

Masthead by Caelem Garland

Rioting Outside the Capitol

By Jamie Fraser

This article was written on the 07/01/2021.

Donald Trump, made a decision to tell his Followers to “stand for what is right” and protest against him losing the election to Joe Biden which he thinks was rigged. He posted on the 5 January “The Vice President has the power to reject fraudulently chosen electors” and before that he said “see you in D.C”. All these messages sent from Twitter where he has now been suspended.

Donald Trump, takes to Twitter to tell people his thoughts. Twitter is a social media platform. He tweets about how the election was rigged. He also talks about how “Climate Change is not real” these are only some of the President's tweets. He also tweets about how Joe Biden and how he is a “wrongen”.

But the main controversy, surrounding Trump is his followers rioting outside of the Capitol house which equivalent to Westminster Palace and Houses of Parliament in England. Thousands of people attacked the Capitol where Congress were forced to evacuate for their safety.

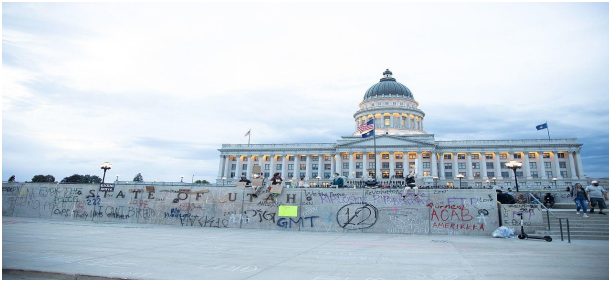
The riots started at 1pm outside of the Capitol where thousands of people can be seen screaming and holding flags like this the other flags include: The Trump 2020 flag and his various others for office flags.



Five people were killed in the riots at the Capitol including a Police officer called Brian Sicknick as well as Rosanne Boyland 34, Kevin Greeson 55, Benjamin Phillips 50, and Ashli Babbitt who was shot. There multiple images of the rioting at the Capitol. But is it worth it losing five people to get your president in office again?

It started at 1pm when protesters stormed the steps up to Capitol Hill and it was shocking to see the equipment they brought. Some people were scaling the stairs, some were shooting fireworks at the police guarding the steps, smoke

grenades, and also firecrackers were thrown and the wall covered with graffiti.



It all started over a phone call when President Trump called Georgia's Secretary of State. Claiming "That they are shredding ballots and you should look at that very carefully, because that's so illegal". That is not the only one "So dead people voted and I think the number is close to 5,000 people". This is what president Trump said to Georgia's Secretary of State.

(This was fact checked on 05/01/2021)

Trump gave a speech about how the "election was a fraud" and "how we need to fight and protest". His followers took this for what it was and rioted outside of the Capitol, breaking in, and caused a tragedy with five people dying and many left injured. Sixty people have been arrested and others are hiding.

It may have taken eight hours but at 9pm the Trump supporters were gone. Many people and politicians are calling this a "stain in our reputation" and how "Donald Trump was the worst president ever."

Donald Trump gave a announcement a few hours ago about what happened yesterday at the Capitol. He posted multiple tweets about how "This is a peaceful protest and they're on the same path of the Country as us". Since then he

has been suspended on Twitter, Instagram and Facebook, forcing other website to shut certain emotes and saying's due to this tragedy.

Since then Donald Trump has made an announcement about how he will be peacefully passing over the Presidential power to Biden. Some even saying this is the best thing he has done in his Presidential career. He also sent a message to the riots saying "You were the ones that lost" and finally agreeing to Joe Biden being president.

Tier 74 Introduced

By Daisy Hume

At 8pm on Monday night, Boris Johnson announced the news, that England was in Tier 74 lockdown. The new rules are as below...

- *Stay home - only leave for work, any shopping or medical appointments.
- *Exercise is not allowed outside. Indoor gyms are still open for use.
- *Schools are open for only five random people from each class. The rest of the class has to just do it online.
- *Wash hands for three minutes or more.
- *Use your hands for coughs.
- *Always make sure to touch your face.
- *You have to wear a mask outside, but you can take it off when your indoors.

"We still don't know why COVID is still spreading, we have good rules set out." says PM Boris Johnson.

COVID symptoms:

- *Taste of pepper.
- *Coughing for five minutes non-stop.
- *Temperature less then 35.7c.
- *Breathing difficulties.

UK Covid-19 Vaccination

The UK Vaccination Programme *by Caelem Garland*

The UK has launched its biggest mass-vaccination programme, aimed at protecting tens of millions of people from Covid-19 within months.

UK Health Secretary Matt Hancock says the Government is rolling out the Covid-19 vaccines "as fast as they get delivered".

In a race against a faster-spreading variant of coronavirus, the Government have pinned their hopes of ending a third national lockdown on protecting the most vulnerable groups by spring.

This means that anyone over the age of 70 will be offered a vaccination by February the 15th. While everyone over the age of 18 will be offered a vaccine by the Autumn. They are hoping to get everyone over the age of 50 vaccinated by the end of Spring going into early Summer.









But to meet this target, the Government need to deliver more than two million jabs a week by the end of January, in one of the largest civilian logistical operations launched in Britain.

Since the beginning of last month, 1.5 million people have been vaccinated, Prime Minister Boris Johnson has said. But more than 13 million people will need to receive jabs in the next five weeks. And the UK's chief medical adviser, Professor Chris Whitty, has described such a timetable as "realistic but not easy".

However, the Covid-19 vaccination operation is being significantly ramped up following the approval of a second vaccine, from Oxford

University and AstraZeneca. While a third vaccine from Moderna was approved on the 8th of January.

How some of the Covid-19 vaccines compare

Company	Type	Doses	How effective*	Storage	Cost per dose
 Oxford Uni-AstraZeneca	Viral vector (genetically modified virus)	x2 	62-90%	Regular fridge temperature	£3 (\$4)
 Moderna	RNA (part of virus genetic code)	x2 	95%	-20C up to 6 months	£25 (\$33)
 Pfizer-BioNTech	RNA	x2 	95%	-70C	£15 (\$20)
 Gamaleya (Sputnik V)	Viral vector	x2 	92%	Regular fridge temperature (in dry form)	£7.50 (\$10)

*preliminary phase three results, not yet peer-reviewed

Source: Respective companies, WHO

BBC

Where are our Vaccines coming from?

