



# BROWHEADLINE

THE WINDER HERE AND NOW

**A newspaper for the school, but most importantly, for the STUDENTS.  
BrowHeadline is proud to bring you issue 3 of the winder HERE and NOW!**

This issue's colour theme is orange; a mixture of red and yellow. This edition is a combination of many different stories and articles to make up a seasonal holiday special. A snowman's nose, a roaring fire, Christingle services\* – whatever the colour orange means to you, we wish you a happy holiday from all of the BrowHeadline Team!

\*Christingle service – a rather odd Christian custom of decorating oranges with sweets and a candle, lighting them, handing them to children, and hoping nothing in the church is flammable..



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# BROWHEADLINE

THE WINDER HERE AND NOW



## Meet the team

and enjoy our favourite festive jokes



*Becca Yahya*

Why was the snowman looking through the carrots? What did the stamp say to the Christmas card?  
He was picking his nose! Stick with me and we'll go places!



**AMBER KENNY**

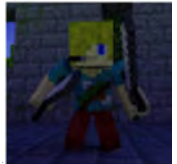
How did Mary and Joseph know Jesus' weight when he was born?

They had a weigh in a manger.

What do Santa's little helpers learn at school?

The elf-abet!

**GRACE LOGAN-STEPHENS**



**FINN GERAGHTY**

Why don't you ever see Santa in hospital?  
Because he has private elf care!

**Martyna Binek**

Why was the turkey in the pop group?  
Because he was the only one with a drumstick

What always says "loh oh oH"?  
Santa Claus walking backwards!

**HENRY WILMOT**



**MAYUMI SINGH**

**Serena Cooper**



How did the bauble get addicted to Christmas?  
He was hooked on trees his whole life!

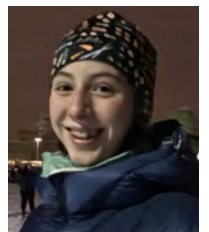
What did the snowflake say to the fallen leaf?  
You're so last season

**ALEX BOUSFIELD**

**JUNO CLOWES**

How do snowmen get around?  
They ride an Icicle."

Why did the turkey cross the road?  
Because it was the chicken's day off



**JULIA VOEYKOVA**

What is Santa's mobile contract?  
Pay as you ho-ho-ho!



**NUALA SANKEY**

**KATERINA SALES**



**LUANA KENNY**

What do snowmen have for breakfast?  
Snowflakes!

*Thomas Nussbaum-  
Richman*

What does Santa suffer from if he gets stuck in a chimney?  
Claus-trophobia!

My grandfather said he's considering getting a tattoo of some rabbits on his forehead.  
Confused, I asked him why... He told me they'd look like little hares from a distance.





# CHRISTMAS FILM

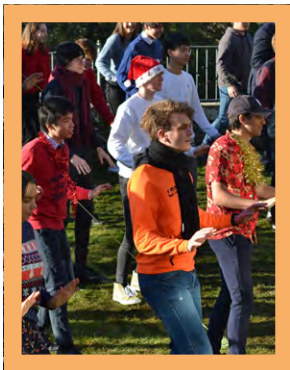
Recently, some TV programmes have been able to resume filming, including Netflix's *The Witcher* who were shooting in and around the Lake District. With all this action and *Shrek: The Musical* postponed until next year, the School was definitely in need of our own film. Originally planned to take place the week 23rd - 28th November filming was brought forward to 19th November so the whole School could take part..

I was curious about what inspired the Drama department to attempt the challenge of the Christmas Film so I got in touch who had came up with the idea for the Christmas Film **"we wanted to create a whole school Christmas Film and a sense of unity and community spirit."** which really shone through on the day!



As could be expected, many challenges came with trying to put together such an ambitious project **"The hardest challenge for the Christmas Film Club Production Team was adapting and changing the concept as more and more Covid-19 restrictions came into place – it certainly was an organic and fluid process!"** - Mrs Hurstwaite.

