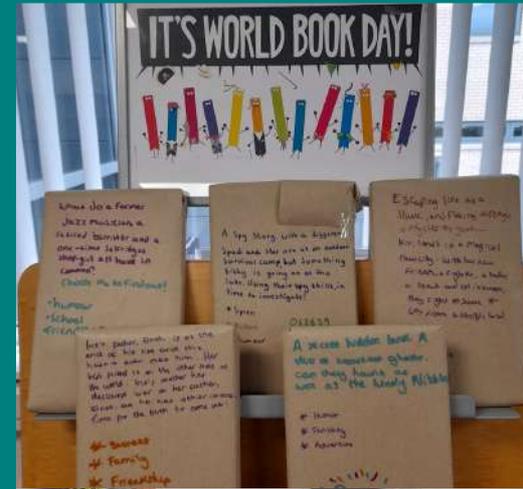


THE RASTRICK READ



Issue 2 | Easter 2023



CULTURE WEEK | ASK THE TEACHER | MANAGING EXAM STRESS | PRIME CRAZE | MUCH MORE!



Rastrick High School

WELCOME TO OUR SCHOOL MAGAZINE

The school magazine launched in September 2022 as part of our extensive enrichment programme. After the success of the first issue, the Rastrick Read continues to grow!

Led by Mr Greenwood, with experience in media and journalism, students have been working on a wide range of content from school life articles to hard-hitting world news, to quizzes and puzzles. The group have researched, planned, interviewed, reported and created all the content in the magazine, forming another fantastic issue.

The platform allows our students to articulate their interests and give them a leading role in sharing their fantastic work with both peers and a wider audience.

Issue 2 - Easter 2023

03

School Life

What's been happening this term?

15

Wider World

The crucial stories from around the world!

21

Entertainment and Sport

Books, food, sports, and more!

29

Games and Fun

Jokes, quizzes and much more!

Students ready to hit the slopes!



This Easter holidays, 67 students will be swapping school for the slopes. The avid skiers will be heading to Bormio, Italy, to enjoy a week of new experiences and fun for all.

In the first week of the holidays, students, accompanied by seven members of teaching staff, will jet off to Italy, headed for one of the most beautiful ski resorts in the Alps. Bormio is famous for hosting the Alpine World Ski Championships in 1985 and 2005.

Our lucky students will get access to lessons from Ski School instructors, hours of fun on the slopes and during evening activities.

This will be a fantastic opportunity to learn new skills, meet new friends, and make lifelong memories!

Here are some interesting facts about the Bormio Ski Resort:

- Highest Point 3,012m
- Resort Height 1,225m
- No. of Lifts 27
- Km of Piste 50km+
- Artificial Coverage 80%
- Beginner Runs 26%
- Intermediate Runs 66%
- Advanced Runs 8%



Reading leads the way!



By Natasha Quashie

A group of Year 9 students have recently been supporting Year 7 students in their reading. The Year 7 students have paired up with a 'Reading Leader', meeting each Friday to read age-specific texts and discuss the materials. Over the 10-week programme, Reading Leaders are helping students develop their reading skills, expand vocabulary, and boost confidence. Reading Leaders make them feel supported through their experience and promote the importance of reading.

How have our Reading Leaders found the experience?

'It is really nice to be able to support other students as reading confidence helps in all areas.' – Isla Uttley

'It allows me to help readers develop their abilities and the social skills of both me and my reading partner.' - Nathan Rowley

'I enjoy reading through helping others in their education as I have such a passion for reading.' - Clara Hathaway

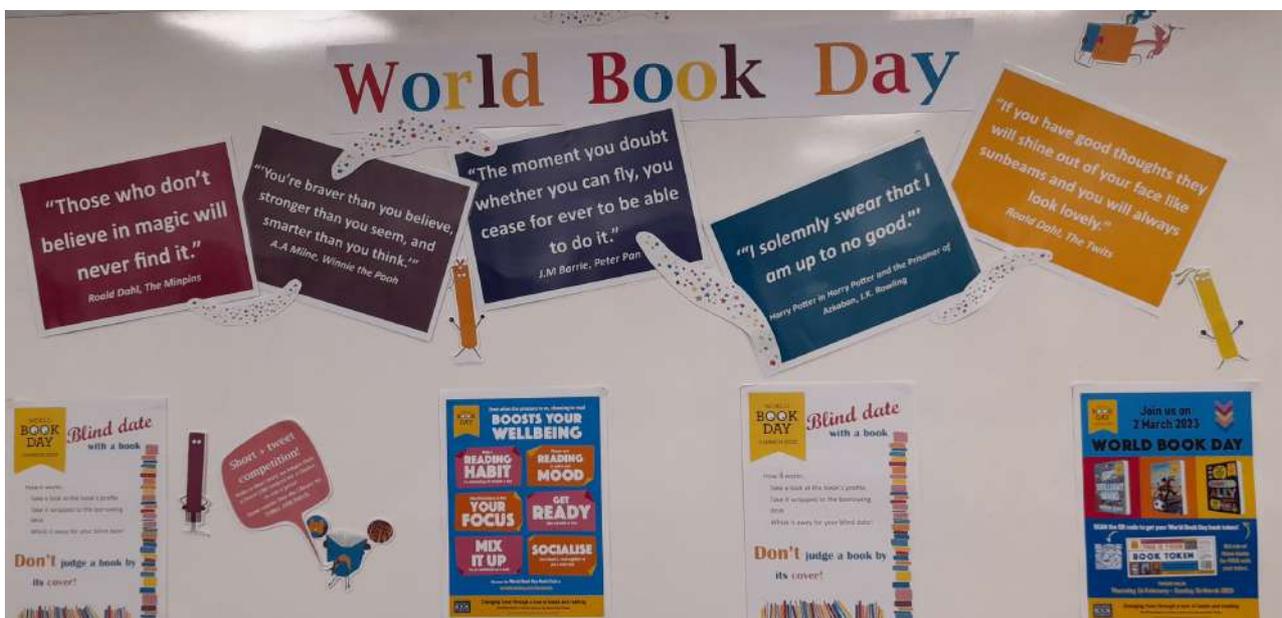
YOU ARE A READER!

