

THE



STANDARD

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

For this term, myself and the Sacred Standard team wanted to celebrate gifts and talents. We know that many members of our school community have wonderful giftings that are not always visible. So, this edition is dedicated to them.

We also hope it inspires you to get creative. Find something small. Something niche. To foster. Eventually it will bloom into a talent.



The flexible wonder: Roxie Kobyliukh 8R

1. **What is your talent?**

I am a contortionist: an entertainer who twists and bends their body into strange and unnatural positions

2. **How long have you been practising this talent?**

I started with baby gymnastics at 3 years old and then progressed to rhythmic gymnastics at the age of 8. My teacher helped me to identify my talent by telling me I was really flexible.

3. **How much time do you spend/ set aside for this? Is it always easy to stick to?**

I spend 2-3 hours every day (imagine that!). I also attend classes 5 times a week which last 3 hours.

My schedule isn't easy to stick to, sometimes I have to sacrifice my social life.

4. **What have been your major achievements?** *Being interviewed by Roman and Martin Kemp and the Sun newspaper.*

5. **Any setbacks?**

Only very recently I fell off my chair and bent my neck which meant I couldn't practice. No major injury though.

6. **What piece of advice would you give to someone who wants to develop a talent?**

Try your best and try not to care what other people think of you. Enjoy what you do and make sure you are committed. Most of all do what you do because you like it!

Lockdown Art Stories

Now more than ever, creativity has been the light in the darkness for millions. In lockdown, the power of art has shone out and some people have created truly unique masterpieces.



Another equally unique art project is the work of Jan Heath. She ran out of places to archive her many lockdown paintings. Her solution? Simple: paint on tea bags instead. The former teacher's choice of canvas is undoubtedly a distinctive one and her miniature works of art really are a wonderful display of her talent. She primarily uses acrylic paints and the finished tea bags are beautifully detailed, inspiring creativity in everyone who sees them.



RxArt, a non-profit organisation, has been partnering with over 60 artists to decorate over 40 hospitals in the US with vibrant bursts of art. Focusing in particular on children's wards, RxArt commissions artists to transform medical facilities into fun and colourful spaces at no cost to the hospitals. The organisation aims to make the hospital experience more relaxed and engaging for children and their work has been met with much positive feedback. In fact, RxArt is discussing a prospective collaboration with British medical institutions as well.

Art is an incredible way to connect with others and 12-year-old Noah from Essex has proved just that. During the lockdown, he has collaborated with 250 artists from around the world, including from Colombia, Italy, Spain, France, Sweden, Germany, the US and Australia, to produce impressive artwork to be auctioned for charity. It began with Noah, who has hydrocephalus, epilepsy and cerebral palsy, painting backgrounds on cardboard, before his father posted them on Instagram, encouraging artists to complete the artwork. This went viral with more than 200 pieces ready to be sold on eBay to raise money for Colchester and Ipswich Hospitals Charity and £20,000 already raised; a spectacular demonstration of art contributing to a greater cause.





So whether you choose to paint on tea bags or create an another type using plants, make sure you spend some time embracing your creativity. There is power in art.

By Rachel Fernandes Y11

During this time, many of us have been attempting to take a break from our screens to enjoy some fresh air outdoors, however very few of us have been using our time outdoors to gather local flowers and leaves to turn into art. That's what photographer Tim Boddy has been doing. He has created a total of 147 silhouetted prints of flowers and leaves, known as anthotypes, using a photographic technique that dates back to the mid-1800s. The anthotypes comprise of two components: the emulsion to colour the paper (which he makes from vegetables, such as beetroot leaves and spinach) and the outline (a plant cutting to create a silhouette on the paper). It is then left to dry in the sun to create a beautiful piece of art.

The More Than Peach Project

Bellen Woodard, a ten-year-old student from Virginia, is determined to make a positive impact on the world and its views- one crayon at a time.