The UK is currently receiving doses of two vaccines approved by the medicine regulator. The Pfizer-BioNTech jab - the first given the green light - is being imported from Puurs, Belgium. Meanwhile, the Oxford vaccine is being made in Britain by two biotech companies: Oxford BioMedica, based in Oxford and Cobra Biologics, based at Keele Science Park, Staffs

Another company, Wockhardt, based in Wrexham, fills the vials and packages them for use.

But the country's initial doses of the Oxford vaccine will actually come from Europe, UK Vaccine Taskforce manufacturing lead Ian McCubbin has said.

Teaching in Lockdown

Louis van den Wildenberg, (Sequoia class)

I asked teachers from Norwich Steiner School questions about how this lockdown affected their day-to-day lives of teaching. I used their responses to create this article about teaching in lockdown.

Ever since lockdown has started schools have had to teach students from home, this wouldn't be possible if it weren't for technology like emails, video calls, and services such as Google Classroom.

Most teachers found teaching in lockdown challenging due to having to navigate their way round the new technology such as Zoom and Google Classroom, facing technical difficulties. Not just that, but using it to teach students has its own challenges. One teacher said how there is "No singing and playing, no individual attention, no interesting debates, no questions and answers, no beautiful blackboard, no dramatic effects..."

There are flaws with online learning, like not being able to interact face-to-face with students. There can be a lot of delay between speaking and getting responses. One of the teachers explains that it's difficult "getting responses from all of the students". Another teacher said "What I found the most difficult is not to see the pupils while I am teaching. I don't see their reactions and therefore it's difficult to adjust the pace of the class". Teachers also have to spend a lot of time behind screens.

But there are also positives to lockdown, some teachers mentioned that there was less, next to no, disruption. Also saying

that students put a lot more effort into their work, performing better. This could be due to a more free schedule, having three lessons/study from nine in the morning till two in the afternoon, with two breaks in between. Or because students are less distracted in Zoom calls. One teacher mentions that students who are quieter can contribute more than usual in Zoom calls.

Routine has also changed for teachers, due to many not travelling to the school daily. For some teachers, it's a positive, one saying "Less time spent travelling to and from school, therefore, reduced carbon foot print and congestion on roads. It is also possibly safer for those who are travelling by road at the moment". For others it's a negative, one teacher saying "What I miss the most is my daily walk to the school which I enjoyed very much, and which helped me to clear my head". One teacher found they could organise their day with more flexibility. Although others mentioned having to spend a lot more time preparing material for lessons.

Communication between colleagues is also more restricted now, there aren't any chances for small chats between teachers. Only key information is passed through Zoom meetings, email or phone calls.

Last but not least, I would like to thank all the teachers who took their time to create a response to my questions. I have also realised just how much effort staff have to put in during these challenging times.

Doctors say hospitals could run out of oxygen within two weeks.

By Oliver Culley-Toms



Managers protesting at the lack of oxygen in Atlantis.

Information supplied to our reporter by hospital managers suggests that the oxygen supplies are running low at the Atlantis hospital in New York.

Managers are citing problems with oxygen storage tanks as the cause of shortages. It's been found that the oxygen tanks aren't being held properly and the metal is too thin and the oxygen is escaping through the top.

Doctors confirmed the managers fears and are thinking of a solution.

Nurses and the department of health have met and discussed the issue, here is what they came up with:

'The tanks were bought from Europe and because of Brexit the standards need to be verified at the UK border.'

European manufacturers have said due to the lack of advice from the government regarding the design of the valve there is confusion as to which countries standards of production should be followed.

If this situation continues nurses will be forced to go on strike as they won't have the resources they need to help the COVID-19 patients.



Doctors confirmed the managers fears and are thinking of a solution.

We had an exclusive interview with Elizabeth, the nurse who started the idea of a strike, this is what Elizabeth said: 'Nurses such as me are trying to fight on the front lines and help these patients but we simply don't have the correct -documentation for the oxygen tanks this is ridiculous, a strike is necessary and will happen if nothing is done about this issue.'

Inside Story: Apple's Massive Gouda Scandal

By Charlie Baxter

I think it's safe to say that everybody enjoys a good helping of apple and cheese, but maybe not everybody knows that this winning combination was also a firm favourite of the world famous Steve Jobs, who absolutely adored it.

One day, back in the 70's when he was tinkering about in his garage with his mates Woz and Ron, working on a computer whilst munching on his favourite snack, Steve dropped a piece of Gouda into his creation. He didn't think much of it at the time but he later came to realise that Gouda was the best possible replacement for expensive metals that he couldn't afford. Woz also thought it was a good idea and realised they could save loads of money, but Ron on the other hand, who couldn't stand cheese, thought it was a rubbish idea and decided to leave because of the cheesy stink that now infiltrated the garage.

Steve originally wanted to call the company Apple and Cheese but Woz thought this would be a complete giveaway and so his colleague compromised with the name Apple and the hidden ingredient remained a secret. So when Steve and Woz discovered they could get the Apple 1 working by replacing the expensive metal parts with this cheap Dutch cheese they went into production, and became the world famous computer company that they are today and nobody ever knew their cheesy secret.

Fifty years later, Giovanni Giovanni an Italian car mechanic, decided when his Apple laptop broke (unsurprisingly) to take his car mechanics tools to his laptop with gusto to find out what the problem was. To his horror, when he wrenched the thing apart he discovered the reason for the malfunction - a load of stinking, mouldy cheese! As a result of this revelation, millions of potential Apple customers may now want to think twice about purchasing one of their cheese ridden products.

Film: Tenet - Nolan's Best?

By Muhammed Mears



Tenet is the most recent Christopher Nolan film [Inception, The Dark Knight and Interstellar] and is by far his most complicated. With incredible visual effects and awesome action set pieces it is by a mile the most expensive movie of the year.

With an emphasis on time travel and espionage it really feels like it was inspired by the newer 007 movies. Even though it has all these sci-fi elements, it still manages to be grounded, in a way, it feels like it could actually happen.

Tenet follows the protagonist, played by John David Washington, an FBI special forces agent who is recruited by an association called "Tenet" which then sends him on a mission to stop World War 3.

I could understand why people were confused with the premise and even though most of it is explained through expository dialogue it's still really hard to get your mind wrapped around it.

I really enjoyed Tenet. I thought it was very ambitious and it had really cool fight scenes and I thought it was great.