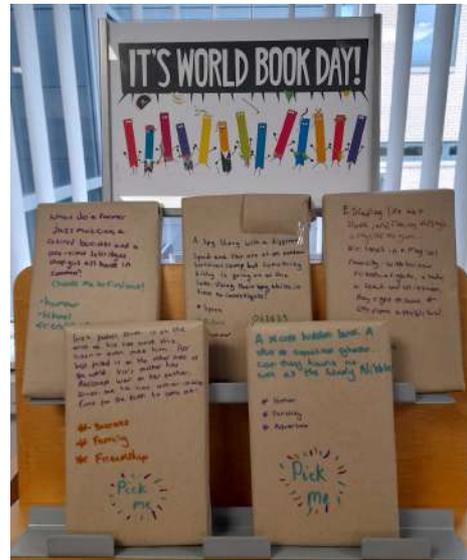
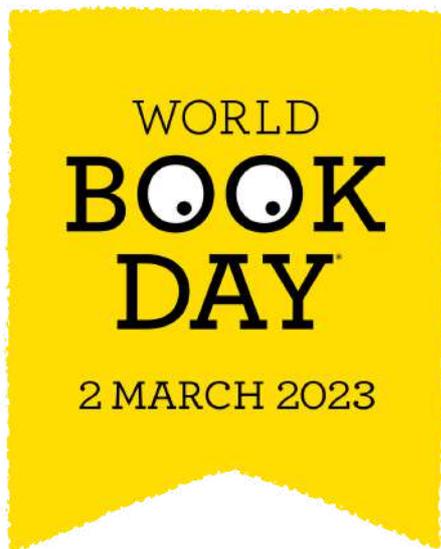
By Holly Arber

On Thursday 2nd March 2023, along with millions across the world, we celebrated World Book Day. This day celebrates the power and beauty of reading, especially as young people.

Some of you will remember dressing up in primary school. This is the usual way to celebrate, but some schools do even more! This year, we had a blind book date, where different books were wrapped up and given to people. The twist was that you didn't know which book it was! Key hints of the book was written on the wrapping to show what it was about, to encourage choosing a book based on the genre you like (e.g. horror, adventure, romance).

In form time, year 7 students received a booklet filled with activities, writing spaces and favourite costumes that the teachers wore. In addition, the Rastrick Readathon was an activity many students participated in. The challenge was to read as much as you can for six weeks, reviewing the books as you went. This was rewarded by achievement points and prizes!





The library was brilliantly decorated by students including a display featuring quotes on the importance of reading of some famous books. This was inspirational for many who entered the library throughout the day. Finally, lots of teachers across different departments within school dressed up as characters from books, including some of my favourites: Miss Brown as Little Red Riding Hood, Mrs Liburd as Dorothy and Mr Brown as an Oompa-Loompa.

Interesting facts about World Book Day:

- World book day started in April 1995.
- The average person reads 10 books per year!
- Over 100 countries celebrate this special day.
- There are over 129 million books in existence.
- This year's 'World Book Country' is Ghana.



Tips to ace assessments!



Exam season is fast approaching, and with it, natural levels of increased pressure and stress. It is vital that preparation is successful and healthy.

Aside from year 11 students, assessments and mock exams can also feel pressurising, so hopefully these tips will keep you calm and help you to ace those assessments!

1: **DRINK WATER** This will increase brain activity and overall health. In addition to this, drinking water helps to clear skin and prevents dehydration!

2: **GO FOR WALKS IN BETWEEN STUDYING** This activity increases memory and additionally challenges your mind during active recall.

3: **SELF CARE** As well as being a fun thing to do, self-care like meditation and skincare as well as listening to music and taking some time to relax can take your mind off any stress.

4: **CONNECT WITH OTHERS** Connecting with other people can help you in many ways. You could study together so you are productive and encouraged by each other. Another way connecting with others can relieve stress is because you can share your emotions with each other and communicate your feelings.

5: **SLEEP** Although not too much. Your brain needs rest so it can learn more the next day.

MRS SUNDERLAND FESTIVAL

By Lucy Appleyard

Rastrick were represented once again by our fantastic choirs at the prestigious Mrs Sunderland Festival.

Mrs Sunderland is an annual music festival that takes place at Huddersfield Town Hall. All three of our choirs (junior choir, senior choir, and chamber choir) participate. Rastrick High School have competed at Mrs Sunderland for over 25 years.

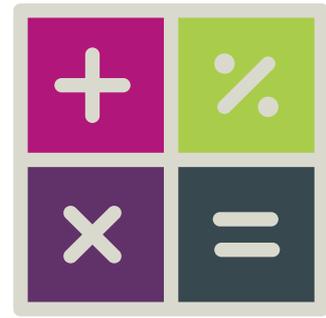
The Mrs Sunderland competition began in 1889 therefore it has been running for 134 years! The competition was named after a famous soprano from Brighouse called Suzanna Sunderland. This year, the adjudicator was Marylin Davies. Marylin was the adjudicator of Mr Rhodes when he was a teen!

Our chamber choir came 3rd place, junior choir also came 3rd place and senior choir came 2nd place. Overall, Mr Rhodes was very proud and said all the choirs performed extremely well.

In March, the senior choir (pictured below) performed at the regional Music for Youth Festival, receiving fantastic feedback from mentors.



MATHS CLUB



By Phoebe Lush

This term, Maths students from years 8 and 9 have been given the chance to stretch their mathematical brain further and work on harder maths problems they may not visit in their lessons.

In this club, the students have been given many maths problems to solve and have entered a competition. This competition gives students the chance to be creative with their problems and show how they found the answer in a poster. This is a brilliant competition and to be able to qualify, all the students taking part had to present their posters in front of Headteacher, Mr. Williams, and Assistant Headteacher, Mr. Jeffrey. After all the students had shown their presentations, the teachers had to choose five of the best posters to send off to the Edgehill University where the first cut would be made.

Even though this was original plan to do, we have done lots of other mathematical problems and they have all been very hard, (some harder than others) but it has all been very fun and well worth the time. I cannot wait to see what other competitions we can enter as a school in this maths club.

Rastrick's inaugural Culture Week!

Earlier this term we celebrated Rastrick's first Cultural Week. We recognised and shared the aspects of our different cultures with other students across school, promoting our diversity, identities and traditions.

During the week, we used our form time sessions to address topical issues, including activities such as show and tell and a Worldly Wise session planned by students. This sparked positive discussions around culture and heritage, and drove our appreciation for diversity.