When at school, a classmate asked Woodard for the 'skin-colour crayon' where subsequently, she queried why this was deemed the peach crayon, noting that it did not reflect her own skin tone. Her mom offered a good solution, suggesting to "Just hand them the brown one instead.". Bellen replied with a remarkably mature response, answering, "I think I just want to ask them what colour they want because it could be any number of beautiful colours."



To help aid the shift in her classmate's views, at only eight years old, Woodard created the 'More Than Peach Project' - an organisation

to "get multicultural crayons in the hands of every student." She decided to make her own brand of crayons, naming them all 'skin colour', containing a variety of skin tones, 'so no kid feels disregarded'.

In light of the subject of 'talents', Bellen used her clear initiative and entrepreneurial skills to drive her growing business to success, saying, along with her impact, that, 'something I want to be known for is my leadership'.

Bellen continues to inspire others; she provides a clear example of being able to change the world no matter your age or talents, even if it is one crayon at a time.

Ella Moore-Martin Year 10T

Reader's note: This extract is from a poem that was written last year during the first national pandemic lockdown, inspired by the short story *The Yellow Wallpaper* written by Charlotte Perkins Gilman. This is not of first-hand experience.



The wall is lonely, it is blank with no sight of art or characteristic.

The wall is staring at me, needily
although it is needless, since I won't
have any of it

The wall is giving me a hug, choking
me ever so slightly, its yellow wallpaper

gripping my neck

It's blinding my eyes, I stare at her
sight

each and every second, every morning
to night

I think it wants to kill me from the
endless love it has for me

The wall likes to watch me sleep, it
hums lullabies to me

The wall hears me weep,
And for that, it tells me uplifting stories
That wall gave me inspiration deep,
that nothing in life is worth my worry.

But now that same wall won't let me sleep
It wants my attention

each and every second, every morning
to night

Won't take no for an answer-
Wants to keep me company.

when it gets dark and her wallpaper
yellow starts to dim,

she starts her light

I can't sleep, please help me.

Even when I finally do, her wallpaper
makes its way into haunting my dreams

She said "I love you"

And I think she really do (es)

*I'd rather be alone with myself than stand
together with you*

She said I'm a poet meant to be, that if I didn't
fulfil my dream, I wouldn't pursue my true
calling

She calms me down when I cry and
wipes my tears clean

And caresses my back and lifts up my
chin

My wall turned from an object to a living

From a stranger to my wallpaper

I enjoy our late-night talks; she asks
me about my day more than my friends check
up on me

I ask her how hers was, and she says
she's been waiting all day for me to return
home to my room

Almost made me feel guilty

She's so consumed by me, it cute.

Asked me if together we could stay:

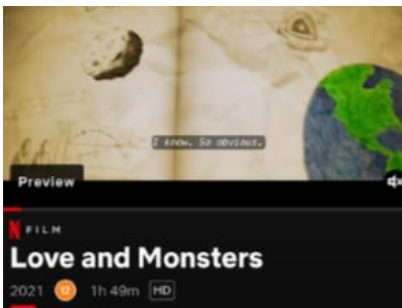
- yes

Forever?

- sure
really?
- mhm
Then, can you never leave?
- ...no, no I won't
No, I mean, don't ever leave the walls of this
room
- ...
Um, creep much?

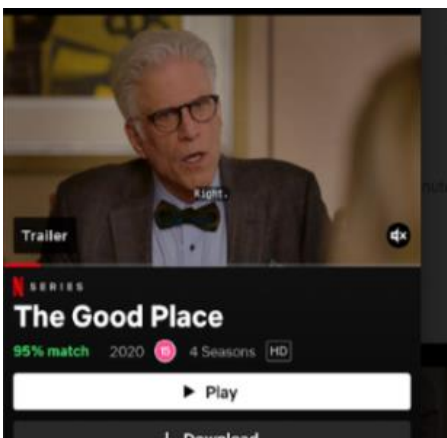
By Yara Al-Raheme Y10

Recommended shows and movies to watch this summer term:



1. LOVE AND MONSTERS: 6.5/10

After Seven whole years of the monster apocalypse Joal wants to see the love of his life. He had to come across multiple different creatures to get to her. When times get tough, he still perseveres to achieve his goal. The movie got more interesting towards the end when I first started watching it did not fascinate me as much. **AGE RATING: 12**
- streaming from Netflix



2. THE GOOD PLACE: 4.5/10

Eleanor Shellstrop, was welcomed after her death to 'the good place' a heaven-like utopia designed to simulate heaven however it is not

all what it seems. When Eleanor finds out the truth, she and her friends try to redeem themselves.