We were very lucky to have west end professional Ash Johnson back at school to choreograph all the dance and movement sections of the film! It takes an immense amount of skill to choreograph a dance for such a varied group of people who's experience can range from those who have never danced and those who can do triple pirouettes without flinching and the balance worked really well for everyone. I spoke to my fellow Browheadline writer, Amber Kenny who commented, **"we don't look as silly as we felt doing it!"** which perfectly sums up most Christmas performances filmed or otherwise!





During these difficult times, I think that the Christmas Film was very important, especially to those missing the musical. The musical is so important for connection between year groups, confidence building, creativity and general socialising. I definitely felt I was missing this, and I wasn't the only one, **"the school plays are a lot of commitment where as I feel the film was something everyone could do"**- Kirstie Halliday. Similarly, I really enjoyed being able to spend an hour doing a little bit of dance - knowing that it wasn't the musical but also knowing we would one day be able to sing, dance and act together in the future. However, I know that the Christmas Film would mean something different to everyone: a chance to take a break, an hour outside, time to bond with friends. Taking this into account I wanted to really get to the heart of what the Christmas Film was about so I asked Mrs Hurstwaite - **"I hope it makes everyone feel warm, fuzzy, and in the mood for Christmas!"** On this note I would like to wish everybody a happy holiday!



**NUALA SANKEY**



# WINTERTIME AROUND THE WORLD

*HUNDREDS OF MILLIONS OF PEOPLE AROUND THE WORLD, AND MANY IN OUR SCHOOL COMMUNITY, ARE GETTING READY TO CELEBRATE CHRISTMAS. BUT BILLIONS OF OTHERS ARE CELEBRATING DIFFERENTLY, OR NOT AT ALL. THERE'S A HUGE NUMBER OF DIFFERENT CELEBRATIONS HAPPENING AT THIS TIME, BUT HERE'S A SMALL NUMBER FROM AROUND THE WORLD, AND SOME WHICH ARE OBSERVED BY STUDENTS HERE AT WINDERMERE SCHOOL.*



## Hanukkah

Hanukkah, or Chanukah, is the eight-day Jewish celebration that begins on the 25th of Kislev on the Hebrew calendar and this year falls on the 10th-18th of December. Hanukkah celebrates the rededication during the second century B.C. of the Second Temple in Jerusalem, where Jews rose up against their Greek-Syrian oppressors in the Maccabean Revolt. When the Jews reclaimed the Holy Temple on the 25th of Kislev, there was a single cruse of oil that could last one night. Miraculously, the oil lasted 8 days and nights, which is represented by the lighting of the menorah with eight candles total, with one candle added each night of Hanukkah. Often called the Festival of Lights, the holiday is celebrated by the lighting of the menorah, traditional foods, games, and gifts.



# Bodhi Day



Bodhi Day is a Buddhist celebration, on the 21st of January this coming year, that commemorates the day that Buddha, Siddhartha Gautama, achieved enlightenment after fasting and meditating under a Bodhi tree for eight days. After these eight days, Siddhartha came to several enlightened realisations that would later become the principles of Buddhism; from this point forward he was referred to as the Buddha- The Enlightened One. Bodhi Day (or Rohatsu), is celebrated in lots of ways. For many it is a day of remembrance, compassion, and meditation; coloured lights and beads are used to decorate the home and a small fig tree.

## Las Posadas

Las Posadas is celebrated in Latin America by Hispanic Catholics between December 16th and 24th. This celebration is to commemorate the trials Mary and Joseph endured during their journey



to Bethlehem. Las Posadas is a novenario, which is an ancient tradition of devotional praying, consisting of private or public prayers for nine consecutive days.





# Lunar New Year

The Lunar New Year is celebrated in China, and begins with the first new moon of the lunar calendar, and ends on the first full moon, 15 days later; this coming year it will begin on Friday, February 12th. Around 10 days before the new year, houses are thoroughly cleaned to remove any bad luck lingering inside. On New Year's Day, traditionally, there are family celebrations and honouring of ancestors. Family members also receive red envelopes called lai see, containing small amounts of money. Throughout the holiday, there are lion and dragon dances, parades, and fireworks, with the Lantern Festival on the last day of the New Year's celebrations. The Lantern Festival seeks to promote reconciliation, peace, and forgiveness, and Lanterns are used to decorate the house, and traditional foods are eaten.