Students have been learning about the importance of diversity through last half term's PSHE lessons as well as learning about the importance of Protected Characteristics.

By Jessica Emsley

Rastrick High School proudly has pupils who belong to 15 out of the 17 cultural groups according to the Department for Education.

What is culture?

The identity of a group of people in society that share the same beliefs, traditions, and practices. Culture includes beliefs, language, customs, rituals, religion, food, art, and music.

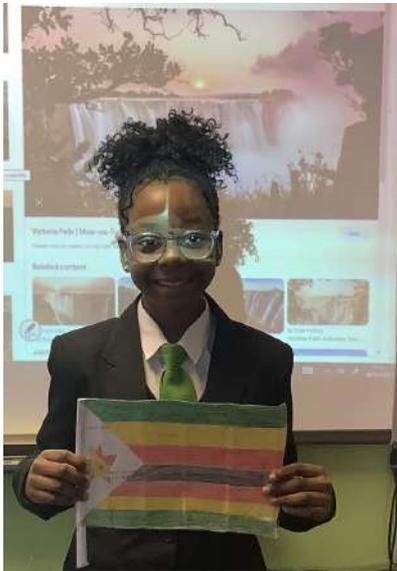
What are the protected characteristics?

Age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation.

To give students a platform to share and celebrate their own cultures, we hosted a range of activities across the week.

These included an in-form show and tell, student-led assemblies to highlight diversity across year groups, and even a fashion show in Year 11's assembly!

The whole week was a roaring success!



Year 9 Holocaust tributes



Year 9 have been studying the Holocaust in their History lessons. As part of their course they were asked to complete a short project entitled 'The Power of Words'. The brief was to choose an individual or particular group of individuals who were victims (or resisters) of the Holocaust.

Students were required to select and independently research a suitable subject outside of lessons. The presentation of the project was up to them but they were encouraged to take a more creative approach. The idea was not to have extended writing – words can often have more impact when fewer are used. In this article, we are celebrating some of our students' fabulous projects, including some commentaries alongside.

Mr George, Faculty Achievement Leader, Humanities



'For the project I chose to weave. I used quotes from two protest groups (the White Rose Group & the Edelweiss Pirates) along with some symbolic words. I have done this to show how the groups helped through the war – how the light is woven into the dark. Even though during the Holocaust when millions suffered and dies form Nazi policies, it's enlightening to know that youths took a stand against tyranny.'

Verity G-S



'When I was given the Holocaust history homework I knew about the persecution of the Jewish people but I did not know anything about the Romany people. Whilst researching on the internet I saw a picture of a girl and I started to read about her. She was called Settela Steinbach. Personally I found this interesting because she wasn't very well known, and I was shocked to find out she was only 9 when she was killed by the Nazis in Auschwitz. She must have been so scared.'

Sophia S-E

'I chose the topic of homosexuals affected by the Holocaust. I showed this by laser cutting some triangles with the names of both victims and survivors of the Holocaust and either the year that they died or the fact they survived. These were all held together in a little pink bag. The bag and the triangles are meant to represent the pink triangles homosexual victims were labelled with. From my research I have also learned that ignorance and stigma around homosexuals especially at the time have caused many to be forgotten, ignored and eventually lost to time.'



Getting Worldly Wise!

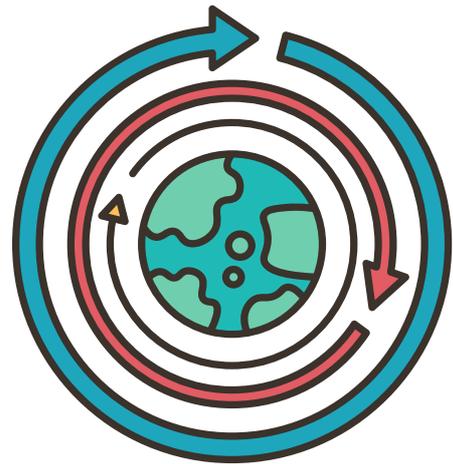
By Chloe Ayres

As part of our form time personal development programme, each week we study Worldly Wise.

This focuses on something that is relevant in the wider world, giving us more knowledge about things happening all over the world.

Some of the topics we have studied recently are de-extinction, Turkey earthquake, influencer culture, Harry and Meghan and Anti-Bullying week.

Each session we have a current affairs quiz, information on the specific topic, and a debate, giving us a chance to share our opinions.



It is very important because we need to know more about the wider world, especially as we get older. Many students research the topics we have discussed after the sessions to learn even more.

Students also have the chance to give ideas for future lessons, making it even more exciting.

Ask the teacher...



By Coen Carlton

Each issue, we ask our teachers the important questions.
For this issue, we asked 'What is your favourite food?'

**Mushroom
Lasagna**

Mr Cooper

Pizza

Mr Moran

Steak

Mrs Liburd

Sushi

Miss Wisniewski

Vegetable Pizza

Miss Dyer

Curry

Miss Hinchliffe

Sunday Roast

Mr Greenwood

Pasta

Mrs Gray

English Breakfast

Mr Lander

Staying Safe!

By Clara Hathaway

Crime has been an issue throughout history if it being stealing an apple from a market in the Victorian era, to a kidnapping in a foreign country, It's important to be aware of different crimes, and how to ensure your safety at all times!

Crime rates rose by 8% from 2021 to 2022, and although the majority of offences occur in big cities across the UK, it is important to be mindful of offences.

The most common crimes in Calderdale in the last three years have been violence, antisocial behaviour and criminal damage. Other less common crimes include theft, burglary, shoplifting, fraud, and drug offences.



How can you stay safe?

Here are some top tips to stay safe when you are out and about:

- If walking alone, be aware of your surroundings by not looking at your phone continuously or not having earphones in on a loud volume.
- If you see anyone who looks dangerous, immediately message or start to call someone you trust for example a parent/guardian, a sibling or a close friends.
- If you are travelling to school, tell a teacher if something has happened and if you are walking home tell your parents.
- Keep any possessions safely away in a bag or zipped pocket.
- Particularly in the dark, ensure you aren't out alone.
- Keep your phone charged to contact people if you need to.
- Don't speak to, or accept anything from a stranger.
- Lock doors when you are at home.
- Never share personal passwords.
- Make sure your privacy settings are as strong as possible on social media, and don't accept any requests from people you don't know.
- Never post your current location on social media.

