

THE



STANDARD

"CONFIDENT IN GOD'S LOVE FOR US,
WE COMMIT OURSELVES TO HIS SERVICE"

ADVICE

Staying productive

Staying productive can be difficult when you have many priorities and can't figure out what to do first, making you feel overwhelmed. This can lead to procrastination and in the end just not getting anything done. That is not a situation anyone would want to get into. So, I am going to share productivity tips in different scenarios.

Productivity in the morning

The morning, for some people, is understandably the hardest time of day to be productive. For these people, I have compiled some advice to help make the morning a breeze.

First of all, wake up on time, and by this I do not mean opening your eyes.

I mean get out of bed when you are meant to.

If you find this difficult, just set your alarm 15-30 minutes earlier. This will mean that you have some time to snooze.

Secondly, it can help to have a realistic morning routine to help give your day structure. I would like to put an emphasis on realistic habits, as this can help avoid procrastination. An unrealistic action will take more effort and will be harder. For example, I would not suggest incorporating hours of exercise if you aren't a sporty person; this will take up time and make you disappointed if you cannot achieve your goal. If you'd like inspiration for your morning routine, you can look on Pinterest or Instagram.

Thirdly, make sure you give yourself enough time to do everything in your morning routine. Otherwise, you will begin to rush, going against the point of a schedule. Right? When you begin to rush you forget things and don't do them properly, creating more work when you come home. For example, do not say you want to have a bath, a full English breakfast and do exercise, as you know you won't get it all done.

Productivity in the evening

Most people may say it is easier to be productive in the evening as you have already gotten through most of your day. In my opinion, the things that you should do in the evening to be productive are more fun than those you need to do in the morning.

Firstly, looking after yourself is best done in the evening. Run yourself a bath on the day that you have sports club or PE, or even if something happened that made you quite stressed. This can help relax the body and ease muscles. A face mask while you read or play on your phone for 15 minutes can be beneficial too -- they can hydrate the skin, get rid of excessive oils and help your skin glow. You could also use pore strips to take out any blackheads or whiteheads. But remember, only do what works for your skin, as everyone's skin is different. Believe it or not, going to bed early and getting a good night's sleep is part of self-care. Without enough sleep you cannot function properly or perform to the best of your abilities throughout the day.

Secondly, have a tidy work space or keep the area around it tidy. This can help with creating a positive and clear mindset. Just cleaning your room for a minimum of 15 minutes a day can lighten your workload by spreading it out over a week instead of a big two-hour clean on the weekend. It also excites people to have a nicely decorated and tidy room. A few tips to keep your room clean: make your bed every morning; if you take any cups or plates into your bedroom then take them out in the morning; always put your laundry away as soon as you get in; after you move something in your room put it back; and finally plug in a freshener.

Thirdly, always do any homework, essays or assessments as soon as you get them. There is nothing worse than leaving things to the last minute, because you cannot do your best. Another benefit of doing your work as soon as you get it is that you will have time afterwards to

do whatever you want, without having to be worried about doing any work. But be careful not to do all your homework at once because you could overwork yourself, which would not produce anything good.

To conclude, I'd like to highlight that everyone's productivity level is different as everyone has different goals, and they will depend on how you live your life and do certain things. Thank you for reading.

Writer: Imani-Rose Polydore Y7

Editor: Lavinia Massa Y7

Effective study

With so much exam pressure, and end of unit tests always looming, it is no question that those of us who want to do well and pass need to revise. But what are the best strategies? They are many different ways to revise. However some of them may actually be disadvantage and wasting your time.

Many methods have now been scientifically proven to not work, such as note taking and highlighting. On the contrary, other approaches will truly help and motivate you to revise. Some methods are listed below:

When revising **start early**. The earlier you start, the more prepared you will be. Starting early allows you to really get to know and understand the material. On the other hand, 'cramming' is not helpful as it will most likely create more stress.