Tenet is a movie that you have to work at to understand, it's not Nolan's best film but it is a breath of fresh air. With all these sequels and remakes going round now, it's nice to see a movie with such an original premise and story.



Book Review - The Boy, The Mole, The Fox And The Horse

By Alessandra Martin-Adams



This is a beautifully written story about a boy, a mole, a fox and a horse. It mentions at the beginning that the book is for everyone which is very true as both old and young comment on how much they love it. The story itself is about the love and strength to keep going even with your weaknesses. Each meaningful line presents gorgeous illustrations to match the warmth of the powerful words. The ink drawings are so unique but feel so magical. In the story there is a weakness shown through all the characters who embrace their flaws but prove that they can overcome it together, no matter how many problems they face. Self love is a struggle, to this generation in particular, but the words in the book don't feel forced upon the reader to love themselves. In a very subtle way the writing feels so precious instead of trying too hard to tell you to love yourself. Each sentence is a comforting message which is gentle to read.

The book was published on the 10th October in 2019 by Charlie Mackesy who did the writing and the illustrating. In two months, there were 250,000 copies sold in both the UK and US and then in May 2020 there had been two million copies sold. Charlie has also written three other books, one being a book with Bear Grylls and his first one being in 1996 called Youth Alpha. Before the book came out, Charlie released a picture of the boy and the mole to his Instagram. All the responses to it were warm but little did everyone know that this book was going to change lives, this was two years before the book was released.

Culture: The Norwich Steiner School Building

By Maebh Mason-Butcher

(or the **Hospital School** or the **Girls School of Housecraft** or **Lakenham First School**)

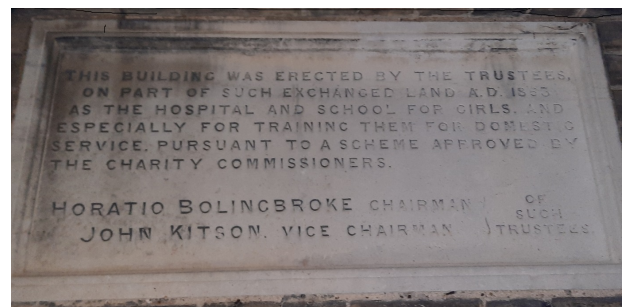


Our school site was first built upon in 1620. The Mayor of Norwich, Thomas Anguish wanted to provide a hospital for orphaned children - 'for the keeping and bringing up and teaching of very poor children' Thomas Anguish was born in 1536 in Norwich. He lived with his family in Tombland (now part of the Maid's Head Hotel), and took an active role in city life. He was elected mayor in 1611. To celebrate his new position a firework display took place outside his house. Some of the fireworks exploded accidentally and panicked the crowd. Thirty-three people were

crushed to death as they tried to escape the fire.

Thomas Anguish died in 1617. The Children's Hospital was opened in 1621. Boys were first to be admitted, with girls following some years later. The term hospital is misleading as the building would have functioned as an orphanage. The Hospital remained open until the 1860 when the present building was built in its place.

Our school building was built in 1863. The school trained 40 girls for predominantly domestic service. Poor and orphaned girls came from across Norfolk to board at the School of Housecraft. At the school they were given what was described as 'plain education' and trained in spinning knitting weaving cutting out and making and mending their own clothes. This gave them training for domestic service as well as the local woollen industries.



A tablet by the main door recording the history of the "Girls and Boys Hospital Schools" foundation.

In 1941 it became a Children's Home for Norfolk County Council, which housed orphaned children from the ages of seven. The playground at the rear of the school was formally grass, but a large air-raid shelter was built in the event of bombing during the WW2. The air raid shelter is now covered over. The

CENSUS OF ENGLAND AND WALES, 1911.

Before writing in this Schedule please read the Examples and the Instructions given on the back of page 4, as well as the headings of the Columns. The entries should be written in ink. The contents of the Schedule will be treated as confidential. Entries must not be made that no information is disclosed with regard to individual persons. The entries are not to be used for proof of age, in connection with Old Age Pensions, or for any other purpose than the preparation of Statistical Tables.

NAME AND SURNAME	RELATIONSHIP to Head of Family	AGE and SEX	PARTICULARS as to MARRIAGE	PROFESSION or OCCUPATION of Person aged ten years and upwards		BIRTHPLACE of every Person	NATIONALITY of every Person	INFORMED
				Personal Occupation	Industry or Service with which person is connected			
1. Liizzy Terry	Head	62	Single			Widowed	English	
2. Ellen R. Jeckell	Governess	51	Single			Widowed	English	
3. Alice Roope	Domestic	15				Widowed	English	
4. Winifred Fisher		14				Widowed	English	
5. Dorothy Fisher		12				Widowed	English	
6. Emma Smith		11				Widowed	English	
7. Winifred Fisher		10				Widowed	English	
8. Dorothy Fisher		9				Widowed	English	
9. Winifred Fisher		8				Widowed	English	
10. Dorothy Fisher		7				Widowed	English	
11. Winifred Fisher		6				Widowed	English	
12. Dorothy Fisher		5				Widowed	English	
13. Winifred Fisher		4				Widowed	English	
14. Dorothy Fisher		3				Widowed	English	
15. Winifred Fisher		2				Widowed	English	
16. Dorothy Fisher		1				Widowed	English	
17. Winifred Fisher		0				Widowed	English	
18. Dorothy Fisher		0				Widowed	English	
19. Winifred Fisher		0				Widowed	English	
20. Dorothy Fisher		0				Widowed	English	

(To be filled up by the Enumerator.)
Total in this household (including the head of page 4) 20

home was closed in September 1952 and became the Lakenham First School, and in 2007 it became a Steiner School.

This 1911 Census for the school lists one Matron, Liizzy Terry (62), one Governess, Ellen R. Jeckell (51) and one Domestic, Alice Roope (15). There were 36 girls listed, with ages from 10 years old to 15 years old. From the census material there are two sets of sisters Winifred and Dorothy Fisher (14 and 12) and Edith and Emma Smith (13 and 11).

A Brief History of Winifred Emma Victoria Fisher

1894 Parents Marry

Edwin Ernest Fisher (1869) Commercial Traveller marries Adelaide Emma Fisher (1873).