2023: A year of strikes

By Natasha Quashie

Around the country for the past few months there have been many strikes: train drivers, nurses, teachers, and ambulance drivers. These have caused disruption in our lives; however, it is not entirely their fault. The main reason workers have been on strike is for better pay or improved conditions.

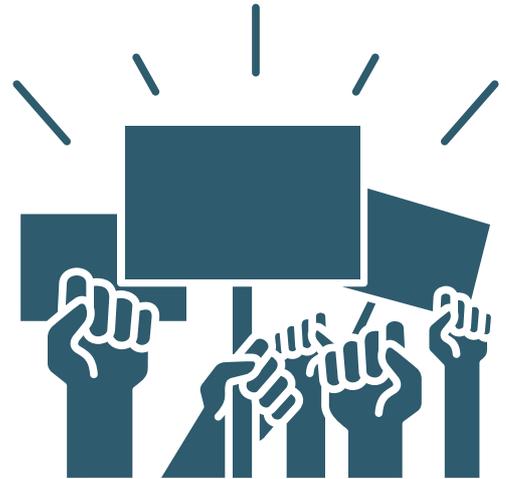
Many workers are part of a trade union who will negotiate for pay rises, conditions and more. You don't have to be part of a union, but it is beneficial if you are. For railway worker their main union is the RMT (Railway, Maritime and Transport Union), for teachers it is the NEU (National Education Union) and for nurses it is the RCN (Royal College of Nursing).

Railway Strikes

These strikes have been going on since last summer and workers have still not been given a high enough raise to keep up the cost of living. 40,000 members of the network rail have struck on the 16th of March. They are striking for pay, conditions and security. They have been given an offer of a 4% pay rise but have rejected this offer as it hasn't been described as "substantial".

Nurses, midwives and ambulance staff

Due to the lack of nurses, patients in only very serious emergencies will be sent an ambulance such as those in cardiac arrest (heart stopping). Any minor injuries are unlikely to get 999 care. Appointments made at hospitals will likely be affected. The unions want a 19% increase in pay and have so far been given a 4.75% pay rise.



Teachers

On the 1st, 28th February and the 15th and 16th March this year, teachers who were part of the NEU went on strike. During the strikes any exams that are happening were rescheduled. In 2022, teachers got a 5% pay rise in England and Wales.

How does this all affect us?

These strikes may mean that people may not be able to get to jobs, people who may need medical help won't necessarily get it as soon as they might usually and children are missing out on education due to strikes. This disruption is the intention of the strikes, and will hopefully result in change by mutual agreements.

Collapse of the NHS?

By Nathan Rowley



Since the start of the coronavirus pandemic in 2020 the NHS has been suffering a catastrophic downturn. When the Covid-19 pandemic hit the UK, an underfunded NHS struggled to sustain the surge of patients needing in hospital care. They demanded more money of the government which they refused.

Reasons for quitting

Due to the rampant disease many nurses and doctors quit their profession to protect their families and support their children during online learning. This hindered the NHS as long term skilled workers left for personal issues creating vacancies that new recruits couldn't possibly fill.

Another reason NHS staff left their profession was the meagre salary they collected. With nurses only being paid in a range of £20,000 - £50,000 which is underwhelming as they must spend over 4 years in university leaving huge debts, just to be out paid by lower skill jobs that do not even require a degree. Due to the strain on staff, many have had to work long hours in over-capacity situations and patient backlogs.

My solution to the issue

The nurses should continue their fight until they get the 10 percent pay rise they are demanding and should acquire more sustainable hours with a better mix of night shifts and day shifts to allow nurses to properly rest while also seeing their families. These doctors, nurses and other healthcare professionals deserve better treatment by the government and proper acknowledgement by everyone. We should praise our heroes during covid and treat them as they deserve to avoid the collapse of the NHS.

ELON MUSK: Is his success real?

By Isla Uttley

You may have heard of Elon Musk buying Twitter and Tesla, but was all this success him or was there scandal and lies along the way?



Tesla

Musk has been accused of stealing Tesla from another person and not actually being the founder of Tesla. This could be possible as he was born into a rich family so he could have just bought it out. This also wouldn't be the first time this would happen in a big corporation. Steve Jobs supposedly stole the design for the first apple computer from a company called Xerox. Musk isn't self-made as well so he has had a unfair advantage when it comes to his head start in business.

However, Elon Musk is a very smart man with bachelor's degrees in physics and economics. He also launched and landed a rocket.



Twitter

Musk has recently bought Twitter and unbanned people such as Donald Trump and Kanye West in his campaign for free speech. Lots of these people were rightfully banned from Twitter so if they were unbanned, they could send lots of hate towards marginalised groups or spread fake news.

Covid

Elon Musk has also said a lot of things about Covid such as 'people worrying about Covid are dumb' and that March would have zero cases which we know is far from correct. This is concerning as many people trust him and his opinion as he is rich.

Elon Musk's power is undeniable, but how ethical and 'self-made' he actually is, remains a real question.

PRIME PRICE?

By Alex Fielding

An energy drink has hit the headlines this year. Yes, you read that right. The popularity of Prime among young people has resulted in shortages, shop brawls and high prices.

Prime is a hydration or energy drink that has risen to fame this year. Launched by YouTube stars Logan Paul and KSI, the popular beverage has sold millions of bottles across the UK. It is coconut water that tastes like the aftertaste of skittles but added with whatever flavour you bought.

Stores like Aldi and ADSA are being wiped clean of Prime due to the popularity. The reason it has become so popular is due to it being sponsored and advertised by KSI and Logan Paul. KSI is one of the Sidemen, a group of people on YouTube that many of our readers may be subscribed to. Logan Paul and KSI had a boxing match back in November 2019. They said the drink was a display of “what can happen when friends and enemies work together”.

When attempting to purchase prime, do not try to buy it on eBay or any other website except Prime’s official website, as fake bottles are doing the rounds. Also, shops have been charging ridiculously high prices, while it is just £2 in supermarkets.



Here’s how to tell if your Prime is fake:

BUMPS ON THE BOTTLE: the genuine bottle has three bumps on the side, the faker has only two, one on the top and the bottom.

ABOVE AND BENEATH: speaking of top and bottom, the faker’s cap might sometimes not match the colour of the wrapper, and the bottom has no bumps on it and looks like the inside of a lemon.