Plan your revision before you start. Make a timetable of when you will revise, when you will take breaks and what subjects or topics you will revise at each time. Also spend a bit of time preparing what you need to know for each exam.

Create a perfect learning environment.

Make sure you have a quiet, clean space where you can concentrate. Ensure the space is equipped with all resources and equipment. It will also help to ensure the room smells nice and is well-lit.

Put away all distractions. When revising it is so easy to become distracted by a phone, laptop, tablet etc. Put away any physical distractions to prevent your mind from becoming unfocused

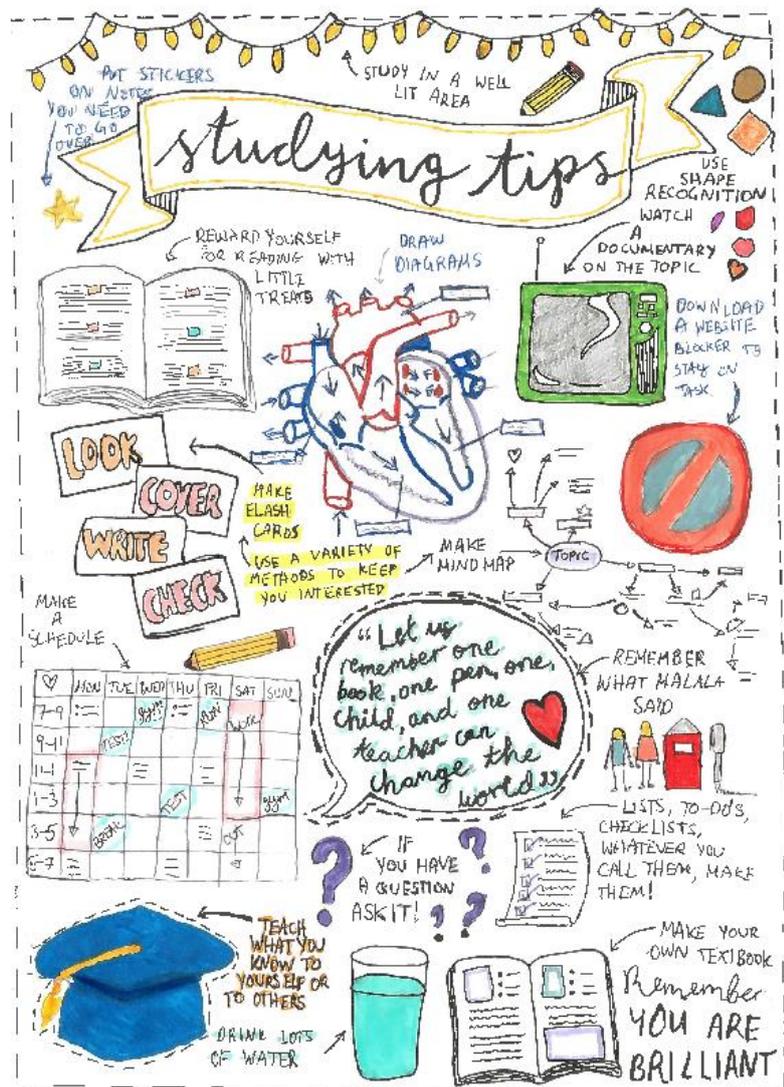
Breaks are vital. After a certain point your brain will start to think about other things (roughly 20 minutes). Also, taking a break is known to increase long-term memory efficiency.

Reward yourself. After you have accomplished good work reward yourself. Self-appreciation and enjoyment are the key to living a fulfilled life.

Hopefully now you feel motivated and ready to tackle some revision that will actually help you and make a difference. Good luck!

Writer: Amber Moran Y7

Artwork: Aleksandra Y7



CURRENT AFFAIRS

A Global Emergency: Climate Change

David Attenborough addresses it as “a global catastrophe”. Bill Gates calls it “a huge priority”. Barack Obama describes how it “is no longer some far-off problem; it is happening here, it happening right now” and Leonardo DiCaprio calls it “the



most urgent threat facing our entire species”. But what is climate change?