1897 Winifred born 13 March, 32 Mount Pleasant, Eaton Norwich.

1897 Baptised 30th May.

1899 Sister Dorothy born.

1901 Family living at 2 Somerfield Villas, City Road, Norwich.

1902 Father dies.

1903 Mother remarries Richard Thomas Lewis.

1911 Winifred with her sister live at the Hospital School.

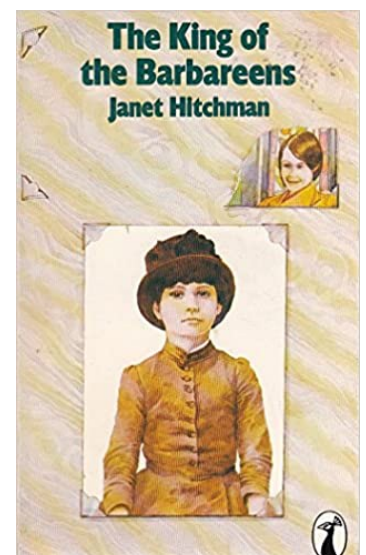
Mother living in lodgings, 6 Leopold Road Lakenham as a boarder on her own.

1939 Winifred living in Flegg, as a cook.

Famous Person at the School

The writer, Janet Hitchman (1916-1980), was in foster care during her childhood and lived in the school. In her book the King of Barbareens she describes her life at the Hospital School. Janet married Michael Hitchman and had a child, but was later divorced after which she worked as a domestic servant to support herself. She published her memoir, The King of the Barbareens in 1960 and later on wrote for The Observer and other newspapers. She also wrote plays and biographies.

Janet found the Hospital School "a very happy place," and the women in charge encouraged her to follow her love for writing: "Once when



turning out the box room Miss Hayhurst had unearthed a pile of outdated hand bills, advertising some long-forgotten church marketplace. She met me on the landing and said: 'Would you like these, Janet: you can write on the backs.' I have never in my life received a present that gave me so much pleasure."

Janet later moved a Barnardo's Children's home 'At Barnardo's drawing breath was our only freedom; and then it had to be drawn silently.'

NewsMC

By Ben Williams

Minecraft was first released in November 2011. The game was created by Markus Alexej Persson, also known as Notch before Jens Bergensten took over. In 2014 Mojang and the Minecraft intellectual property were purchased by Microsoft for US\$2.5 billion! It has won many awards and is one of the greatest video games.

Minecraft started growing in popularity ever since it was released, and has grown to be the most sold game of all time. Minecraft has made over 200,000,000 sales and has 131 million active users, Minecraft has 998,000 people playing at any one moment. It is so popular because it is a blocky 3D game with infinite terrain. It is known as a 'sandbox game' which means players can play how they want and there are no rules. In Minecraft there are two different modes 'Survival' and 'Creative'. Survival is where the player has to start from scratch and collect resources to build and craft things. This mode has five different difficulties, peaceful, easy, normal, hard and hard core. All

the levels allow the player to respawn (a character in a video game can reappear after being killed) except hard core where the player loses everything and can't respawn if they die. The Creative mode allows the player to get every item they need whenever they want it. They can also fly and are immortal. In both survival and creative mode there are mobs (a mob is a mobile entity, a creature that moves around the game), good and bad. The animals are good because you can use them for food and other resources while the bad mobs try to kill you.

You might think Minecraft is a game for mostly children, but even though it has simple graphics and a LEGO-like design, the average player age is older than you would expect. According to Minecraft statistics the average player age is 24, this doesn't surprise me as much as others because I know that lots of people like to play Minecraft for its PvP (player vs player). That's where I think a large majority of these older players come from.

While Minecraft is a computer game it is an educational one. It can be a fun way to learn how to problem solve and find out where basic food and resources come from/how they are made.

I have been playing Minecraft for many years but I only recently switched to the Java version of Minecraft. Before that I played the Bedrock version of Minecraft. Java is more like normal Minecraft, most Minecraft players play on Java. When someone talks about Minecraft I would think they were relating to the Java Edition. Bedrock Edition is cross-platform which means you can play with people that are playing on a different device, unlike Java which is only for PC players. It has things like emotes (allows players to perform animations)

and you can customise your skin in very different ways to Java.

Overall I would definitely recommend the game because you can create your own world where you can feel free to do whatever you want. Minecraft can help with your problem-solving, promotion of creativity, and self-direction.

The game is available on multiple platforms. You can play on a computer, smartphone, tablet, Pi, Xbox, Nintendo Wii or Playstation.

TECH: SOPHIA THE ROBOT

By Daisy Hume

Sophia was first turned on on February the 14, 2016. Her first public appearance was in mid-March 2016, in Austin, Texas, USA.

She was made in Hong Kong, by Hanson Robotics. She first became a citizen in October 2017, when she was made a citizen of Saudi Arabia.

Sophia is an A.I (artificial intelligence), created in Hong Kong, on the 14 February, 2016, Sophia can make facial expressions and is able to answer certain questions and make an everyday conversations.

She can speak, sing, and can walk too, although her legs can only move 0.6 miles per hour.

Sophia's human like skin is made out of Frubber. Frubber is a type of rubber which is flexible, but it looks and feels like human skin.

Sophia lives with 9 other robots:

Zeno

Joey Chaos

BINA48

Professor Einstein

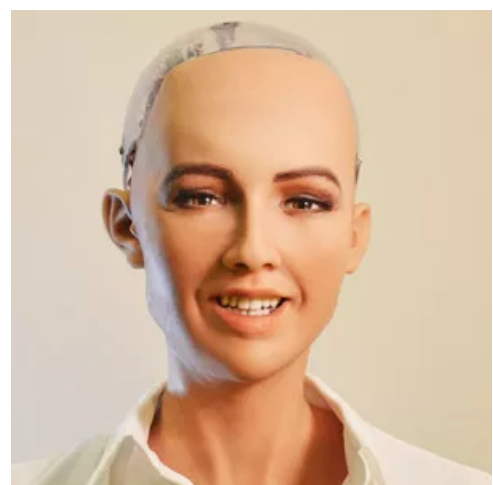
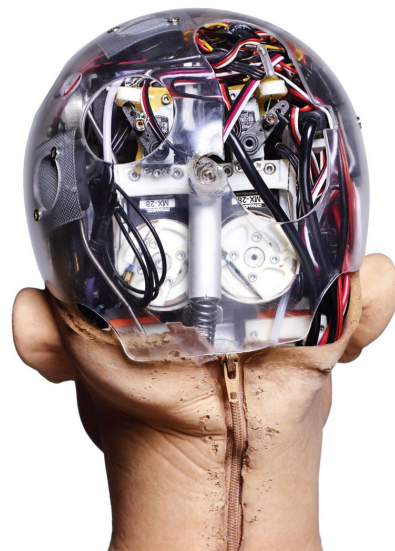
Han

Philip K.