Finally, I rate it 8/10, mainly because it tastes like flavoured coconut water, but yet it still has a bit of a zing to it.

What do you think to Prime?

Devastating disaster quakes Turkey and Syria

By Daisy Wingate



As you have probably heard, in the early hours of 6th of February 2023 an earthquake hit Turkey and Syria, leaving many without homes.

It has been confirmed that there were over 55,000 deaths and well over 100,000 injuries caused by the earthquake between Turkey and Syria.

Deaths reported in Turkey - 48,400

Syria - 7,200

As you can tell from the number of deaths in each country, the earthquake has impacted both Turkey and Syria but mainly Turkey.

How has the earthquake impacted Turkey?

The natural disaster has damaged a lot more than just the homes of people who live there, but also destroyed energy facilities, infrastructure, transportation and much more. It has also left many suggesting that Turkey now has a fragile economy. Lots of citizens of the impacted places are not living in a safe place. Most are sleeping in tents, some of which don't even have tent walls, just a roof. As you can imagine, people who have suffered through the earthquake have a shortage of clothing and other essentials, therefore they're getting quite cold given that it's the winter months.

What is the UK doing to help?

The UK has sent a critical care air support team and transport aircraft to Turkey to transport patients from the most impacted areas hit by the earthquake.

Our sports stars...

By Harry Sibley

- We recently had interform competition, during the Y11 mock exams, which was a huge success.
- Year 9 girls footballers have been super successful. They have made it all the way to the Calderdale league finals. The match would be on the 14th of March, but it was cancelled. The rearranged date is TBC.
- Our girls rugby team participated brilliantly in a tag rugby festival.
- Year 8 boys footballers won the first round of their cup competition 11-0, with the girls team winning 7-0!
- Our other football, rugby and netball teams have been very successful this term.
- Many of our students thoroughly enjoyed travelling to watch a netball game between Manchester Thunder and Loughborough Lightning.



IN FOCUS: STREETBALL

By Jamie Ewart

Streetball is a form of basketball, played on outdoor courts and having a less formal structure and enforcement of rules. It allows players to publicly showcase their own individual skills.

How would you start playing?

I became interested because I started playing at the end of Year 7 and I thought it was really cool and so I decided to get a basketball and play a lot and practise until I improved.

What are the key skills?

The key skills are dribbling the ball away from opponents or up the court, passing to teammates or friends, shooting (both from distance and near the basket), and my favourite, rebounding!

What do you enjoy the most about it?

I enjoy all of the different types of shots in the sport: lay-ups, dunks, distance shots, jump shots, hook shots, and back board shots.

Who is your favourite basketball team and player?

I love the LA Lakers and LeBron James who is a legend. His slam dunks are insane!

**What would you like to see
'in focus' in our next edition?**



Full series review: Dancing on Ice

By Phoebe Lush

This ice-skating show is the greatest show on ice. Every year, 12 new celebrities take foot on the legendary ice. Week by week someone will be eliminated so the pressure is certainly on. They will be judged by member of the Diversity dance group, Ashley Banjo, professional dancer and 2-time Strictly Come Dancing winner, Oti Mabuse, and the greatest ice dance duo of all time, Jane Torvil and Christopher Dean. Each judge scores out of 10.

Week 1 – The competition begins for the first 6 celebrities. They are Patsy Palmer, Ekin-Su Cülcüoğlu, Joey Essex, Siva Kaneswaran, Michelle Heaton, and Nile Wilson. It was a brilliant show with Nile Wilson top of the leader board with 29.5 followed by Joey Essex with 27. However, on the other side of the leader board we had Michelle Heaton with 19 closely followed by Pasty Palmer 21 and Ekin-Su with 21.5. In the end, the couple who would face the skate off was Ekin-Su and her partner Brendyn.



Week 2 – The competition now begins for the final 5 celebrities. They are Mollie Gallagher, The Vivienne, John Fashanu, Carley Stenson, and Darren Harriot. The show included a beautiful skate by Carley Stenson who shot to the top of the leader board with a massive 32/40 followed by The Vivienne with 28.5/40. Facing the skate off against Ekin-Su was John Fashanu and his partner Alexandra Schauman. In the end, it was English Footballer John Fashanu who was the first contestant to leave the competition and everyone else skated their way into Musicals Week.

Week 3 (Musicals Week) – Musicals week was full of glitz and glamour along with romance and drama. Flying their way to the top of the leader board with Chitty Chitty Bang Bang was Nile Wilson with a humongous 33.5/40. For only their second skate that is an incredible score. They were closely followed by Carley Stenson and The Vivienne both scoring 32.5. Ending up in the skate off was Michelle and Lukasz vs Patsy and Matt. Ekin-Su survives for another week. Both couples gave it their all, but curtains closed on the rink for singer Michelle and Lukasz who said goodbye at the end of the show.

Week 4 (Dance Week) – Breaking the top score of the series with 34/40 was Nile Wilson with an epic street dance inspired routine. The leader board was tight at the top and the bottom, but with week 5 approaching, it was Patsy and Ekin-Su who faced each other in the skate off. In the end, week 5 was just out of reach for Love Island star Ekin-Su. After 4 great routines, the time had come for her journey to end.

Week 5 (Icons Week) – 8 couples took to the rink to take on icons in the music world. Entertaining the crowd to the maximum was Nile Wilson who scored the highest score of the series with 36/40. He was closely followed by Carley Stenson, The Vivienne, Joey Essex, and Mollie Gallagher, all who scored between 34 and 30.5. Siva Kaneswaren was taken ill and was not able to skate at the weekend but would return next week. The viewers' votes were combined with the judges scores to decide who would face the skate off. Darren and Patsy both skated brilliantly but sadly leaving the competition was actress Patsy Palmer who missed out on the chance to skate in the movie week special.

Week 6 (Movie Week) – Lights, camera, action! There was everything from Mary Poppins to High School Musical and Mission Impossible. Magicking their way to the top of the leader board was The Vivienne, performing to supercalifragilisticexpialidocious from Mary Poppins, and Carley Stenson, performing to You've Got a Friend in Me from Toy Story. Both scored a huge 36/40. The two couples facing the skate off were Siva and Darren. It was a hard battle between the two, but the story came to an end for comedian Darren Harriott. 6 couples remained heading into week 7.

