

THE



STANDARD

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

ADVICE

stress reliever. Talking things through

10 TOP TIPS FOR RELIEVING STRESS:

Exercise: Try to find an exercise routine you enjoy, such as walking, dancing, rock climbing or yoga. Activities, such as walking or jogging, that involve repetitive movements of large muscle groups can be particularly stress relieving. Regular exercise can help lower stress and anxiety by releasing endorphins and improving your sleep and self-image.

Laugh: It's hard to feel anxious when you're laughing. It's good for your health, and there are a few ways it may help relieve stress: relieving your stress response, relieving tension by relaxing your muscles. Find the humour in everyday life, spend time with funny friends or watch a comedy show to help relieve stress.

Meditate: A few minutes of practice per day can help ease anxiety. It's simple. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.

Listen to music: Research shows that listening to soothing music can lower blood pressure, heart rate, and anxiety. Create a playlist of songs or nature sounds (the ocean, a bubbling brook, birds chirping), and allow your mind to focus on the different melodies, instruments, or singers in the piece.

Connect with people: A good support network of colleagues, friends and family can ease your work troubles and help you see things in a different way. If you don't connect with people, you won't have support to turn to when you need help. The activities we do with friends help us relax. We often have a good laugh with them, which is an excellent

with a friend will also help you find solutions to your problems.

Have some 'me time': Everybody needs to take some time for socializing, relaxation or exercise. Doctors recommend setting aside a couple of nights a week for some quality "me time" away from school. By earmarking those 2 days, it means you won't be tempted to work overtime.

Don't be too hard on yourself: Try to keep things in perspective. Remember that having a bad day is a universal human experience. When your inner critic or an outer critic finds faults, try and find truth and exception to what is being said. If you stumble or feel you have failed, don't beat yourself up. Act as if you were your own best friend: be kind and supportive. Take a few minutes each day to appreciate yourself.

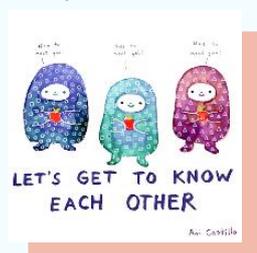
Pet an animal: More and more companies and schools are recognizing the powerful impact that petting animals has on reducing stress. As people burn out, panic attacks increased, and they stop exercising because a hard-beating heart irritates their anxiety therefore leading to panic. But if you pet an animal it transmits calming properties.

Sight: Look at a cherished photo or a favourite memento. Use a plant or flowers to enliven your work space. Enjoy the beauty of nature: a garden, the beach, a park, or your own backyard. Surround yourself with colours that lift your spirits. Close your eyes and picture a place that feels peaceful and rejuvenating.

Writer: Kazoos

Editor: Lulia

Photography Co-ordinator: Erika Gabriel



HOW TO MAKE YOUR NEW YEAR'S RESOLUTION

A SUCCESS:

New year, new you: the maxim many of us aspire to live up to. I'm sure we can all agree it's easier said than done though. For many this could be getting homework done on time, doing more revision or having a healthier lifestyle. Research shows that 30% of resolution-makers abandon their resolutions before they reach the two-week mark. But don't allow yourself to be knocked down by early slips, take some inspiration from the professor of psychology at the University of Scranton, John Norcross. He explains that "the key to success is coming back from those slips stronger than ever, and course-correcting to get yourself on the right path." This approach will see you through maintaining those 2019 goals.

First of all, set yourself reasonable goals. Aim high, but don't be irrational. Strive to accomplish things that are important to you and deserve your time, attention and hard work. Although it may not seem like it initially, the small habits that you begin to establish will make a difference.

Document your resolutions. Writing down your goals will create a greater sense of motivation to pursue them. By doing this you are more likely to be constantly reminded of it, therefore making it a form of self-encouragement to keep your resolutions. A study carried out in 2010 by Indiana University found that areas of the brain that were associated with learning worked a great deal better when students were asked to write things down rather than studying from a whiteboard.



Establish a realistic time frame. Don't expect epic changes to happen overnight because unfortunately, they won't. Setting a deadline will keep you focused on your goals and help you to prioritize tasks. It will keep you organized and channel your enthusiasm to achieve your resolutions.

Finally, remain flexible.

The path to success is never easy and setbacks do happen. So, be prepared to learn from your mistakes and get back on track. Remember, you haven't failed until you quit trying.



Writer: Rachel Fernandes 9T

Editor: Nicole 9E

HOW TO HANDLE THE CHANGES/STRESS THAT SECONDARY SCHOOL BRINGS:

You enter and leave secondary school as a different person. It is an extremely difficult time for everyone so it's normal and perfectly ok to be confused and to ask for help. Everything changes, from your body to your mentality, to your opinions to your friends.

Here are some ways you can ensure you will morph into the best version of yourself during this experience!