Jules

Albert Einstein Hubo

Alice



Education: A Qualification for our Times

By Victoria Beckett-Allen

Norwich Steiner School uses the New Zealand Certificate as part of Steiner education to assess students during their last three years of school. The NZCSE is an internationally recognised level three qualification, which is at the same level as A levels and is recognised by universities in the UK and across Europe.

It's a much more relaxed way of doing things rather than having to sit long and stressful exams, and doing it this way you can track your points in a much better way.

At level one and two there are six core subjects, English, maths, the sciences, social science, practical art, and then music /movement/drama.

At level three students have to do a class 12 project, humanities, science, and the arts. Students then pick three or four topics to specialise in from a range. These are, English, social science, maths, statistics, physics, chemistry, biology, a second language, art, drama, physical education and music.

If you choose to leave at either level one or two, then most likely the college you may try to attend will ask you to sit some GCSEs. At level three it is the equivalent to A levels and the system is designed for you to continue the full way through and that is the best way - depending on what you may want to go on in life to do.

You can join half way through, the school will look into the qualifications that you may have already completed, such as GCSEs or other learning that you may have.

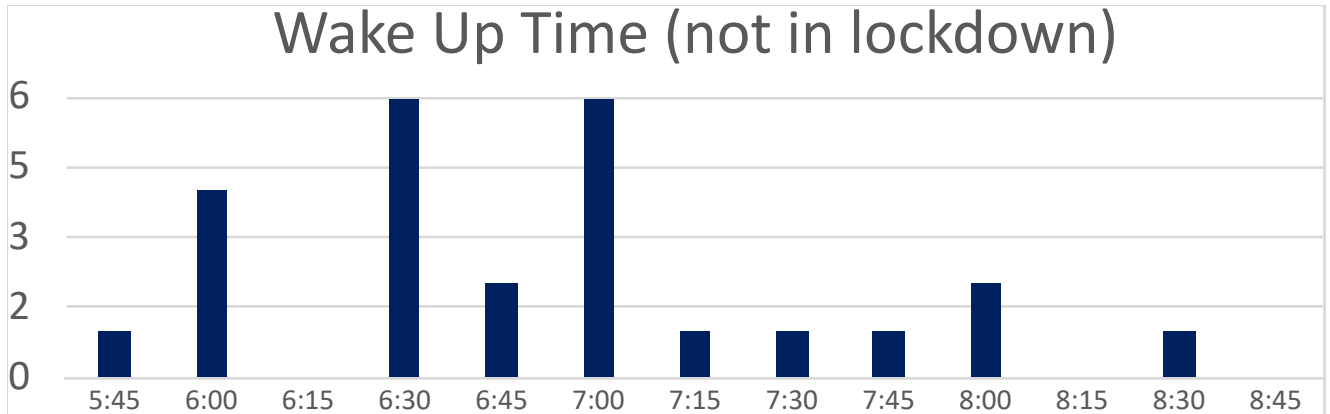
You don't have to sit the certificate if you don't want to - you can just choose to sit in the lessons and do the work without actually handing in any work for assessment. However, if you choose to take this path then later on in life you will most likely need to sit the certificate or take GCSEs in order to go to university or to get certain jobs.

There is a minimum age and you must be 16 or turning 16 soon to start level one. Pupils who have finished level three have gone onto all sorts of things from Aerospace Engineering to Drama

Poll Statistics of Norwich Steiner School

(By: Louis van den Wildenberg, Sequoia Class)

Pupils from Oak and Willow class were asked several questions. I have summarised the data into different charts/tables.



The majority of pupils wake up between six and seven.

Mode of Transport

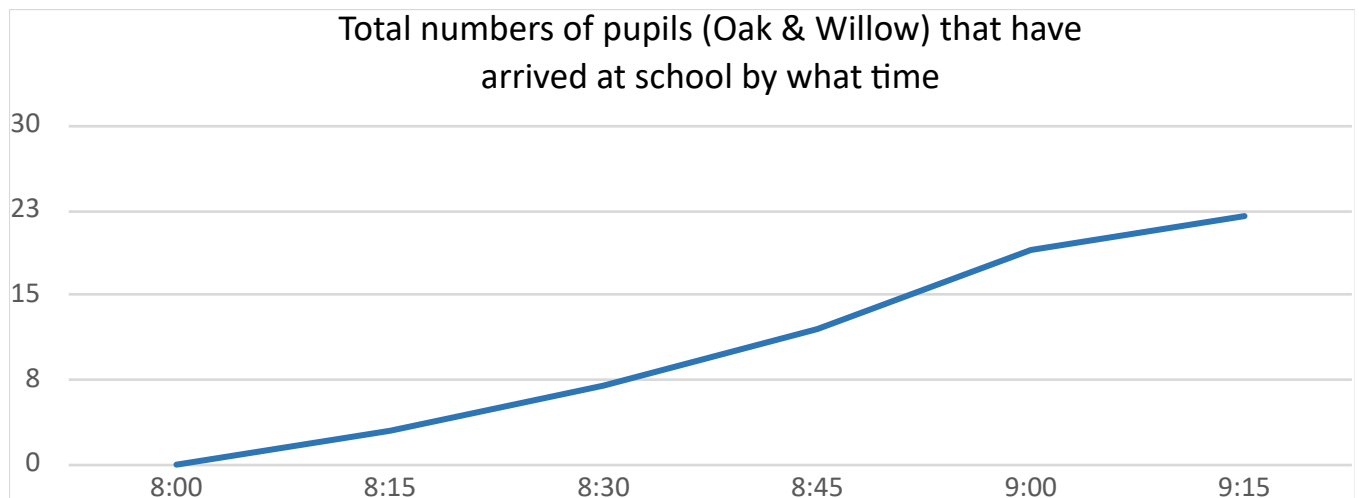
	Walk	Bike	Motorbike	Car	Bus	Train
Walk	3					
Bike	1	3				
Motorbike			1			
Car				8		
Bus	2			3	3	
Train	1			2		

Three pupils walk to school.