## Russian New Year's

In Russia, New Year is more important than Christmas and is the time for gift-giving and family celebrations. They celebrate New Years twice, once at the start of the Gregorian calendar (the calendar we use), and once at the start of the Julian calendar, a historic Roman calendar only used by some Orthodox churches. The "New" New Year is celebrated on January 1st, and entertainment, fireworks, and large meals are common. The Julian New Year, called the "Old" New Year, is celebrated on the 14th of January and is a more traditional and relaxed family occasion.



As you can see, there are lots of different celebrations during wintertime, and as a school community we can strive to be more aware of different cultural traditions. We can achieve this by always keeping an open mind, educating ourselves about different celebrations and respecting everyone.

Amber Kenny

# AN ECOLUTION OF CHRISTMAS

HOW TO HELP SAVE THE ENVIRONMENT WHILE HAVING A HAPPY HOLIDAY

Love your Planet



## WHAT ARE WE GOING TO BE READING ABOUT?

- About the tree
- What you really need
- How you can help further

## WHAT DO WE REALLY NEED FOR THE HOLIDAYS?

Being Eco during the December holidays does mean having to sacrifice some traditions. However, some of these things can also easily be achieved but more Eco. For example, try not to use the car on Christmas Day as any walks could easily be done in walking distance from your house and other attractions are shut anyway, meaning cars and switched on lights are the main problems on Christmas day. In the case of an injury or emergency, however, you can use the car. Going back to something I mentioned before, switched on lights, this should be followed everyday. If you are not using a room, then switch off all the lights in that room. But this problem gets worse in December due to decorations being put up. To prevent this, switch the lights off at night and when you are not in the house. There are also special lights that you can hang up that use sunlight to function, or switch to LED lights. The same thing goes for getting energy from renewable sources e.g. solar panels on your roof (although this is currently very expensive).



## WHAT EXTRA CAN YOU DO?

If you want to be extra helpful, then this section can be very useful to you. When wrapping presents, try to use recyclable material, and then recycle it again afterwards. You can also use newspapers to wrap presents and light fires, which makes them a reliable thing to use. Only buy presents if you know they won't just break and go in the bin and that you will use them. You can also try to spread this message to others so they do the same and eventually lots of people will know. If you are going to the extremes, don't bother with any form of lighting decorations to reduce light pollution and carbon pollution (energy from the lights comes from some non-renewable sources, which usually harms the environment by emitting carbon). Another extreme, but still entirely possible, is having less meat during the meal. Farmed animals are more acceptable, but they still take up natural land that can take up the entire ecosystem in some areas, reducing natural habitats. All of these can help support our beautiful environment even more than the previous part.

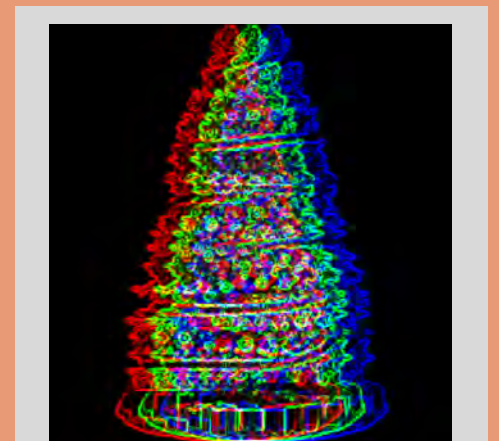
*If you start now, you can set a good example for others as well as yourself and have fun.*

*Hopefully, everyone joins in so we can make the world a better place.*



## WHAT ABOUT THE TREE?

The tree can be one of the least environmental parts of the holidays, but it does not have to be this way. Firstly, turn your lights off when you are not using them. When choosing a tree, real Christmas trees have to be chopped down adding to deforestation and loss of habitat for many animals, and that should be avoided. If you do choose a real tree recycle it afterwards or chop it up for wildlife in your garden. If choosing an artificial tree, try and keep it for as long as possible so you can be environmental and save money at the same time. You could also give someone the present of planting a native tree in their garden. Look after and reuse your baubles as these can be made of plastic, which can cause plastic pollution. This can seriously affect the ecosystem and poison animals. Please be careful when using the tree.