1. Explore

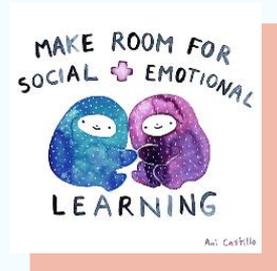
First and foremost, this is your time to discover who you are. You may not manage to fully accomplish this until much later in your life; some people never truly find out who they are. However, there is no rush. Try things out because staying in your comfort zone may mean missing out on several of the amazing opportunities in this world.

2. Make mistakes

The only way you'll truly learn is by going through all types of situations, both good and bad. As long as you gain knowledge and use your mistakes as a way to move forward, you will be successful!

3. Stay positive

Making bad decisions is absolutely normal and is a crucial part of evolving as a human being. Don't let them bring you down but utilise them to figure out how you can improve. You were created the way you are for a reason. You have the liberty of being yourself without grave consequences so use this room you have to learn as a way to fix your flaws.



4. Plan ahead

Through building habits you can really help your future self. Important test? Aim to start revising the week before. Focus on making sure you give 100% in everything you do otherwise there is no point in doing anything. We've all had a pile of homework and no motivation at some point, but having a state of mind in which you study/do things for yourself and your future gains is what you want to be striving for.

5. Listen

Sometimes the people you are close to know you better than you know yourself, so it is important to talk to them and consider their advice/ideas. Sometimes it may be hard to admit you're struggling and although you should stay true your values and beliefs you shouldn't immediately push others away which many people do subconsciously, afraid of displaying any weaknesses.

Use this as a way to motivate you and be yourself.

Writer: Sara

Editor: Lulia

CURRENT AFFAIRS

FOOTBALL:

Football is an incredibly popular sport, played by millions of people across the globe. Many football-related events take place over the course of the year, such as the FA cup and the Champions League.

Stereotypically speaking, football is for men, meaning women shouldn't be allowed to play or them playing isn't significant. A problem a lot of girls face is that most primary schools don't fund their girls football teams or don't create opportunities for them to play outside school. In some cases, they don't even have a girls football team.

Girls should be allowed to play football, as everyone is equal.

No one should be stopped from doing what they like, and no one should be forced to do what is stereotypically



associated with them. Football is a sport that benefits your health. It increases speed, strength, agility, team spirit and more. Depriving women of these benefits is unfair.

Luckily, times are changing, the world is evolving, and people are beginning to support women's football more and more. More opportunities are being opened up for young girls.

However, there are still a few ways women's football could become more popular. One is to get more publicity. Men's football matches are broadcast on many T.V channels. Televising more women's football matches would help raise awareness for their participation in the sport.

People need to see the potential girls have in the sport and stop doubting that men are better than women.

Writer: Ruby

Editor: Lavinia

Photography Co-ordinator: Aleksandra

SPACE AND ASTROLOGY:

Outside of our planet's atmosphere there are many other planets and stars. Since 1957 scientists have been investigating space as that was the year they launched their first artificial satellite into space. Four years later, on April 12th 1961, Lt. Yuri Gagarin became the first human to orbit Earth. The first orbiting flight lasted 108 minutes and Gagarin reached 327 kilometres (approximately 202 miles). A report from NASA states that space is explored and found interesting because "Humans are driven to explore unknown, discover new worlds, push the boundaries of our scientific and technical limits and then push further."

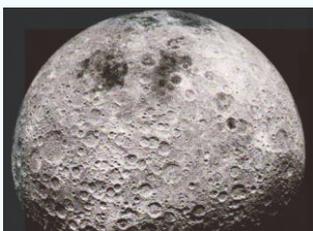
After over 60 years of investigating space, there are still many mysteries that scientists are trying to uncover. Many people wonder if there is life on other planets but this is still a mystery.

Throughout their researches, they have found many things that could indicate life on other planets, such as: a flow of seasonal cycle, Earth like chemical, etc. These clues suggest that the planet may have once had harbored life, or possibly still does, but scientists currently are still working on trying to find more efficient ways to conclude the mystery of life on other planets.



Studies of space are continuing and many more analyses are being made. Spacecraft has been launched from China as they succeeded on their mission to become the first country to land spacecraft on the moon's far side. Photos were shared showing close-ups of the lunar surface.

The lunar surface is a surface of the moon, covered in inactive volcanoes, impact craters and lava flows. This shared photo of the surface is the first in history as China were in fact the first country to be able to land spacecraft on the lunar surface. Scientists believed, before the proof had been shared, that the dark stretches of the moon might be oceans and so they labelled the features mare (Latin for seas). However these mares were later proved to be large, dark, basaltic plains on Earth's moon. These were formed by ancient volcanic eruptions.



Another study has shown that Earth has made its closest approach to the sun as we enter the solar minimum. The solar minimum is the period in the sunspot cycle when the solar activity is lowest, and sunspots are least abundant. It makes it close approach, at a distance of about 91.4 million miles which is 3 million miles nearer than when it was at its farthest point. The point at which the sun is closest to the Earth is known as perihelion and the point at which it is closest happens in July this is known as aphelion. This happens every January as Earth travels on its orbital course around the sun. The reason for the Earth becoming closer and farther to and from the sun is because the Earth does not orbit in a circle and instead an ellipse (a curve).

