

THE



STANDARD

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

To this generation...

With birthday celebrations put on hold, many proms being cancelled, GCSE's turning into dust and the summer of 2020 seeming to look somewhat dismal, teens nationwide have turned towards social media.

Not to vent. Not to moan.

But instead to make this quarantine more enjoyable to say the least, with challenges being posted on Instagram such as the 5K run where teens, if nominated, were expected to donate £5 to the NHS, run and nominate another 5-students- to encourage each other to not only help the NHS but also get some exercise out of it.

Although social media has its many cons, it cannot be argued that it has been there as a source of entertainment to make isolation a little more interesting, with siblings teaming up together to create a tiktok, or parents trying to learn the 'Toosie Slide'.

However, it isn't just young people that have been making their mark, through fundraisers such as 'Tom walks for the NHS' where Captain Tom walked 100 lengths across his garden for his 100th birthday, in order for donations to be contributed towards NHS charities.

In India, over 85 Bollywood celebrities came together for India's biggest online concert- 'I for India'- where actors and singers performed Bollywood classics in order to entertain people at home, pay tribute to those on the frontline as well as raise funds for those who are struggling during this time of unemployment.

In a time of unease it is especially beautiful to see generations across the world come together to spread some hope and joy.

Therefore, to this generation, I would like to say: 'Keep it up, cause you're doing great.'

By Lauwrensia Tudor Y11

Image by: Freya Ruane Y8



The thing we cannot evade

Picture a golf ball. Small. White. You could mindlessly carry it around for years and not notice. Except it's oddly heavy for an object so small.

Picture a child. Curious. Naïve. Bursting with reckless spirit, it would surely try to kick or throw this ball. After all, such a tiny sphere looks fragile from a distance. They'd get hurt, of course, because golf balls are as hard as diamonds, especially when you drop one on your foot by accident. The child would be reduced to a bubbling mess of tears, snot and wails of 'mummy'.



Where are the adults in this disappointing encounter? How do you soothe such a wound – is it even possible to cure betrayal?

It's much easier for the human brain to understand the child. It's human. We're human. It just works. The golf ball is a whole different question. With a child there are emotions, thoughts (in this case assumptions) which we can relate to because we've experienced as much ourselves. To my knowledge no human has ever been a cold, metal sphere with absolutely zero emotions or movement. Although some people could've fooled me.

Perhaps a clue: truth.

I swear I haven't lost it. I believe truth is like a golf ball. And when everyone meets it, without exception they become a child. You cannot escape truth. It's always with you and it's sturdier than you could ever imagine. It's funny how people always think they are above it. But like that child, the truth always comes to the surface and hurts them ten times as hard.

Quite a morbid way to think about something which is supposed to be sturdy and give us comfort. Especially when every time the truth is needed – be it to save an innocent person from false accusations – no one can find it. Golf balls can be like that; hard to spot in the grass.

But what is important about this? Well, the fact that despite the countless number of games we play with it, the countless times we lose it and spend years searching, we cannot rid ourselves of it. Truth is always there. Pure and stable.

By Sara Budzinska Y11

George Floyd

Some truths are easy to overlook no matter how ugly and glaringly obvious they are.

On the 25th May 2020 George Floyd, an African-American man died, in Minneapolis.

Not because he was being aggressive.

Not because he was a threat to himself or others.

But because (as far as we know) he was handcuffed, lying face down whilst having the knee of officer Derek Chauvin, sunken into his neck, for a time period that was excruciatingly long and unbearable.

What has happened since then?

People have reacted. With so much pain and anger.

Whilst some people may look at the news reports of ‘rioting’ and ‘looting’ and consider the ‘thugs’ as ‘senseless’. I ask you to step down from your stool of privilege to get a clearer picture **(it’s always cloudy when it’s not your problem)**.

It is not unknown that black people in America and across the world have and still suffer from systematic racism- this can range from microaggressions in schools and the workplace, ‘othering’ in society and literature, uncalled for racial profiling to outright attacks such as the one we witnessed last week, and the countless occasions before this.

Whilst I do not condone violence of any sort let’s be clear: the pot, without doubt, has been left to brew and bubble and it’s no surprise it’s erupting again.

We are not politicians, but we are humans, and we do have the ability to drive change-starting within ourselves.

It warms me to see crowds of people, of different nationalities and backgrounds, turning out to peacefully protest following Floyd’s death. Yet, I am not naive to think that this is the simple solution.

It’s time to ensure that at the ground level our own behaviours and internal persuasions are not ignorant or backward. We cannot afford to say ‘I apologise’ or ‘I didn’t know’ because in the long run we risk reproducing children who have the same views as officer Chauvin or wild outbursts like Amy Cooper (google her), entrenched in arrogance and racial privilege.