Two pupils take the bus and/or walk to school.

Two pupils take the car and/or train to school.

Arrival Time at School



How Many Students Have What Pets?

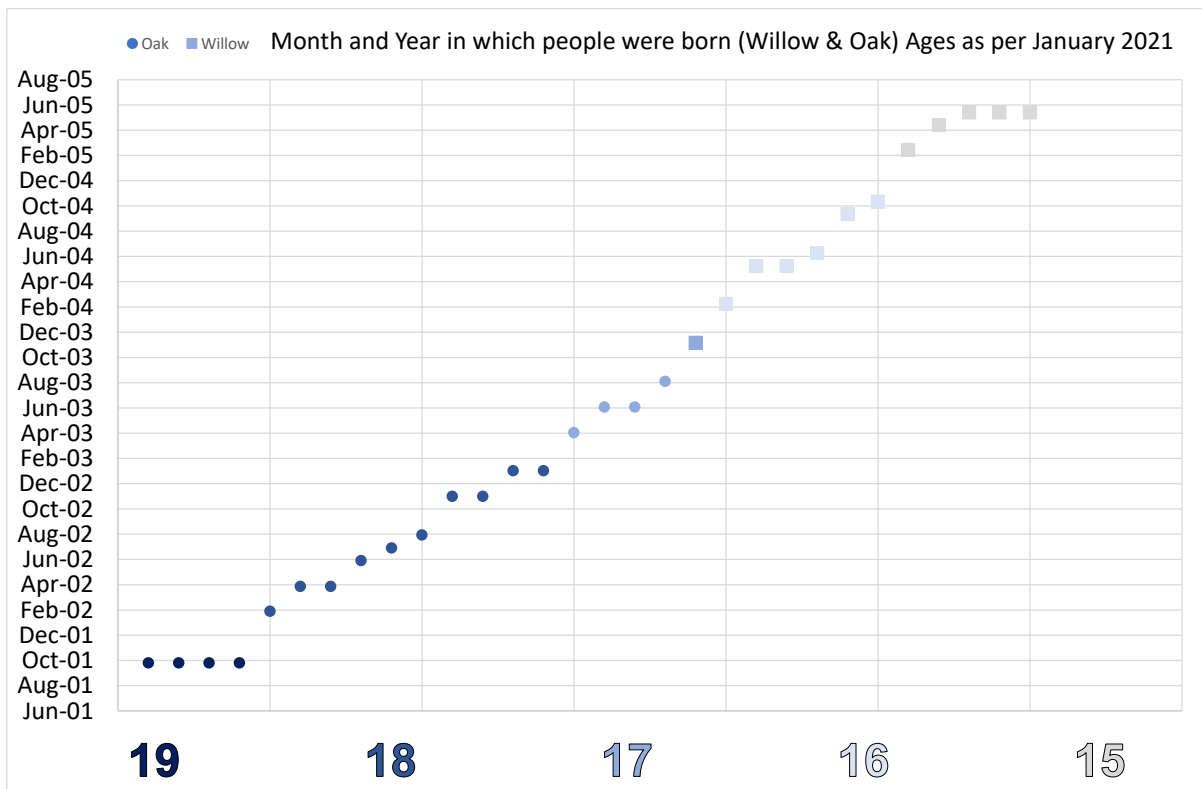
	Oak + Willow
No pets	5
Pets	23
Cat(s)	15
Chicken(s)	8
Dog(s)	13
Duck(s)	2
Fish	2
Gecko(s)	1
Gerbil(s)	1
Goat(s)	1
Guinea pig(s)	1
Horse(s)	1
Monitor lizard(s)	1

5 pupils do not have pets.

15 pupils have one or more cats.

3 pupils have one or more rabbits.

Birth Month and Ages

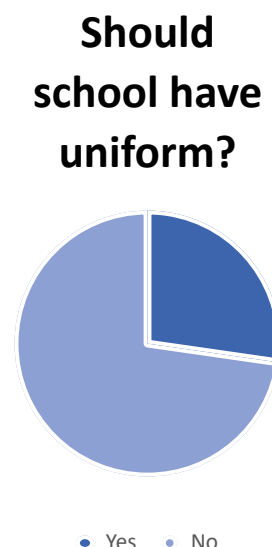
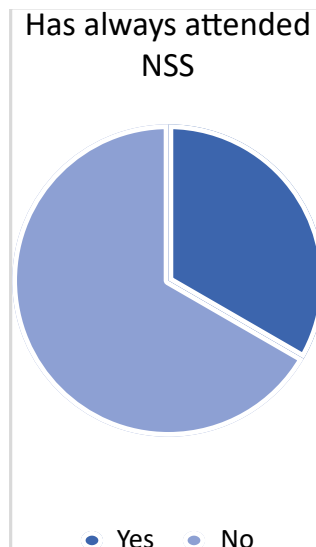
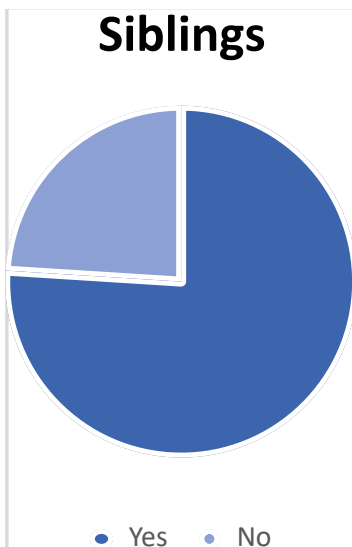


Four people in Oak are nineteen. Ten people in Oak are eighteen.

Five people are seventeen, four in Oak, one in Willow.

Six people in Willow are sixteen. Five people in Willow are fifteen.

General Information



Top 3 Games and Why?

By Harley Langford

“**No Man's Sky** is an action-adventure survival game played from a first or third person perspective that allows players to engage in four principal activities: exploration, survival, combat, and trading.”