From now to many years in the future space will still have many mysteries but our knowledge of space will develop. Investigations now are helping to improve life in the future. For instance studies are being performed to find the right planet to live on and when the planet runs out of vital resources we have a new planet full of essentials Earth has run out of.

Writer: Amber

Editor: Nicole

THE IMPACT THAT SOCIAL MEDIA HAS ON TEEN MINDS

Social media has been swarming and filling the minds of the modern teenage generation for many years. In addition to that, there has recently been a rising concern of a certain body image that social media is forming such as an hour glass figure or an excessive amount of makeup.

On social media platforms such as Instagram and Snapchat, there are internet famous and well-known people that have an 'ideal' body image that mostly young girls try to achieve. The pressure of trying to look like 'perfect' Instagram models drives girls to diet or begin to excessively exercise to look perfect. Teens are so determined to look 'perfect' that they forget that Instagram can be fake especially with things like Photoshop.

This constant feeling of trying to look like an artificial social media image will have an unhealthy impact on your mental health and potentially your physical health.



Teens becoming anti-social because of their addiction to their phones

Each parent has their own opinion and idea of the right time to give their child a phone, but over the past few years, children have become more addicted to their phones.

This addiction has also been the cause for a spike in the anti-social behavior in teens. An average teenager will have social media platforms such as Pinterest, Instagram, Snapchat and Tumblr. As teens use these apps every day for the long amounts of time they forget about the real and become temporarily engrossed in the virtual world.

As teens lose themselves into the virtual world, they lose their interaction with others in the real world. Losing connections could be caused from using their phone at the dinner table instead of interacting with others and when asked a question they continue to use their phone, look at you and give you a vague answer.

These are signs of a virtually addicted teen that doesn't pay attention to the real world. A way to conquer this on Apple's iPhone is a section in settings called screen time. This is where you can access your average daily phone usage after it's calculated every week. Not only can you see your daily average screen time, but you can also limit it.

This limiting process is highly easy to personalize in depth from whatever app for however long or even certain blocks for the app store. This feature is great for trying to limit your teen's anti-social behavior. And if you have Android there is an app called Family Link. You can allot the amount of screen time you use and lock your phone at different times such as 6:00 a.m-9:10p.m. These apps help with self-control when it comes to social media.

Cyber-bullying has a strong impact on mental health

Cyber bullying can occur from a laptop or computer all the way to a phone or tablet. It can happen on a wide range of apps and websites from Instagram to WhatsApp. The definition of cyber bullying follows; the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature. This is a basic definition as there are many more serious scenarios and circumstances due to cyber-bullying this. For example, people could be offending you because of appearance or your current situation. People could be cyber bullying out of spite but would be afraid to physically do it in real life.

Cyber bullying is more widespread and is a larger concern because people tend to do it more frequently than normal bullying. This is because people feel more powerful when they are hiding behind a screen and can be anonymous.

But bullies don't have to win because there are many different solutions such as blocking, enables you to remove the bully from your internet life altogether and will also remove you from the bully's internet life so your both virtually nonexistent to each other. There is also the report button which alerts the company of what has been going on and this could lead to the bully being banned from the site or app.

Conclusion

In conclusion, everyone has to be aware of what they do or say online as it can have a long-lasting effect on those impacted by it. Teenagers should try to have a healthy balance with their phones and real life because essentially it's an alternate universe that distracts you from the real world and can have unfavorable outcomes.

Writer: Imani- Rose

Editor: Lulia

REVIEWS

MOVIE OF FAME OR MOVIE OF LAME?

The year of 2019 has kicked off to a rising of new films, with Disney returning with a live action of both Aladdin and The Lion King. Further along year, film lovers welcome the return of James McAvoy's Kevin Wendell Crumb from Split in his new movie Glass, where he will be joined by the one and only Samuel L Jackson.

This year, Zac Efron makes his return to our screens in 'Extremely Wicked, Shockingly Evil and Vile' featuring Love Rosie star, Lily Collins. The plot is centred around Collin's



role as Elizabeth Kolepfer, who refuses to believe the truth about her boyfriend Ted Bundy; played by Zac Efron, following the Chronicles of the Crimes of Ted Bundy. Although it is receiving a lot of critic before it even being released, but guess we'll have to wait and see.

If crime isn't at the peak of your interest, perhaps take a dive into the world of Marvel. As this year progresses, film fanatics witness the return of Tom Holland in 'Spiderman Far From Home'. Fans have discovered from the trailer that Nick Fury finally makes an appearance to Parker as he embarks on yet another adventure; maybe this time we'll figure out if MJ and Parker finally get together? However, viewers are yet to understand where on the timeline this movie takes place, it has to be before Infinity War, but when? Until the 4th of July, our speculations and hopes will have to wait to see whether our prediction will take place.

Writer: Lauwrensia

Editor: Lillygrace