The show starts off good, personally I found many of the episodes unnecessary and made the show longer than it needed to be. However, the show had a clean finish, and all the main characters were accounted for, and no questions were left to be asked.

AGE RATING :15

SEASONS: 4 - streaming from Netflix



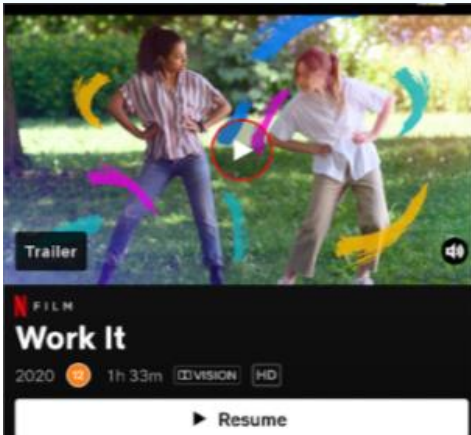
3. GLEE: 8/10

A group of youngsters join forces to form a choir escaping the harsh realities and stereotypes of high school. Each of them have social and family issues however singing together helps them feel anything is possible.

I enjoyed Glee . One of my favorite songs that was sung was 'Somewhere Only We Know' . This was Blaine's song to Kurt. I will say many of the problems at school were unrealistic and would give younger viewers the completely wrong interpretation of what high school is truly like.

AGE RATING: 12

SEASONS: 6 - streaming from Netflix

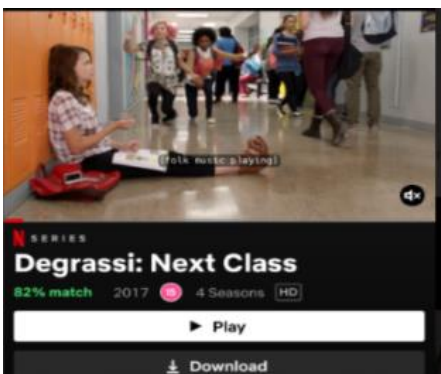


4. WORK IT: 5/10

Quin is determined to get into her dream school, she is so determined that she has no social life. She has the perfect academic record. She takes up the hobby of dancing and creates a dance crew to attempt winning a dance competition.

The movie is enjoyable however there could be more to the plot to make it more interesting.

AGE RATING: 12 - streaming from Netflix



5. DEGRASSI: NEXT CLASS : 9.5/10

A High school full of talented and gifted teenagers experience many issues and problems trying to graduate.

The show highlights many social injustices. I enjoyed this show very much however it did not get a 10 because of the ending. The couple I wanted to get together did not end up together. I was quite disappointed. Other than this the rest of the show was assuming and had a good cliffhanger at the end of every season; this kept me very hooked.

AGE RATING: 15

SEASONS: 4 - streaming from Netflix



6. GREY'S ANATOMY: 10/10

Meredith Grey is a gifted first-year surgeon who is following the footsteps of her mother a world-famous surgeon Ellis Grey. However, her journey to becoming a surgeon is a tough process. I enjoyed the show very much however the deaths and pain Meredith had to experience was my only dislike. Saying this, it did make her stronger.