One of the benefits of the internet and globalisation is that we have the ability to

learn about other people and cultures. We can overcome inherited prejudice if willing.

How?

Through education, through more acts of unity, through intentional research, engagement and understanding ‘others’ who look and behave nothing like you.

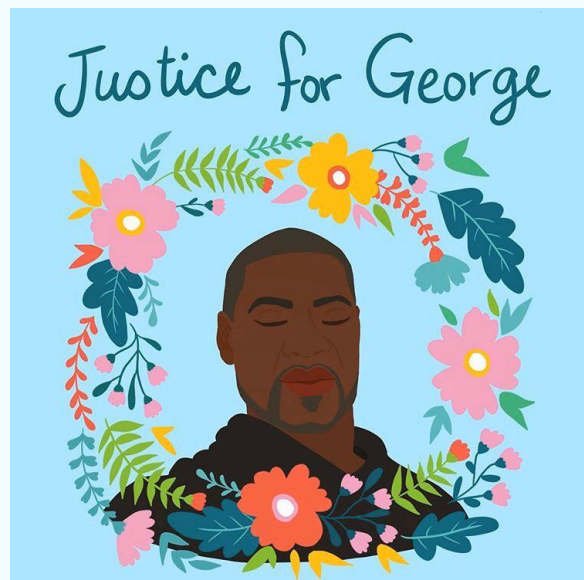
To those in positions of power and leadership, we can also be role models for younger generations by embracing diversity at ALL levels- not just the convenient ones.

I, for example, pride myself in using this outlet to unite girls of different ethnicities, socio-economic backgrounds and ages.

It’s not the end but it is a means.

Using whatever space, circle or medium you have to raise understanding and speak out against injustice is never in vain.

Change is a lifelong process we must engage in.



‘This man’s life matters. He matters. He was someone’s son, someone’s family member. He was someone’s friend. He was a human being, and his life mattered’.
Mayor of Minneapolis- Jacob Frey

By Miss Woldu

My Recipe to Motivation

I did it. I managed to pick up my books, study and remain organised. I kept active and even started a new hobby. My homework is up to date and my sleeping schedule is better than it ever has been.

But then I heard the birds tweeting, saw the sunrise and woke up.

For about 87% of us, it is an accomplishment to even get out of bed earlier than 12 pm, binge eating is nothing more than a snack and the world wide web no longer feels as worldly or wide as before. A lot of things have changed, yet students are expected to remain students, work is expected to be done and life is expected to carry on. However, it's a lot harder when you just don't feel like it. In a



situation like this, a venti cup of motivation is needed and with Starbucks closed, what better way to get it than to make it yourself.

Although, before we start, it has to be clarified that I am no Gordon Ramsey. Yet, I believe it takes talent to get the perfect temperature of water, which is all the qualification I need to guide you.

What you will need:

- **2 cups of determination**
- **A sieve**

- **1½ tablespoons of inspiration**
- **A bowl of good vibes**
- **A towel of selfcare**
- **A pinch of a song of your choice (optional)**
- **500ml of your intended goal**
- **And your favourite cup**

Method:

1. Prepare your cup by gently washing it in the bowl of good vibes and drying it with the towel of selfcare (key word: gently - you don't want to damage your cup).
2. Slowly pour into the cup your intended goal - you don't need to rush into things, sometimes it's better to be careful, to make sure you know what you are doing.
3. Now, you should put in your inspiration and begin stirring, ensuring all of it dissolves.
4. Once dissolved, place the sieve on top of your cup and pour the 2 cups of determination. Here, you're trying to separate the clumps of doubt from your determination.
5. Next, you have to dispose of, throw away or burn those clumps of doubt because you don't need it ruining your cup of motivation.
6. **(Optional step)** For those using a song, sprinkle this on top of your creation for that extra kick.
7. Finally, take a sip and realise that you made something - it's far from a cupcake, but it's something and it feels just right.

We all need a cup of motivation from time to time after all, Nike is ineffective; ‘Just do it’ just isn’t doing it for me. However, what makes this recipe special, is the goal: it can change to fit the personal target you’re trying to achieve so essentially; you have a cup of motivation for every situation. In a time like this, it’s difficult to know what to do and when everyone else is in the same boat, it doesn’t make it any easier. However, if you can make your own motivation, you can do a lot of things. So, take another sip and enjoy the rest of your day.