# *Festive Fashion Tips*

In this issue of BrowHeadline I thought I would give you some suggestions on outfits. However since it's winter and it is now officially the Christmas season I thought I would specifically focus on what to wear during the cold British winter months.

## *LAYERING*



As it's so cold at the moment you may want to start layering. Layering is very commonly used to style an outfit, however it can be used in different ways. My favourite form of layering is placing a shirt or a t-shirt underneath an oversized sleeveless jumper. However, there are other ways as well for example layering a collared polo shirt or a polo neck underneath a sweatshirt, this can smarten up what would be a very casual outfit.

## *COLOUR*

Obviously with Winter comes grey weather. So I think it's important to add some colour to your outfit whether it's just a hint, for example layering a colourful collar with a jumper or going all out with a full outfit like this picture. This kind of outfit is called a monochromatic outfit which is also a good way to add colour to the winter months.







# *PATTERNS*

Patterns are a great way to make your outfits more exciting. Some good ways to style patterns are to tuck a patterned jumper into a pair of jeans or trousers, or to try it the other way around by styling a plain top into a pair of patterned trousers. Some examples of my favourite patterns are argyle and horizontal stripes



# *ACCESSORIES*

Another staple I think is important to have in your wardrobe are accessories and boots. Accessories can mean the difference between a well styled outfit and a boring outfit. Some accessories you could add are hats e.g. bucket hats, berets or beanies. You could also add a pair of exciting socks and roll up your jeans or trousers to make them part of the outfit. Last but definitely not least would be to add a pair of boots. Boots are very in style this season and are just a nice alternative to an average pair of trainers. Two ways to style a pair of trainers would be to make them a bit more subtle and wear them with a pair of long wide leg trousers to make them slightly hidden. However, you could also show them off by rolling up a pair of slim jeans so that they are very visible.



By Alex Bousfield



# SELF ISOLATION REFLECTION

Quite a few of us are going to be quarantined after the Christmas break and if you are one of these people, I encourage you to read this article :)

A little introduction: I'm Martyna from Year 12 and because I come from Poland, I need to self-isolate for 14 days once arriving home. Currently, I'm finishing my Autumn quarantine which gave me a new perspective and many new points of view that I want to share with you. I hope you will be inspired and learn things from my own experience and mistakes as well, in order for those of you who are going to be quarantined to do it as happily and pleasantly as is possible :)



*A shot action of me singing and dancing just for myself during quarantine :))*



Don't worry, I'm not going to make a list of productive things to do and skills we can gain during this free time. Let's be honest, we've been being surrounded by this in the media, television and celebrities all the time ;) I would rather "zoom in" on the mindset and show how our behaviour and attitude in isolation is a reflection of who we 'normally' are. More precisely, how we treat ourselves and what kind of thoughts live in our mind.



So, I stopped counting the days until the end of quarantine because I chose to think of this situation as a blank paper on which I could paint whatever I want. Using only favourite, warm and positive colours, I started to be a painter of the past; what it gave me is how bright my future is now and - most importantly - be a painter of my present. Enjoying the moment right here and right now. Doing whatever makes you happy - after all, nobody is watching!

The whole world is for you! :)



*The point is not to wait until good times come but to make this time a good one!*

Although my attitude is mostly bright and positive, at the beginning of quarantine there were only negative thoughts thumping in my head. Until I realised that there wouldn't be any change unless I started to notice that my attitude was the change I was looking for.