AGE

RATING: 15

SEASONS: 17 (still ongoing)

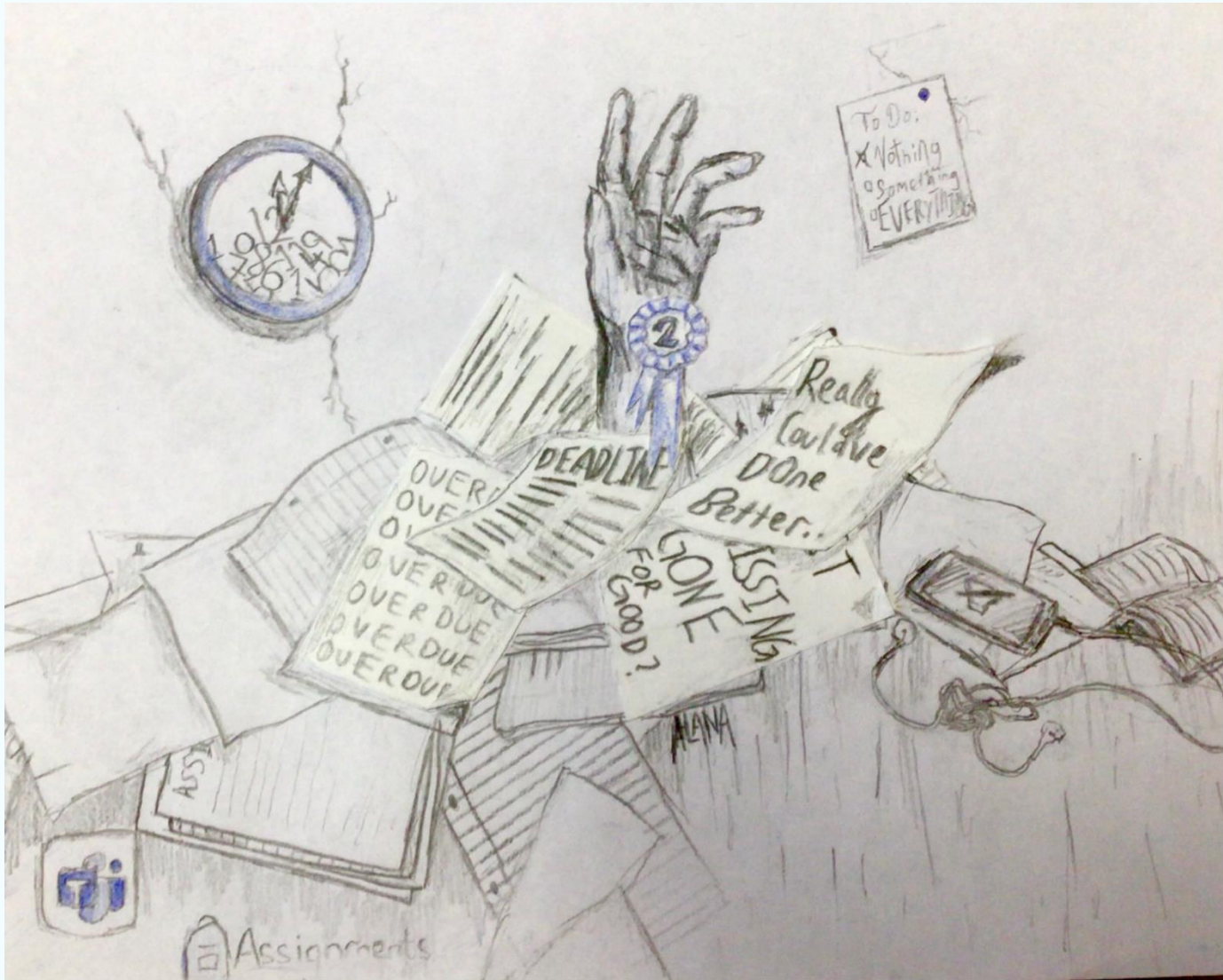
Streaming on Prime, only up to 15 for free. Other websites are available to watch the following seasons.

Note: These are all my personal opinions if you believe otherwise that is ok.