By Rachel Irabor Y11

Keep Calm and Carry On

Lockdown. We all know the inconvenience first hand. It can often be hard to get out of bed and make a desperate attempt to find some sort of motivation. Trying to keep up with a new hobby can feel like a chore and all of Netflix has probably been binged watched a thousand times. To help with feeling some achievement, here are some low-energy (and slightly obscure) activities that you can do during lockdown:

Follow a Bob Ross tutorial

Bob Ross has become a frequently mentioned name online for his oddly calming painting tutorials. You do not have to be an artist or own any fancy paint sets to follow one of his videos- any paint lying around the house will do. Who knows, your painting may turn out to be a mini masterpiece!

2. Plant naming.

This one may not be for everyone and may sound daft, but if you own any plants, naming them can be exciting. You could name them after your favourite T.V character, movie or animal for some inspiration. You

could even make little signposts with your chosen name and decorate it to make your plant livelier.



3. Listen to music around the world.

You have probably had the same few playlists playing on repeat for the last couple of months, so why not try listening to music from a variety of different countries and cultures. A good app to help start is ‘Radio Garden Live’ which helps you listen to live music from the comfort of your own bed!

4. Decorate your room.

It can easily become boring staring at the same walls for hours upon end, so why not change it up and decorate your bedroom. You do not need to buy any fancy furniture; you can simply rearrange the items in your room. Another way to give your room a little more life is to create a photo wall. You can order photos- whether they be of your family and friends or just aesthetics- and arrange them on your wall. ‘Freeprints’ is a good app to order your photos for free!

Build a fort.

Pillow forts can be a fun way to create a calm and relaxing space to watch your favourite programme, do homework or chat to your friends. All you need is a few chairs, pillows, blankets and some creativeness to create your own cosy little den.

Clear out your photos.

Camera rolls can often become out of hand and take up massive amounts of storage (trust me, my 8,600 photos know), so why not take this time to clear out any unwanted photos. It not only frees up storage, but it is a good way to take a trip down memory lane and take a look at nostalgic photos from the past.

Hopefully, you have been inspired to try something new; it is important to keep busy and have fun, even if we have to stay inside to do so. Have fun and stay safe!

Ella Moore-Martin 9T

**The Art of Bullet Journaling**

Before we dive into how to start your own bullet journal (or BuJo for short), what is it?

The bullet journal was developed by Ryder Carroll, a digital product designer living in Brooklyn, NY. His intention was to create something that will “help you track the past, organise the present, and plan for the future”.

In essence, it is quite plainly a notebook, but what makes it a bullet journal is how you personalise it to organise and archive your life. Remember: you DO NOT need to be artistic or a perfectionist in order to start a bullet journal. Bullet journaling is for EVERYONE and ANYONE. If you're feeling bored at home or have too much to do and need to organise your tasks, it's the perfect time to start a BuJo. So, here are my 10 top tips for starting a bullet journal.

1. Make your bullet journal yours

The beauty of bullet journaling is being able to customise it to be your own. As well as making it look aesthetic, use it effectively to organise your work. The purpose of a bullet journal is to assist you, so set it up in a way that will benefit you most. Don't worry though if it takes some time to find a bullet journaling structure that works for you.

2. Choosing a bullet journal

Frankly, you can use any notebook, there's no specific type that you have to use. Personally, however, I prefer to use a dot-grid journal, currently, I'm using the Lemome Dotted Grid Hardcover Journal. If you're interested in investing in a new journal, then a few that you can opt for are the Leuchtturm1917 journal, the Moleskine notebook or the Rhodia Webnotebook.

3. Setting up

To ensure your BuJo is as organised as possible, create a key (using symbols or colour

coding – whatever works for you) which will allow you to easily distinguish events, homework, notes and anything else you include. If your notebook comes with pre-numbered pages then you may also want to create a contents page at the beginning.

4. Using your BuJo daily

In your bullet journal, your daily logs can consist of to-do lists, reminders and events happening that day.

each month as well as a daily gratitude page (where each day I write one thing that I'm grateful for). For your future logs, on the other hand, make a list of your long-term goals and what you want to achieve in the upcoming future.

6. Decorating your logs and spreads

This is undoubtedly my favourite part! You by no means need to be an artist to make your bullet journal look aesthetic. Personally, I use washi tape, doodles, watercolour and hand lettering to jazz up my bullet journal. If you want to paint something though, don't paint directly onto your bullet journal, instead, paint onto paper suited for your paint and then stick that into your journal, or alternatively, use a photocopy of your painting.