Climate change is defined as the long-term shift in our planet’s weather patterns and average temperatures. It has resulted in carbon dioxide levels being at their highest in 650,000 years and a rate of 12.8 % per decade at which Arctic sea ice is declining. Moreover, the average global sea level has risen nearly 7 inches over the past 100 years and 413 gigatons of ice sheets are being lost every year.

The recent Extinction Rebellion protests have been raising awareness about this climate emergency, with Dame Emma Thompson flying to London from Los Angeles to join the activists on Saturday 20th April. 16-year-old Greta Thunberg from Sweden has been applauded by many, including MPs, on her visit to the UK for her speech in parliament on climate change. She was invited to Westminster and described how her generation's future has been "stolen" so that "a small number of people could make unimaginable

amounts of money". The teenager sparked an international youth movement after she staged a "School Strike for Climate" in front of the Swedish Parliament in August last year and has continued to gain international attention after speaking at the U.N. Climate Talks in Poland last December.

Scientists believe that if climate change continues at its current rate, sea-levels will rise causing several coastal areas and islands to end up engulfed in water. There is also a high possibility of heatwaves, droughts, storms and other extreme weather occurrences becoming more frequent and 1/3 of animal species could become extinct. As a young person, it worries, not just me, but I’m sure others too. The rate at which we are using fossil fuels and other non-renewable energy sources is destroying our planet; our home. To think that future generations will have to pay the price for the damage that we have done to the earth (and have the power to stop) is immensely disquieting. We have to act fast, not only on a national level but also a global level because the poorest countries are affected the most by climate change. We can no longer ignore climate change: it is happening now and it will affect us all, as Desmond Tutu said “Twenty-five years ago people could be excused for not knowing much, or doing much, about climate change. Today we have no excuse”.



Writer:
Rachel Fernandes Y9
Editor: Ella Moore-Martin Y8

Teenagers should be more recognized in society

Teenagers are typically stereo-typed as lazy people who make excuses to sleep over their alarm, to threatening gang members dressed in hoodies. Although some teenagers might reflect these characteristics, there are many teenagers who are the exact opposite but society tends to shine the lime-light on these awful traits.

As many know, secondary school can be very stressful time for teens who try to balance a social life with an academic life – often losing balance.

People can often misunderstand teenager's struggle and might even encourage the imbalance between the social and academic, by putting academic studies first. This can lead to adolescents not wanting to go to school because they know the pressure that can be put on them, therefore acquiring the 'lazy' trait.

Also, teenagers can experience peer-pressure (or bullying) therefore choosing to miss school. This can be something as small as swearing or as big as shop-lifting. Peer pressure is when people you trust manipulate you to do things as said above. However, as easy it can be to spot it, some teens can be blinded by their admiration towards someone and can ignore the fact that they are manipulative.

Finally, hoodies are commonly associated with 'anti-social teens' and 'gang culture' but have you considered that teenagers use hoodies to avoid social interaction?

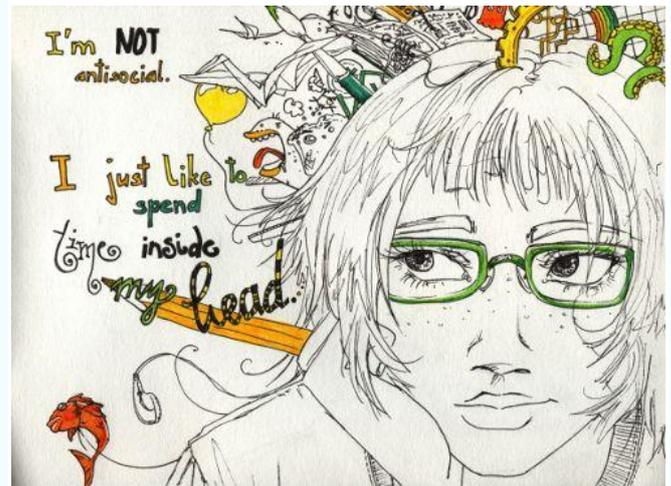
Hoodies are light jackets or jumpers and are a prominent part of fashion today. Not only warm and comfortable but light and baggy.