By Kaoosy Ejiofor Y9

'Everyone had different gifts and talents'
art by Aldabra Y11

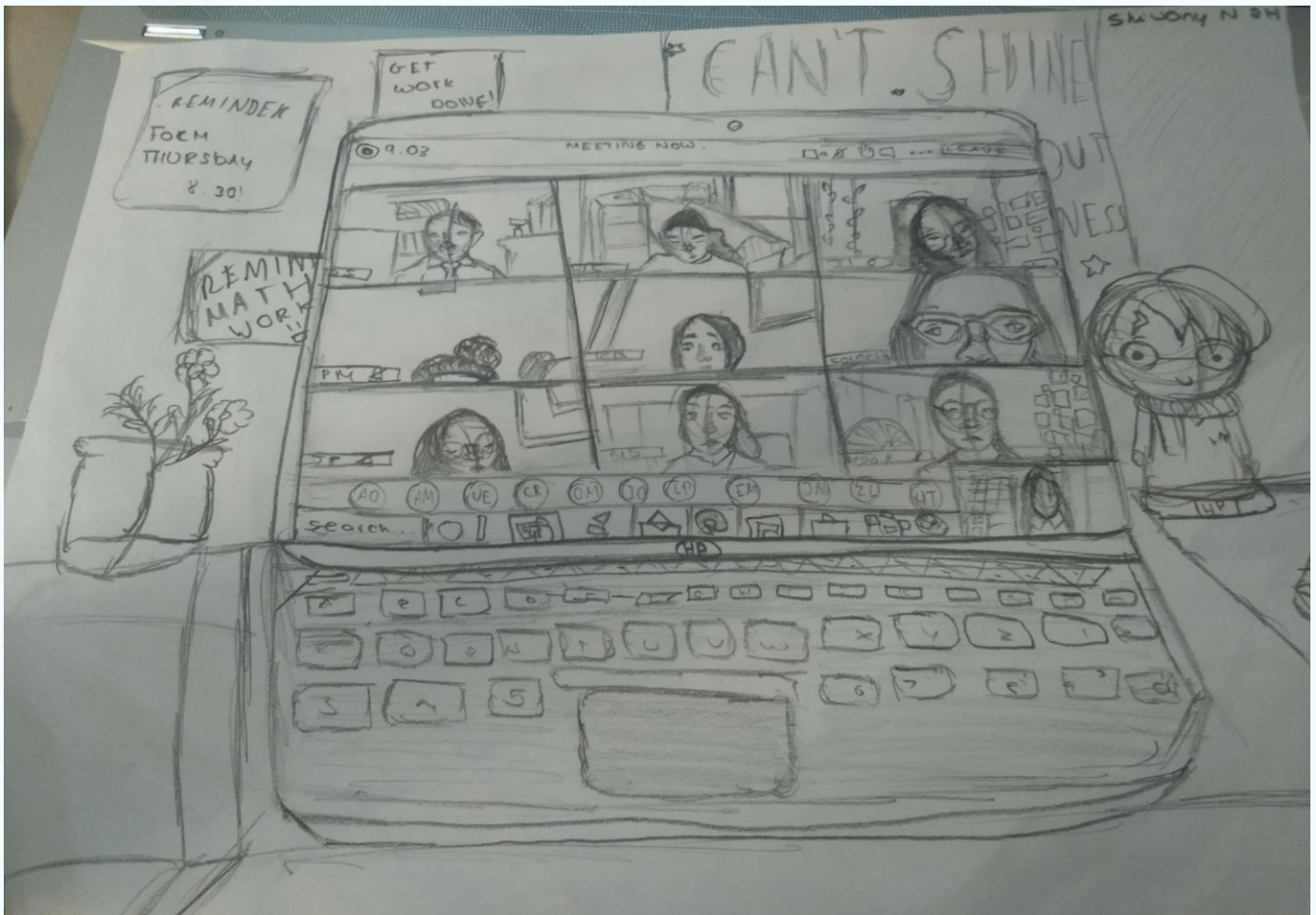




Art by Alana Y10

Competition outcomes

For this edition, we decided to showcase some of our school talent. We want to thank all those who entered! You didn't let us down. Check out some of the amazing entries.