Week 7 (Props week) – It's a tricky week for the celebrities because this week they must work with unpredictable props. Some celebrities excelled and got very high scores. They were Nile Wilson with 37.5, Joey Essex with 36.5, and The Vivienne with 35.5. In the end, it was Siva and Carley that ended up in the skate off. The fight was tight. Carley had a very strong routine with complex choreography but a few mistakes and Siva had a very simple but well-executed routine. The judges came to a unanimous decision and unfortunately, after topping the leader board twice, it was former Hollyoaks actress and singer Carley Stenson that left the competition after such an incredible run.

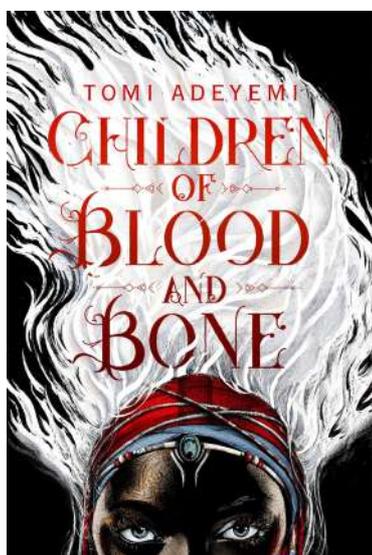
Week 8 (Semi-Final) – Who rose to the challenge and made it to the final and who got eliminated after the double elimination? First up for the contestants was their solo skates. They were all in the same routine and the judges scored 5 points for first place all the way down to 1 point for last place. All the contestants did a good job and these were the results from the judges. 5th place was The Vivienne after a nasty fall in her performance, 4th place was Mollie Gallagher, 3rd place was Siva Kaneswaran, 2nd place was Joey Essex, and 1st place was Nile Wilson. These points would be added onto their overall score that they receive for their second skate. The results for their second skates are as followed. Nile Wilson got the first perfect score of the series which was 40/40, Joey, Mollie, and Siva all skated against each other and in the end coronation street actress Mollie Gallagher and The Wanted star Siva Kaneswaran were the two couples who left the competition. We have our finalists! Joey Essex, Nile Wilson, and The Vivienne,

The Final - All of the performances were all amazing, but it was time for the cut-throat part of the night. This was the elimination for the final two to skate head-to-head. Unfortunately, after an amazing and incredible run in the competition, it was drag queen The Vivienne whose time came to an end before the final skate. Before the winner was crowned, they had to take on the iconic bolero that Jane Torvil and Christopher Dean performed that gave them the Olympic gold medal. There is a lot of pressure to do really well on this performance. Both finalists did brilliantly to secure the title but only one could win. After 10 gruelling weeks of competition the winner was crowned, and that couple was... Olympic gymnast Nile Wilson and his professional partner Olivia Smart. Therefore, the runner up spot went to reality star Joey Essex and professional partner Vanessa Bauer. They congratulated the winners after spending so much time with them. The time had now come for Nile and Olivia to hoist that trophy up high, and they were crowned the winners of Dancing on Ice 2023!



Pick up a book this spring

Recommended reads by Daisy Wingate!



'It's a very unique book and personally I've never read anything like it before. 5 stars!' - Reviewed by Harriet Lester

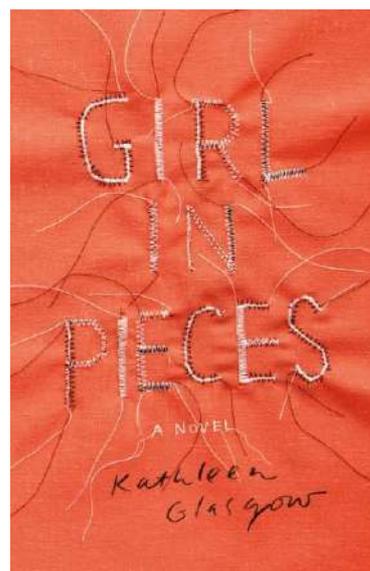
In this world there are people who could use magic, but the 'ordinary' people fear their power. However, the main character, Zolie, goes on an adventure to try restore the magic.

Recommended for Year 9, 10 and 11

**'Incredibly emotional and a real rollercoaster. 4.5 stars!!' -
Reviewed by Jessica Emsley**

This novel is about a girl who has just been released from a psych ward and is recovering from self-harm.

Recommended for Year 10 and 11 (Warning - sensitive themes including self harm)



Have you got any recommendations? Pass them on to your English teacher for the next issue!

Quirky creatures... you probably haven't heard of!

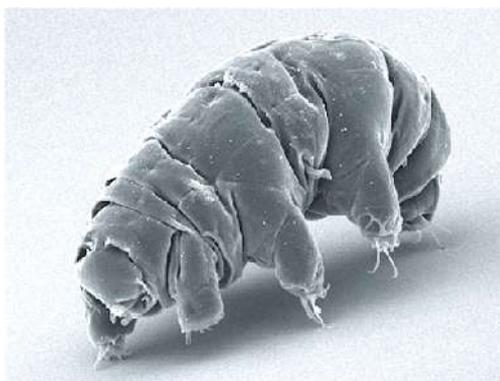
By Harriet Lester

The **Slow Loris** is closely related to the more commonly known Lemur. It has large eyes due to the fact it is nocturnal. An interesting defence feature of the Slow Loris is its poison glands on its elbows. When it feels threatened, it raises its arms and licks its elbows giving it a poisonous bite. Its bite is severely painful and causes illness, sometimes death in extreme circumstances.



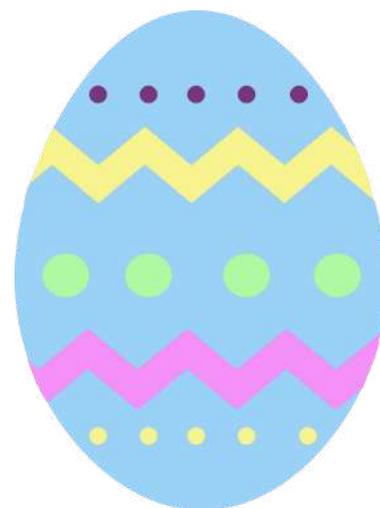
The **Mantis shrimp** has the strongest punch out of any creature in the animal kingdom with the ability to easily knock out a human. Despite their small size, they can hit even harder and faster than a bullet with the capability to slice clamshells with ease and slice a human finger to the bone at a speed of over 60-miles-per-hour. Mantis Shrimps also have 12 colour receptors which is more than humans so they can see colours we can't!