Rising star Billie Eilish stated in an interview that she wears her infamous baggy clothing so that people don't pick apart her body. This is a reality for many teenagers as they can struggle with

body image issues. There has also been a rise in the wide legged trouser trend for the same reason. So, teenagers may just not be comfortable in tight clothing and prefer things that don't highlight their body.

To conclude my point, not all teenagers are what society labels them.

Written by: Lulia Y7



THE BIGGEST SISTER SCANDAL YET!

The Tea!

Recognise him? Yep. The one and only 19 year old beauty guru; James Charles.

As you may already know, the 19-year-old YouTube beauty blogger had around 16.5 million subscribers, he then lost over 3 million subscribers in 3-4 days on youtube.

So why is Charles experiencing a sudden drop in subscribers?

Tati Westbrooke - a 37 year old make-up artist always gave him advice at literally all hours of the night, especially when other YouTube drama went down. She thought so much of him starting out at just 17 that she flew him to her wedding, paid for his hotel and let him



do her makeup. When he was just starting out, her husband took the time to go over his contract and was to get Charles a pay jump of \$90 a video to \$2500 a video in revenue.

In fact, every opportunity she got she promoted his discount code for Morphe (a cosmetics chain). This allowed James to earn bonus money via a percentage of sales of beauty products.

This is where it gets sticky. Tati owns a beauty vitamin company and asked James if he wanted to help promote the brand. She respected his wishes when he declined citing his young subscription base. Despite rejecting her beauty vitamin promotion, James Charles signed on with another company that was a direct rival, Sugar Bear. He promoted essentially the same product as Tati's and cashed in other perks like Coachella tickets for him and his friends. When confronted by Tati about this business betrayal, he shrugged

it off and never gave her a formal explanation or apology.

One instance was that James Charles was invited to Tati's birthday dinner and he spoke inappropriately while her parents (and his) and childhood friends were at the table, and tried to flirt with the waiter. Tati had to call everyone the next morning and apologise for his remarks. When Tati called him out for it, he said "I'm a celebrity, I can do whatever I want".

Since then, four videos have been posted -- two from James and two from Tati. One from Tati, titled "Bye sister," was about everything that had happened between her and James in the past. In this video she mentions many situations where she said James acted indecently and "inappropriately" including the above.

Not only was James angry about all this, but he was also very hurt by the fact that Tati mentioned his mother and questioned her as a parent, and he talks about this in his video titled 'No more lies.' In this video he explains everything that happened. He said that when he said 'I'm a celebrity' he didn't mean it to hurt anybody. It was an inside joke. He stated, "she turned an innocent and funny inside joke that she has participated into something so beyond disgusting."

After watching Tati's video myself, I believe she only brought up James's behaviour as a friend to try and to help him. I also believe that the ad James did for Sugarbearhair isn't the real cause of all the problems: it was the straw that broke the camel's back. It led Tati to open up about everything that's been going between them and if James hadn't have made the advert, we probably would have never heard about all these tensions.

The public response to all this was dramatic and unexpected, with James losing subscribers and Tati seems to have benefited. After observing the live. To give you an idea of the numbers, before the Sister scandal, James had about 16.5 million subscribers and a week or so later, he has 13 million. Tati on the other hand had 5.9 million

before the scandal and nearly doubled that figure, accumulating a whopping 10.6 million. It's still early days, and things are moving. Both James and Tati could end up back where they started, or they could be in very different positions next week.

The situation been made worse not only by memes being created and merch being destroyed, but also by other beauty influencers having their say - such as Jeffree Star, Gabriel Zamora and many more. Something extremely upsetting is that some of James best friends; Jeffrey Star, Tati, Kylie Jenner, Grayson Dolan, Ethan Dolan, Kim K, Shawn Mendez, Emma Chamberlin have unfollowed him. Yes, you read right, the Dolan twins and Emma chamberlain, want nothing to do with him, meaning the end of the Sister Squad.