**'Teams Meeting' art by Shiwany
Nanthakumar 8H**

Extract from short story 'Kidnapped'

It was the middle of the night and the whole family were awoken by a terrible screech.

Gone.

She was gone, just like that.

Mother collapsed, father did everything he could to stay calm and tried to get hold of 911 on his cell phone. And then there was me, I was so helpless. I didn't know what to do, I mean how could I, what is one to do when they find out their sister had been taken?

Father was finally able to get hold of those stupid police officers- sorry I know police officers aren't stupid.

Just then I heard sirens, they were getting closer and closer. While trying to console myself and mother, mostly mother, the doorbell rang.



Boy, was I glad to see the cops. Father had sent me to the kitchen with this nice trainee while the rest of them went to look around the house and in her room. I'm such a coward. I couldn't even say her name. Was that normal like not saying your sister's name minutes after her kidnapping? How could this have happened, who would want to take Cass? Why would they try to take her? Did it have something to do with that strange book she was consistently hiding? She always thought I never knew about that funny old book, she was wrong. How could she think that she could hide it from me of all people, I understand mother and father but me.

I sat there trying to talk myself out of making small talk with the trainee when I heard a voice

"Hey, I'm so sorry about your sister Cass. I'm sure they'll be able to track down the kidnapper and take her home" Her voice was not at all how I imagined it to be like.

"Thanks, I just hope you're right" I said, surprised I was even able to compose a sentence.

The sound of another siren approaching the house.

My goodness, this must have been much more serious than I had assumed.

I went to her room even though it was all taped up and we were forbidden to go inside. I didn't care, I needed some sanity.

Out of the corner of my eye, I saw something. Wait, was that the thing I thought it was? No, it ...could it? It was the book. I thought it was gone, I thought she had taken it.

By Sophia O'Brien 8T

Gods of Olympus poem

Apollo shining bright, bright like the sun
 Artemis singing like a siren with her hunters,
 playing and having fun
 Hades dead as a corpse, with nothing colourful or
 light
 Persephone his wife, like a shadow, queen of the
 dead but lover of life.



Possidon, once disturbed, restless like the
 ruthless tide
 Zeus, powerful as a king, kills with his lightning
 bolt while mortals run and hide.
 Hera she's jealous and grumpy but regal like a
 queen
 Demeter goddess of the harvest, nurturing as a
 mother and protetor of Persephone.
 Ares god of war, raging like a wild boar
 Aphrodite as beautiful as a princess, people
 stopped in awe.
 Hephastus disfigured when a baby now as ugly as
 sin
 Dionysus drunk as a donkey, he eats grapes and
 grins,
 Hermes as fast as lightning with his winged shoes
 Athena, wise and courageous as an owl, born
 from the head of Zeus.

By Molly Harrington 7A

Distressed Social Butterfly

Trapped
 Caged
 Isolated



I'm lonely,
 I'm scared,
 I'm confused.
 I'm so tired,
 I'm so alone,

I want to go outside
 I want to be free
 I want to socialize
 Without having to be afraid
 Of catching a virus
 Without having to be afraid
 Of hurting others
 Without having to be afraid

Of the circle of life

I'm so afraid.

We are born
 We age
 We die
 Just like the world around us
 Plants are planted
 They grow
 and they die too

But what we share in common
 is that we live on
 Either in the lives of our children

Or in the memories of our close and loved ones...

Many of us are caged
within four walls
Restricted and confined

for our own safety and for others too

Oh, but how I long to go outside
and enjoy the comfort and pleasure
Of hanging out with friends at the park
or going on long road trips with my family.

Oh, how I long to hug my grandparents
and enjoy freshly baked cookies by the fire
And oh, how I miss travelling:
The beautiful sights, the new curious faces
and the never-ending learning of other
cultures

I hope that one day,
all will be well again;
That we may hug others,
grieve together,
celebrate special occasions
and most importantly,
be in the comfort of other human beings.

These are my solemn yet hopeful desires,
The hopes and desires
Of a Distressed Social Butterfly.