At first glance a **Wood Frog** may appear as ordinary as any other relative of the amphibious species. However, it has one unique characteristic. It enters hibernation when the first ice hits. A wood frog freezes its skin and then defrosts itself later in the year. It isn't optional to freeze its organs though as it would simply die due to dehydrated cells.



The tardigrade (or water bear) is a tiny, 8-legged animal discovered by German zoologist Johann August Ephraim Goeze in 1773. Most range from 0.3mm-0.5mm making them incredibly hard to see. Tardigrades have a diet of algae, moss, flowering plants, and other plant matter. They are strange looking animals since they have long hairs along their body which act like whiskers.

EASTER TRADITIONS



By Sofia Capone

For many people, Easter is primarily a family celebration with Easter egg hunts, chocolate Easter bunnies and colourful eggs. People often forget that for Christians, Easter is the oldest and highest festival in the church year.

In the UK, it is common to invite family and friends for Easter Sunday lunch, and the traditional Easter Sunday meal is a lamb roast.

In Christianity, Easter Sunday marks the Resurrection of Jesus three days after his death by crucifixion. For many Christian churches, Easter is the joyful end to the Lenten season of fasting and penitence.

Many Christians worldwide celebrate Easter with special church services, music, candlelight, flowers and the ringing of church bells. Easter processions are held in some countries such as the Philippines and Spain. Many Christians view Easter as the greatest feast of the church year.

The main things associated with easter are the Easter Bunny, Easter eggs, Easter parades, lamb and other traditional foods and flowers such as lilies.

The origin of the Easter Bunny dates back hundreds of years, beginning in pre-Christian Germany. Here, the hare was said to be the symbol of the Pagan Goddess of Spring.

Cadbury's make 500 million Creme Eggs every year! If you piled them on top of each other, it would be 10x higher than Mount Everest. The Birmingham factory produces 1.5 million Creme Eggs every day, and the Creme Egg is the most popular egg-shaped chocolate in the UK.

The city that never sleeps!

By Coen Carlton



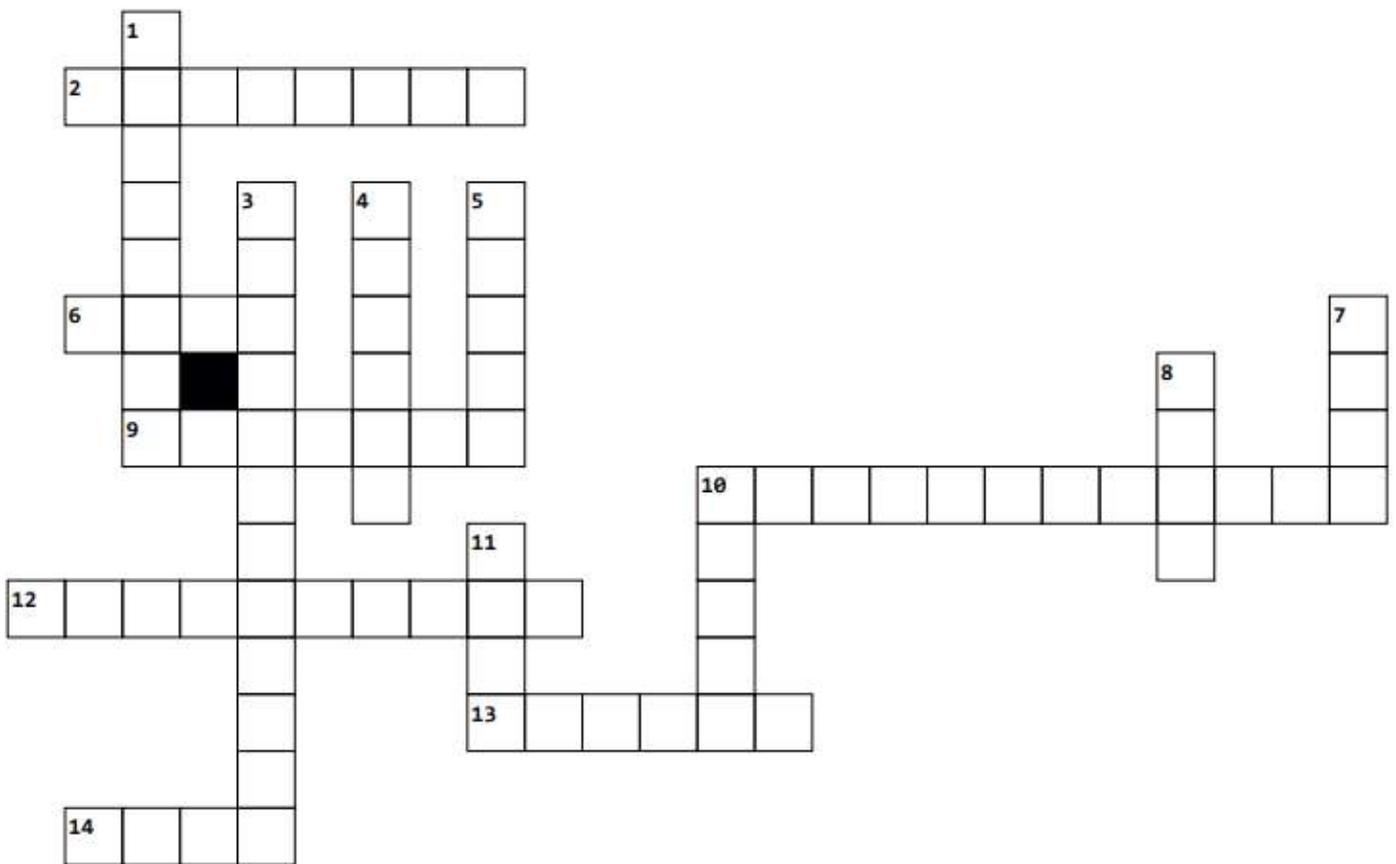
New York is known as the city that never sleeps, shops do not close, and the sound of cars are non-stop. It is hugely famous around the world for its stunning landmarks such as the Empire State Building, Times Square, the World Trade Centre, Statue of Liberty and Central Park.