Why does all this matter? We could see this as just a public falling out between two famous people. Or we could see it as an example of the two sides of social media: James became famous because of social media and he could lose that fame because of it. It's a cautionary tale, too: think before you post anything on your socials because you won't be able to control any consequences.

Here's what some students think:

For two people who have supported each other their entire careers and were like mother and son, I think the argument was unnecessary and their fight should not have been displayed on social media. **Anonymous, yr 7**

In my opinion Tati over speculated what happened which made James look worse than he really was. James doesn't deserve the hate and all of the comments he is getting. He posted a video recently which I think was quite important. Now we have heard the story from both sides, we can see Tati lied about some things in her video.

Anonymous, yr 7

I think that James is really young to have almost 20 million people come and give him hate. For example, 'go kill yourself' is nowhere near

appropriate for people to be saying to him especially as they don't know the whole situation. I support James because Tati is nearly 40 and she should take this better.

Elita, yr 7

Writer: Alexandra Angom and Imani Y7

Edited by Lavinia Massa Y 7

REVIEWS

Shazam!:

Shazam! That's all young Billy Baston (Asher Angel) must shout in order to become the infamous, strong and inept superhero known by the name Shazam (Zachary Levi).

Courtesy of an elderly wizard, 14 year old foster kid Billy Baston's life is turned around when he is given the power to transform into a 30 year olds body and gains supernatural abilities that any kid would only dream of. However, before coming to grips with his powers, he attracts the unwanted attention of demon-possessed villain Dr Sivana (Mark Strong). So, it's up to Billy and his superhero obsessed foster brother, Freddy Freeman (Jack Dylan Grazer), to put a stop to the malevolent, misguided criminal.

Despite the action and fighting in a typical superhero film, Shazam! offers a light-hearted and humorous twist, making it a great film to watch with family. It also offers a range of heart-warming (and sorrowful) backstories as well as a vast assortment of fantastic acting, and launches DC further into the ongoing competition with Marvel. However, some of the fight scenes can get slightly sloppy and confusing, so if you're looking for a typical action-packed film, Shazam! probably isn't for you. Nonetheless, Shazam! Is a brilliantly cheerful film that I highly recommend to those who love their superheroes and a touch of comedy.

My favourite scene is when new-founded superhero Billy Baston is persuaded by his brother Freddy Freeman to test his superhuman abilities with a range of dangerous stunts. This scene is brilliantly ludicrous due to the playful slapstick comedy and clever humour that has been woven into the script- making highly amusing to watch.

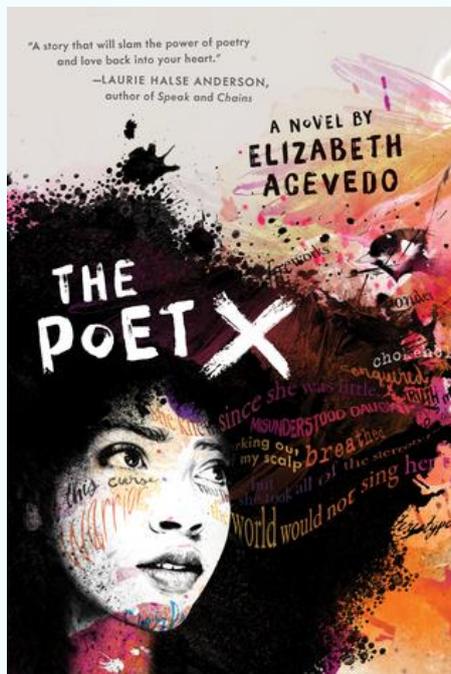


Writer: Ella
Moore-Martin
Y8

Editor:
Rachel
Fernandes Y9

The Poet X

The Poet X is the story of a young girl named Xiomara and her constant battle with her Catholic mother who dislikes her curvy figure and fiery personality. She is everything her mother doesn't want in a daughter.



