of a loyal but also cunning thief by the name of Silk.

This novel, which is set in olden day New York and written by a Costa Book Awards winner Katherine Rundell is a brilliant adventure story for anyone.



# BOOK REVIEW

## THE BOOK OF DUST, VOL 2

**WRITTEN BY: EVIE THACKER**

After Phillip Pullman's best selling trilogy, 'His Dark Materials', a new trilogy was announced titled 'The Book Of Dust'.

In the previous book, 'La Belle Savage', the central characters Malcolm and Alice are two children whose task it is to protect the baby Lyra and bring her to safety.

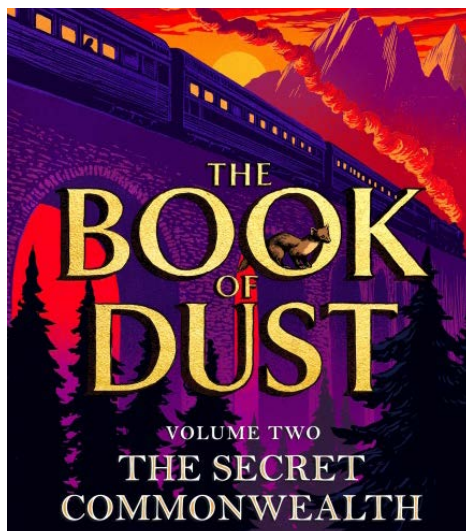
In the new book, all the children have become adults, but as Phillip Pullman claims, "...Events have consequences and the effects of what we once did take a long time to become fully apparent."

*"It is seven years since readers left Lyra and the love of her young life, Will Parry, on a park bench in Oxford's Botanic Gardens at the end of the ground-breaking, bestselling His Dark Materials sequence.*

*Now, in The Secret Commonwealth, we meet Lyra Silvertongue. And she is no longer a child . . ." – Blurb from "The Secret Commonwealth".*

After reading it myself, I would highly recommend it to book lovers who have previously enjoyed stories from the dystopian-fantasy genre, such as 'Divergent' and 'The Hunger Games'.

I was personally captivated by the story and have been extremely interested in the world the trilogies are set in. Intricate relationships are built between the books



and strong character development makes the scenes feel alive. I was also intrigued by the relationships between people and their Daemons, which are animal embodiments of the people's souls, since although both beings are the same, Daemons are seen as the minority which causes friction between them.

Phillip Pullman's writing and descriptions give the readers a clear image of the world and characters set within the books. I would encourage all enthusiastic readers to try a Phillip Pullman book, however some young readers may find this particular one unsettling as it contains violent scenes and strong language, so this is better suited to mature readers.

My overall opinion is that it's a fantastic book and I admire Phillip Pullman's writing. Amazing read!



# SPORTING SUCCESS

## WRITTEN BY: MRS HUNT

Ruby Hunt has been making major progress within the world of Karate over the recent months. During the summer holidays she successfully defended her national titles becoming English and British Champion for the second year in a row

She participated in a prestigious competition called the Lion Cup in Luxembourg where she fought some of the other National team girls from other countries. She fought really well for the silver medal which was a great confidence boost. She also had 2 days of England team training in Birmingham where she was presented with her England tracksuits and kit.. and most importantly their England Badges!

In October Ruby travelled to the World Championships in Chile for her first time on the England team and she put in a fantastic performance. She fought incredibly well in her cadet girls -47kg category of 41 of the best fighters from around the world. This is her progression through the knockout rounds-

- 1st round bye (no opponent)
- 2nd round she beat Latvia 2-0<sub>LV</sub>
- LV3rd round she beat Canada 4-3<sub>CA</sub> (came back from 3-1 down with a superb head kick in the last few seconds)

• 4th round she fought hard but lost to Turkey (who went on to become the overall winner). Then the fighters who lose to the two finalists then have their own fight off's for the bronze medals in "the repechage."

1st round repechage she had a very tough fight and beat Bosnia 2-0  
Then in the final for the Bronze medal she initially went 2-0 up, but ended up losing narrowly 4-2 to Kazakhstan.

She therefore finished in 5th place overall at the World Championships doing herself and her country proud. It is the highest level of competition and she was the second highest placed English athlete out of the team of 25. It is worth noting that this was all done during a state of emergency with Santiago on lock down due to rioting and unrest. Only the athletes on the day were allowed into the arena for security reasons so she had no teammates to cheer her on and give support. Also, she was only allowed support from her dad on her fight day, apart from that she was in the hotel with the England team so has had to be very mentally strong.

Ruby is currently training for selections for the European championships which are in Hungary next February.

Ruby's achievements have been formally recognised in November when she successfully won the Suffolk Young Sports Personality of the Year award at a celebration event at Kesgrave Milsons.