5. Monthly and future logs

Creating a spread at the beginning of each month is the perfect chance to be creative – with your monthly spread you can be as elaborate or as minimalistic as you want. These spreads can take up a double-page of your bullet journal; on one page I write what month it is and either draw or paint something, while on the opposite page, I hand letter an inspirational quote or bible quote. In addition, I like to draw out a habit tracker for

8. If you are a stationery addict though...

Here are some stationery suggestions to get your bullet journal kick-started. The Tombow Fudenosuke Hard Tip and Soft Tip Brush Pens are great for hand lettering titles in your bullet journal. To add some colour, Crayola Supertips are amazing; they don't bleed through the paper while still producing a vibrant, opaque colour. Regarding fineliners, of course, the Sakura Pigma Micron Fineliners

7. You DO NOT need fancy art supplies

Work with what you have, you literally only need a pen and a notebook to start your first bullet journal.

are immensely popular, however, I also love the Faber Castell PITT Artist Pens.

9. How to stick with your bullet journal

You will probably only use your bullet journal for a few minutes a day, but nonetheless, it's important to make using it a habit, place it somewhere so that you will see it every day, therefore you won't forget to keep your daily logs updated. Additionally, set aside a certain time slot when you will add to your bullet journal.



10. Don't overthink it!

Don't be afraid to experiment in your bullet journal. There is no right or wrong way to do bullet journaling, you do you. Just go for it!

By Rachel Fernandes Y10



Music review

Music. That simple word itself sings to my ears. I am a great fan of anything with a good beat and rhythm- something you can relate to, that sets the tone, and frees your mind.

Now, regardless of what your taste in music is, I find it safe to say that the majority of music topping Billboard charts have a similar vibe. The comparison and lack of originality nowadays makes it easy to get bored of a song, somehow, we already know the words too well, and soon it becomes an overheard song that you skip whenever you scroll your playlist.

Elizabeth Grant, who goes by the stage name of Lana Del Rey, is in my opinion, one of the most ground-breaking artists in the music industry nowadays. You might have heard of her name, since she's such a revolutionary trademark to the 21st century, since her take on music is nowhere near throwing shade on another artist to gain attention or more views.

Del Rey takes a more humble and mature approach to her music, using her vocals to help her fans battle through tough times where there lays little hope- such as a time as

now, in which the constant routine of being locked in at home may mentally or even physically get to us.

Del Rey begins her song "Love" with addressing her audience, "look at you kids with your vintage music", she is well aware of the rare nostalgia her songs provide. She continues to point out that outdated fashion styles are coming back into trend, "you're part of the past, but now you're the future". She clearly states the pressure we have as a generation, knowing that one day we won't be children under our parents wings, and that its scary just to think that we will sooner or later be let out of our cages and fly into the big, mad world- "It's enough just to make you feel crazy, crazy, crazy".

She then regards the fact that it's too early to think of our potential life, and stress about it. She mentions the fact that the smallest of acts can be very pleasing, "you get ready, you get all dressed up"-just to look in the mirror and smile, just to repeat that who you are and what you do is enough, is as good as can be.

As long as one can get on with the tasks that are set in the time of now, and live in the moment, life can be pretty sweet. There doesn't have to be a motive sometimes, "To go nowhere in particular". There doesn't have to be a specific occasion to dress to the nines, you could simply go "Back to work or the coffee shop" but that "Doesn't matter 'cause it's enough" to just be who you are and be by yourself for a little while. She exaggerates the fact of being "young and in love", but I believe she doesn't just refer to cliché romance, I believe that this message of being "young and in love", could refer to anything.

Whether it is waking up with open curtains and the sun shining from your window, or a nice warm mug of coffee made just to your liking- being young and in love- means being young and in love with your life! And remember, no matter how little a good deed is, it is still a noteworthy good deed! So, use

this valuable time to bond with your family,
to reach out via social media to your friends,
and make sure you let all your loved ones
know just how precious they are to you- I'm
certain they'll feel likewise about you. Keep
smiling and listen to Lana Del Rey's "Love"-
she never fails to impress, I guarantee!

By: Yara AL-Raheme 9R

Creative

Happiness

Happiness is a series of moments
It is not always easy
Take family; its working components
Sometimes you may feel queasy

Mum and dad seem to keep the act
together
Always working hard
Even when they are under the weather
consistently doing their part

Siblings are always fighting
There will always be constant bickering
I will keep on writing
Family's love is never withering

Happiness is never maintained
but family love always remains.

Kenechi Ezeajughi Y7



BUT!



Try to stay strong! Keep moving forward!

The deeper the darkness, the more dazzling the light shines! (•ε•)

Thanks for reading! :')

Original art: By Phinaba Fornah Y8

The Newspaper team would love to hear your thoughts on this edition! Any suggestions for future editions are welcome too

😊 Email: rwoldu@tshlc.harrow.sch.uk