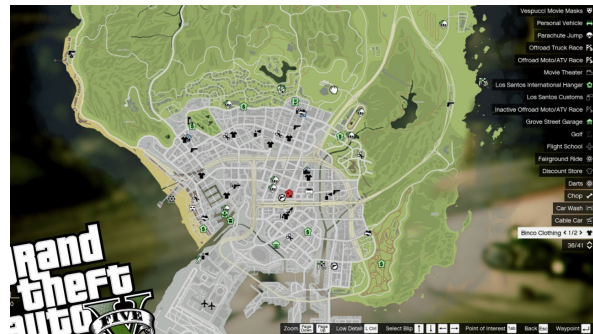
What I like about it the most is that you can explore so many galaxies with its never ending rendering (eg. it doesn't stop generating planets and space). You can play just with your friends or you can play online with people from all around the world.

With its improved graphical resolution it looks so good and makes people want to play it. There are many missions to choose from and semi-annually they release new updates which never stops your imagination going wild!

FiveM enables you to play Grand Theft Auto on customised dedicated servers, powered by Cfx.re. This builds upon years of development on the Cfx.re framework, which has existed in various forms since 2014. **FiveM** is the original community-driven and source-available multiplayer project.

In the game, You can do missions to earn money to buy cars and equipment and vehicles. There are around 100 different customised races and missions to do around the map!

Above right is the map of FiveM its really big its around 13.9 square miles (36 square kilometres) with outstanding visuals, it feels like real life.



I love role-playing and creating new mods for people to use. It has AMAZING Graphics which draw peoples eyes into playing it! The downside is that there are a lot of hackers that mess up people games and make their computers crash constantly, other than that its fun!

AI: FiveM allows servers to keep the original game AI, so you'll never be alone. You can also PvE! FiveM allows servers to use custom cars, maps, weapons.

I play on it most of the time because it feels realistic and you can test a lot of things that you can't in real life.

ROBLOX

In Roblox you can create groups and play with friends. It's online and made to create new friends. The downside to this is that there are bad people on the internet that can attract people. But other than that its a really fun game.

Robux is the currency you use in game to buy things with - Groups, Games, Clothing in game items and much more. I love playing it and meeting new people and playing with them. But I only really play it when I'm really really bored.

Basically you are a block character, thats why its called “RO-(BLOX)”.

If I had to choose one game it would be....

No mans sky, as it had infinite space and I love exploring mysterious things! :D

FOOD: HOW TO MAKE CARROT AND BANANA CAKE

By Tobias Jeckells

The ingredients are as follows:

8oz of self raising flour.
2 teaspoons of baking powder.
5oz of light muscavado sugar.
4oz of grated carrots.
2 ripe bananas.
2 eggs.
5oz of sunflower oil.



Step one the mix:

Add the 8oz of flour into the bowl. Then add two teaspoons of baking powder. Add two (whisked) eggs to the mix. Now add the 5oz of muscovado (brown sugar). Add 5oz of sunflower oil. Throw in the grated carrots. All what's left now is to add the bananas which need to be mashed before putting into the mix.

Once you have done all the steps give it all a good stir and it should look something like this.



Now you want to prepare the baking tin. First cover it with sunflower oil then cut out greaseproof paper and put over the base of the tin, that looks like this:



Now Pour the mix into the tin and put it in your preheated oven at 180°C for 45 minutes, test the cake is cooked by inserting a screw into the middle of the cake and if it comes out clean, this means the cake is cook through.



Once It's out of the oven, allow to cool for 5 mins then remove from the tin and let it cool down before putting it in anything or decorating.



Now your cake is done you can decorate it or leave it how it is, it's up to you. Most of all enjoy!!



The Big Interview: COVID Frontline Report

By Jamie Fraser

I interviewed someone, who is volunteering at the NHS, to see what it is like.

Louis Michael David Fraser Wilson volunteers at the NHS and he talked to me about: the hours, the people, staff, and the life of volunteering for the NHS.

The Hours.

The Average day on the NHS is nine hours, a short day is eight hours and a long day is 13 hours, many people don't know this. With more and more COVID patients will the NHS be able to hold for the rest of this lockdown?

The People/Patients.

With St. Johns it can vary from one to five but as he volunteers it varies loads. At the Royal London there are three patients in critical care to one nurse and it looks like it could go up to four. So far Louis has been working in the emergency department and the vast majority of patients are COVID related.

Intensive Care.

I asked, "Do you see anyone in the emergency department that is going to die?" He said, "I see a lot of patients and in the emergency department and not all the people you see are going to be alive in a month's time but they will either go to critical care or Resus which is where people who are very sick. People with certain roles go there." Louis has lost count of how many families he has taken to palliative care (where people who are dying can't be saved) he said it was heartbreaking seeing the families in this position.

Written by Jamie Fraser Wilson.

P.P.E

P.P.E is the equipment hospital carers and the public wear. P.P.E stands for personal protective equipment so that includes: Masks, hand sanitiser. goggles, gloves and aprons. Some of this is usual even outside of COVID and they have to sanitise using most of these before treating a COVID patients.

COVID 19 Vaccine

The COVID vaccine is mainly aimed at health care workers and people with underlying health issues and elderly people. Louis had the vaccine and described what it is like, "Someone gently pinching me and I barely bled at all" and "if you are given a chance getting it take it. There is (virtually) zero chance getting the virus with the Biotech vaccine and the Pfizer vaccine...both are safe and it was given during the trial phase - 44,000 people got it".

Balancing life and Hospital work.

With Louis being at university, in his first year, he is still getting used to things. He is doing a Stage Management course and balancing COVID-19 with university. He has worked 13 hour shifts and he says having to balance volunteering with COVID is "Not bad as I'm in my 1st year. The workload is not a lot and the grade this year will not affect my final year grade, so I can do more work at the hospital" Louis also could come home with the third lockdown to stay at home with his family (which is allowed) but he decided not to as he thought he could be more helpful if he stayed in London helping at the hospital.

Wise Words: Enjoying today and living for tomorrow

By Giles Peart

My grandma was born soon after the Second World War so I knew she would have a lifetime of experience to pass on. I asked her what advice she could give me to make a success in life.

“Don’t be afraid to stand on your own feet. It is too easy to be led by the crowd and other people so don’t be forced into doing anything you are not keen on doing. It will mean being brave on occasions but stand firm and convince others that your way might be better. Generally, avoid being negative about what it is you do not like and be positive about your dreams.”

“Perseverance always leads to success. Do not give up, believe in yourself and in the end you will win. Quitters never win and winners never quit.”