Well done Ruby for all your success, we are all very proud of you and cannot wait to see how your sporting career progresses.



Active Suffolk

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SUFFOLK  
SPORTS AWARDS

2019

WINNER

Young Sports Personality  
of the Year

Sponsored by  
Places Leisure

Ruby Hunt



2019 RADIO SUFFOLK



## KARATE SUCCESS

Thomas Humphries (Year 9) and Lilly Melton (Year 7) both gained medals at the KDF Autumn Open Karate Championships in Barking in October. Thomas earned silver in his kata category, and Lilly gained a gold and a bronze. They also travelled to Luxembourg with their Northgate & Associated Karate Club team mates to compete in the Coupe Internationale de Kyal Karate Competition. The competition was tough, and sadly neither of them gained medals – both going out in their first rounds. Thomas was up against a Belgian National Champion, who unfortunately then lost to a French athlete – meaning that Thomas didn't get repechage for bronze.

Both Thomas and Lilly acquitted themselves very well both on and off the mat – helping and mentoring their younger, more novice, team mates as well as showing the sportsmanship for which they, and their Northgate karate team mates, are becoming known for at many UK competitions.



Thomas Humphries and Lilly Melton

## FOOTBALL SUCCESS

### UNDER 13 GIRLS ITFC FOOTBALL TOURNAMENT



The Under 13 girls football tournament took place at ITFC in October. Kesgrave started with 3 group matches winning 2-0, 3-0 and 1-0. This was followed by a Quarter final match 5-0 victory, a Semi final match 1-0 victory and a 2-0 victory in the final. An amazing performance without conceding a goal.

Player of the tournament – Lottie Barker. The girls will be presented with their winning trophy on the pitch at a forthcoming ITFC home match which they and a parent will be invited to attend free of charge. The next round will be played in Luton. Transport and kit will be provided by ITFC and if we win that match I believe Wembley beckons!!!

## YEAR 8 BOYS FUTSAL WINNERS

In November the boys took part in the Ipswich and South Suffolk Futsal (an indoor form of football) tournament. The team spirit, attitude and effort was fantastic with far too many positive moments to list but the organisers and parents watching were particularly impressed by the team with them receiving a huge number of very complimentary comments regarding their conduct!

Results were as follows;

**KHS 2 – 0 CLAYDON**

*Scorers: Elliot, Ollie*

**KHS 3 – 0 WESTBOURNE**

*Scorers – Blake, Ollie, Tien*

**KHS 2 – 0 CHANTRY**

*Scorers – Hayden x 2*



We were the only school to win all of their games and the only school to not concede a goal!!

We now progress through to the next round taking place in December.

---

## Year 7s showing great dedication on the netball pitch

Miss Wright has been thoroughly impressed with the dedication the Year 7s have shown to training since the beginning of the year with over 25 girls attending every week. Due to a change in the leagues this year there will be a number of friendly games followed by a half-termly tournament.

Friendlies against Felixstowe and East Bergholt have allowed a number of girls to represent the school already.

In the Blue tournament the team played exceptionally well on a very cold night at Kesgrave. They finished in 3rd place, only losing to Ipswich High and St Josephs School.

In the Green tournament Kesgrave faced some tougher competition and finished in 4th place, losing only to St Josephs, Westbourne and Copleston.



## EQUINE SUCCESS

Kesgrave High School had great success at the NSEA (National Schools Equestrian Association) County qualifiers held in Swaffham, Norfolk on the 24th November.

Max Thomas (CU11) and Emily Green (HA10) both competed in 1m and 1.10m classes against a very strong line up.

In the 1.10 m Max came 2nd with her horse Cannonball II qualifying for the County Championships as the top rider in the class from Suffolk and Emily got an incredible 6th place on Alwyn O'Brien. This was Emily's first time competing for the school and jumping a course at this height

1.10m is the highest class of the competition and challenges both rider and horse on every stride they take.



## SKIING NEWS

The following pupils represented Kesgrave High School at the Eastern Region Schools Ski racing championships, (the first time we have entered a team). Pupils raced on a set slalom course at the Suffolk Ski centre, with their time used for individual and team competition. For most of the pupils it was their first race experience and many had not skied dry slope for a long time. All pupils enjoyed themselves and worked hard to embrace the demands of this new challenge. A huge well done to the boys who made up the U19 team, for being crowned champions.

We are very impressed with all of the pupils for taking part and hope we can continue to support and represent ourselves at this event each year.



**U16**

**Sophie West, Molly Sieviewright,  
Finley Abbot, Cameron Davey**

**U19**

**Leo Gaeta, Max Gaeta, Robert Shaw**

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- You do not need to write for every edition
- You can write about anything you want!

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