If you ever get the chance to visit this iconic city, I encourage you to go, as it is an amazing experience. The memories will last for a lifetime.

In 2001, New York suffered a terrorist attack in which would end hundreds of lives. Two planes hit the legendary Twin Towers, causing many to die on impact or unable to leave the building. This event changed the world forever.

Despite all of the heartbreak and tragedy, the city united in its pain. Each year on the anniversary, the world remembers those who lost their lives but also the heroes that risked their lives to save others. Michael Hingson, a blind man, was stuck on the 78th floor in the north tower. His heroic guide dog risked its life and led the man down to safety.

Easter Crossword



Across

- 2. The name of the cross Jesus died on
- 6. Period of 40 days before Easter
- 9. The Easter bunny originates from this country
- 10. Traditional Easter religion
- 12. Name of the Sunday before Easter
- 13. The phrase goes 'Don't put all your eggs in one...'
- 14. Chocolate treat

Down

- 1. Biggest selling chocolate egg in UK
- 3. Traditional baked food for Easter
- 4. The day Easter is celebrated on
- 5. Easter mascot
- 7. Easter flower
- 8. Game to play with the eggs
- 10. Easter island belongs to which country?
- 11. Traditional meat served at Easter

Easter Jokes



Jokes by Coen Carlton

Q: Why did the bunnies go on strike?

A: Because they wanted a better celery

Q: What do rabbits say before they eat?

A: Lettuce pray

Q: How does the easter bunny keep his fur nice?

A: He uses "hare" spray

Q: How do you make easter easier?

A: Replace the T with an I

Q: What do you call an Easter egg from outer space?

A: An egg-straterrestrial!

Q: What did the magician say after the rabbit vanished?

A: Hare today, gone tomorrow.



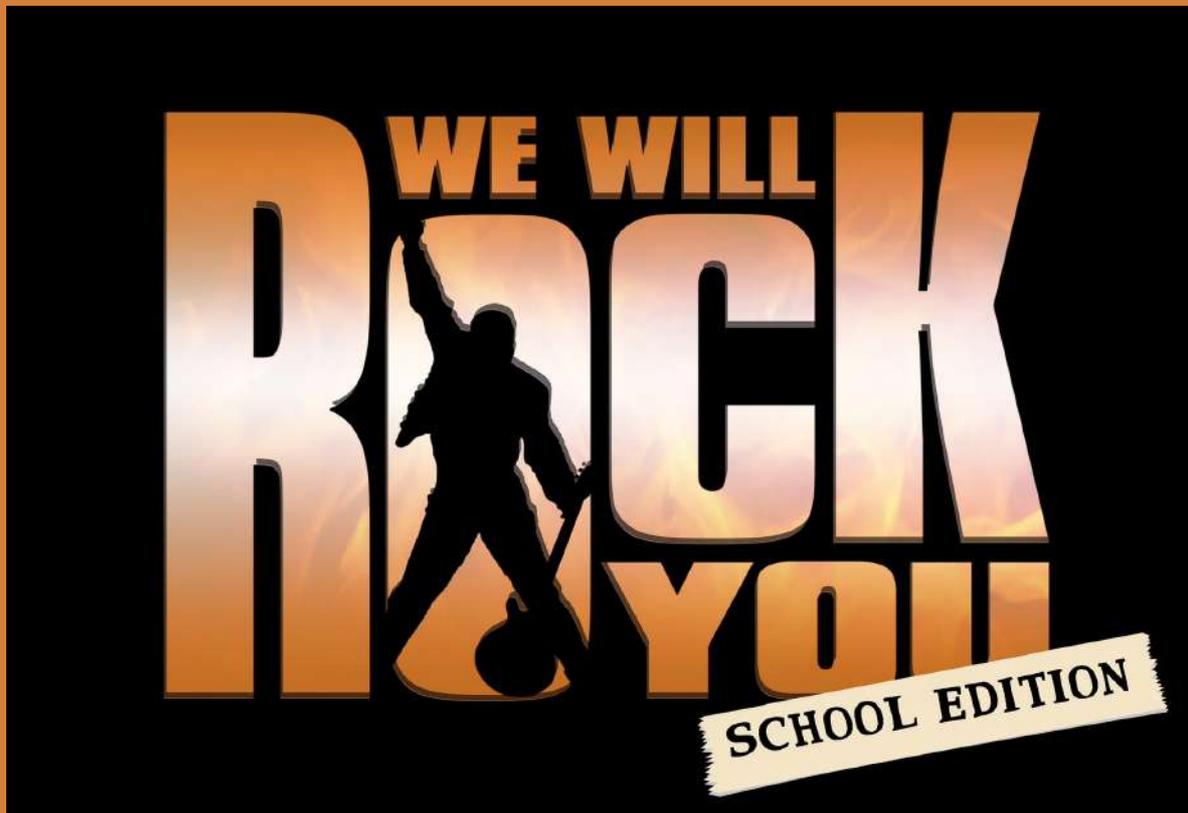
Rastrick Wordsearch

By Jamie Ewart

S	C	C	E	D	Y	S	N	S	E	T	S	A	L
E	C	H	H	I	G	D	O	N	X	I	N	I	E
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HUMANITIES
LEADERSHIP
DIVERSITY
RASTRICK
LANGUAGES
MATHS
SPORTS
ENGLISH
SCIENCE
SUCCESS
TECHNOLOGY
CHALLENGE
OPPORTUNITIES
EXCELLENCE
LEARNING
AMBITION
FRIENDS
RIGHTS
FORM

Coming soon...



After last year's success of Legally Blonde, we're delighted to officially launch our production of We Will Rock You the Musical School Edition, coming to Rastrick in November 2023.

Expression of interests are now open and all information for parents and students can be found on Parent Mail or on our website rastrick.polarismat.org.uk/musicals.

Term Dates

2022-2023

September

M	T	W	T	F	S	S
		1	2	3	4	
5	6	7	8	9	10	11
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October

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31						

November

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February

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March

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April

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May

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June

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July

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31						

August

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21	22	23	24	25	26	27
28	29	30	31			

■ Holidays ■ Training Days

Get involved with

THE RASTRICK READ

Our next issue is due to be released in Summer.

To get involved, sign up on Parent Mail to attend sessions on Monday's after school in LRC3.



- Insight into journalism.
- Opportunities for reporting, interviewing, editing, production and much more!
- Your name in a published magazine!



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