One key character is Xiomara's brother who she simply calls twin. He represents the struggle with homosexuality. He is extremely intelligent and so goes to another school to Xiomara. The second key character is Xiomara and her brother's best friend named Cadrid. She serves as a perfect contrast to Xiomara. Where Xiomara is questioning the existence of God and disobedient Cadrid is very much in touch with her religion and dutiful, the perfect child in Xiomara's mother's eyes.

When a new teacher moves into her school she urges her to join the school's slam poetry club. Though Xiomara wants to she has conflicting feelings as she knows her mother won't approve of the things she has written. She has an internal struggle between doing the things that she wants to do and doing the things her mother wants her to do.

The book is a beautiful tribute to Elizabeth Acevedo's wonderful poetry and I would highly recommend it. It was refreshing to read a book that tackles the detrimental effects that familial control can have on young people.

Writer – Anna Moore Y8

Dominican-American Elizabeth Acevedo wins prestigious Carnegie children's award for The Poet X 18.6.2019

INSPIRATIONAL

JK Rowling. Even if you're not a fan of literature I'm sure you've seen or heard this surname before.



Everyone knows of the renowned author of the Harry Potter series. Some of you may have even heard of the fact that Harry Potter and the philosopher's stone was rejected by 12 publishing companies before finally being picked up. But how much do we really know about the life of the brilliant woman holding the pen?

At 17 she was brutally rejected from college. A fate not uncommon in today's society for several young people, but heart breaking none the less. She also lost her mother to multiple sclerosis and just a few years later, endured the gut wrenching agony of a miscarriage.

Smothered in grief she pushed on, even when everything in her life appeared to be hopeless, and felt like sinking in quicksand.

At 27 she married her first husband. Perfect, wouldn't you think? She would, at long last, have the support she needed. Well, not just yet. Her husband abused her terribly, to the point that she divorced him at 28 and she was diagnosed with severe depression. One year later she was a single mother living on welfare, struggling to give both her and her daughter the happiness they

deserved.

As the ripe age of 30 rolled around, so did suicidal thoughts. We tend to overlook the adult population when thinking of such negativity, yet she managed to pull through without any major aid.

Against all odds J.K. Rowling overcame the challenges life hurled at her. Not once did she give up on her talent; her gift with words. And aged 31 she published her first book!

Aged 42 her new book sold 11 million copies on the day of its release!

It's crucial to not give up hope, especially in the darkest times. Most importantly, you mustn't forget that you have the power to prevail over even the toughest challenges when you pour your heart and soul into action.

Writer - Sara Budzińska Y10

CREATIVE

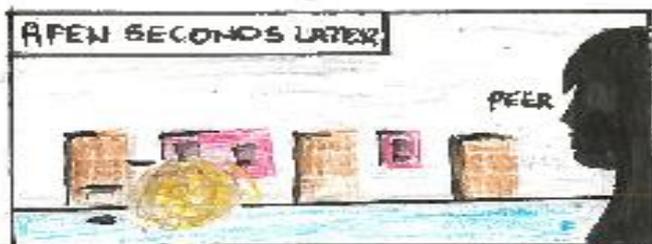


Design and writer- Patrycja Skrzybowska Y7

It's 7.29 and Ray is late ...again. She runs down the corridors frantically, heading for her form.



But, she's always been unlucky and a teacher appears out of nowhere. Ray gets told off and it seem like she's already dealt with the fact that she's extremely late. Or has she...



A few seconds later, she decides on ignoring the teacher because she was not going to be anymore later than she already was, and peers down the corridor. It's all clear except for the tumbleweed casually mairing it's way through.



Without another thought, she continues down the corridor, faster than before, but then the unexpected.



Poof! The teacher appears round the corner with the same unbreakable look as before, on her face. This leaves Ray making two mental notes. One, there is a magic teacher at the school, and two the teacher's really don't like you running in the corridors.