“Always speak the truth. One small untruth can lead to another and then more and generally ends in the liar being found out.”

Grandma has been a cancer patient for the last two years and is now having to deal with the COVID-19 virus pandemic. I had to ask her how she is able to cope with this situation. “Everyone talks about being positive, but my way is to live for the

future, live for the next day, for the next year and see you right through your education. The pandemic has certainly made life depressing so I try to avoid much of the news, especially about other people’s illnesses as I have enough of my own!”

“When diagnosed, the oncologist said I was incurable but my state of mind would enable me to undergo treatment for which she could give me years. It is working and my three-weekly visits to the clinic mean that I see the staff as my friends. They are devoted and I continually honour them for their work.”

“The chemotherapy makes me vulnerable to infections. The current virus made life worse because grandad cannot accompany me to the treatment sessions, as he did in the beginning. This means having nobody to speak to for about three hours as the nurses are busy dealing with several other patients at the same time. The treatment causes me to be very tired for a few days so a supportive family is my cherished asset.”

“Phoning and messaging brings some relief but my illness has caused some people to lose contact with me. I understand they do not know what to say so my message is, simply, ‘ask me how I am doing?’”

The Buckethead Pages

Puzzles, Photos, and Cartoons

By Ben, Harley, Charlie, Caelem, Louis,
Maebh, Toby, Alessanda, and Victoria

abcd

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TOBYS WORD SEARCH

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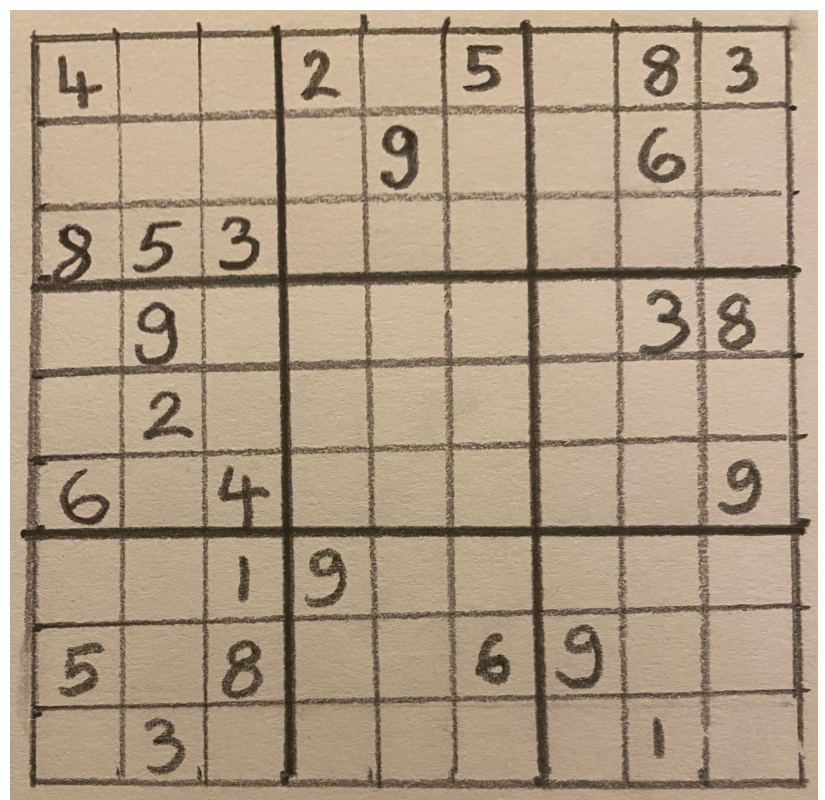
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ELDER
 ROWAN
 SPRUCE
 OAK
 BIRCH
 SEQUOIA
 WILLOW
 POPLAR
 MAPLE
 CEDAR
 ASH

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Apple
Cheese
Computer
Gouda
Steve
Eat
Steve
Ron



2020 A Year in Pictures

By Maebh Mason-Butcher



Global warming



Australian wildfire



COVID-19 pandemic



Beirut explosion



Black lives matter protests



Less pollution



By Victoria Beckett-Allen

Photography by Alessandra Martin-Adams



SPORT: JUMP BIKING!

By TOBIAS JECKELLS

What is jump biking?

Jump biking is a variant of mountain biking, its a discipline which is similar to BMX. However, there are some crucial differences in the bikes themselves and what you ride on. You can ride skate parks on a jump bike but they are better suited for riding on dirt and dirt-jumps.

What is a dirt jump?

A dirt jump can be many different shapes and sizes, we will focus on the most common one for now, which is the double. This consists of two piles of dirt, one has a curved take off and the other one has a 45 degree slope for landing on. This can vary a lot depending on the height and length of the jumps. Most likely you won't find just one jump usually there is somewhere between 3-10.



The bike:

Next we will look at the bike itself - the frame is as short as possible. This is to make it easier to spin when doing tricks such as 360s, tail whips and flips. The frame goes with small wheels, these are 26 inches, which is smaller than the average mountain biking (MTB) wheel. The fork and suspension is pumped up to high pressure, which makes the fork nice and stiff. So that when you are jumping it doesn't absorb all the take off, resulting in less height. The cockpit has a very short stem and narrow bars making it twitchy, although this can be adjusted for personal preference. The bike generally only has a back brake, which has a very long cable allowing it to wrap around under the stem a few times so you can do bar-spines and tail whips, etc. Some people choose to add a front brake, although this is very uncommon. There are actually no gears on jump bikes, simply one cog on the back and one on the front which is generally in quite a high gear.



Competing and events:

There are loads of these in the UK and even more all over the world. The main competition is Crankworks which hold numerous events around the world. There are lots of different style of courses, varying from indoor, outdoor, wood and dirt trails. Riders compete in all locations on the w World Tour, returning home in-between events as they take place with a few week in between. Points are accumulated at each location and at the end of the tour the rider with the highest score wins. Points are awarded for tricks and riding style rather than the time of the run.



How do you get started?

If you go to your local bike shop they will be able to help you or recommend a nearby specialist with all the information to get you started. There are also online forums, which have lots of information and ideas. Its good to support your local bike shops if you can, to help out the local biking scene!

There is a general rule of etiquette when riding other peoples jumps, you should be considerate of existing trails and just check with whoever is there that the jumps are ready to ride. If digging is going on it always good to offer to help, as many of the jumps take hours of hard work to create!