By Cora Mascarenhas 11H

Winner**Beneath**

The scarlet sun shone down,
It seeped through the towering trees,
It twinkled on the diamond lake,
The fish bathed in the gold beneath,

The blossoming lotus hovered freely,
The water reflected only peace,
The water held a fascinating secret,
Which was lying deep beneath,

I was desperate to know the secret,
I wish I had the secret's key,
But the only way I could find it,
Was looking way beneath,

My hand brushed the water's crystallised top,
I was going to make the leap,
Although I was extremely frightened,
I jumped into the great beneath.

By Mya-Lee Holder 7R



Meet our team

My name is **Phinaba-Yealie Fornah** from year 9S and I do art for the Sacred standard. I've been a part of it since early May of 2020.

I mostly do digital drawings, but recently I have been trying to use a more realistic art style. I also know how to bake, knit and paint.

In the future I hope to do art GCSE (:

Hi my name is **Kenechi Ezeajughi 8E** .I am a journalist at the Sacred Heart Standard and love reading and writing. I am also a voice ambassador and Communications Representative for Brent Youth Parliament which is an organisation that I work with as an Executive member of the group. My role is to take young people's ideas and turn them into creative campaigns or social media posts. As a hobby, I am passionate about both dance, reading and singing. In my spare time, I try to learn new languages. In addition, I am working with several mental health organisations such as Kooth

Hi my name is **Alana Ng Kwet Shing**, and I've been part of the Sacred Standard newspaper team since it was founded. I started off in photography, but now I mostly write articles, edit, and produce creative pieces for the paper. I use they/them and she/her pronouns, and I have way too many hobbies. At the moment I like to paint, sculpt, sew hats, and make jewellery (if you catch me on mufti day you might be able to stick a fridge magnet or two to me since I wear nearly all the pieces I make). When I'm older I hope to become an environmentally sustainable product designer.

Hi, my name's **Ella Moore-Martin** and I'm in 10T. I've been part of the newspaper team since it started in 2018, mostly writing and editing articles. I enjoy music- playing the trombone along with some other instruments- though I spend most of my time watching YouTube and Twitch.

My name is **Lavinia Massa** and I am in Year 9. I joined the Sacred Standard Newspaper in Year 7 as an editor, but have had the opportunity to write a variety of stories and articles as well. I find new hobbies to pursue all the time, as I love to be creative and learn new things. However, drawing, writing, reading and listening to music are all things that I have and always will always enjoy!

My name is **Aleksandra**, I have been part of the newspaper of the Sacred Standard ever since it started. I started off as being one of the photographers but I have also written and edited some pieces in the newspaper. I have a few hobbies such as dance, music and tennis. In my free time, I enjoy drawing and painting as well as making bracelets and necklaces!

Hi, my name is **Kaosity** I am in 9s, I enjoy playing games like GTA, Call of Duty, Minecraft, Fortnite, and much more. I also like to watch movies and shows, right now I am currently Private Practice Season 4. In my free time, I do all of those things i said before and sometimes write as well.

Hi, my name is **Yara AL-Raheme**. I have been a member of the newspaper team since year 8, and have been given the opportunity to express myself through poetry as well as song reviews and articles. Being on the newspaper team has allowed me to channel my creativity and explore my qualities and

talents. I discovered that not only am I a writer, but a poet.

Hi! I'm **Rachel Fernandes**, a writer for The Sacred Standard. I am currently in year 11 and I am the Head of House for Tatiana. A little bit about me: I'm a hand-lettering enthusiast and in my free time, I enjoy doing art and sewing. This is my third year being part of the newspaper team and I love every second of being able to share inspiring and relevant stories with the whole school community!

My name is **Miss Woldu**, aka cheerleader of creativity, especially in young people! My interests are broad from imaginative stories, to poetry, art and pretty much anything else that triggers my imagination!

I am always looking for new writers, and artists willing to show off their talent. If you are interested in joining our lovely team next year please email me rwoldu@tshlc.harrow.sch.uk

Next edition will be in the Autumn term :)