If you're happy with yourself, if you enjoy your own company, you don't need anything more. Of course, there is an endless list of good things we can be given by other people since it's maybe the biggest source of our happiness in life, but again - we won't be able to fully receive this happiness from others if we don't feel happy when it's time to face who we are when nobody is watching.



If it wasn't for quarantine, you usually don't have a chance to face what have you created inside throughout the years, because it's so deep and covered by daily issues. We don't realise if our emotional intelligence is so developed and question if we can look into the mirror and not be afraid to look into our eyes and just.. smile.

Because you are **enough**. Because you are **a good person** and you like your own company. Because you are aware that this is **another great experience** that life gives you, even if you are sure that "if it wasn't for Covid, I would be with people having fun right now!!".

Do you think you are missing out on social events and spending time with friends? Anyone also suffer from FOMO here? I know what you feel, trust me ;) I surprisingly found out, if it wasn't for quarantine, **I would otherwise have missed out**.

I would have missed out getting to know me better, experiencing new feelings, having the opportunity to challenge myself;

**Do I** treat myself nicely?

**Am I** creative and active enough?

**Will I** count the days until the end of quarantine or will I count the good things I've done and realise I should thank self-isolation? :)

So, it's about finding answers to how you can happily spend quarantine. Not through a celebrity's advice, books or speeches (they can help and inspire though!) - what you are looking for is inside you and you are building it during life constantly.



**Self-isolation is only a reflection of what you have already built :)**

Moreover, it's a perfect time to care about yourself, go out of your comfort zone and spend some time in self-reflection. This is an excellent occasion to ask yourself questions that nobody has ever asked you. That you have never asked yourself.

Martyna Binek

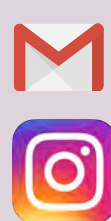
So, I found in myself a flatmate I respect and want to be happy, as I feel for my real flatmates and friends. Because as it turns out, there is no difference - you are also your friend, who deserves the same treatment. Feel confident, feel comfortable, fool around, be calm, whatever makes you happy because that is the best gift you can give yourself - positive thoughts and an honest smile in the mirror :)

*Thank you for reading and I hope this was a little bit helpful and showed you how quarantine can be an invaluable experience!*

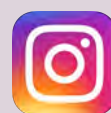
*Although I know positive attitudes can vary - especially in real life. Think about how you can really start to enjoy your own company and how to appreciate what is around you.*

*Here I'm giving you some ways you can contact me :) Please, don't hesitate! If you are in quarantine, if you miss school and people, need company or just want to have a chat - I am here for you! We can talk, share some ideas, have some deep conversations or the opposite; tell funny stories and get to know each other!*

*No matter what age you are, where you come from, what your opinions and points of view are- it would be a pleasure for me to meet you and help with going through quarantine happily :)*



mcbinek@gmail.com



@taparaty\_



koszulafarmera

Don't hesitate. I'm always here for all of you! :)



# Kindness During Covid

Serena Cooper

## KINDNESS

Since the arrival of the corona-virus families have been ripped apart. Social distancing has weaved its way through the world; now as things return to a sense of 'normality' our lives seem to have changed forever. It's never been more important to be kind to people and it's wonderful to see that in most cases the pandemic has brought out kindness in people. It has been wonderful to see the amazing things people have done for others out of the kindness of their own hearts, putting other people above themselves. From 1-100 year olds I hope everyone has played their part in the pandemic. Here are a few people who have done some unbelievably kind things in the last year and what you can do to help.



## What can you do?

You can do pretty much anything! It doesn't matter your age or ability. From running a marathon to writing a novel you are capable of changing someone's life. My advice would be just to get out there and do it before the pandemic is over. Even once it is; there is always someone to help or a charity to support. Nevertheless it doesn't have to be a big thing. It could be checking in on an elderly neighbour-they might need help with their shopping or just want a chat. You don't even have to go outside of your family or indeed your bubble. You could cook dinner for your family or help a sibling with their homework.

Kindness  
is  
Magic

## CAPTAIN TOM MOORE

I'm sure anyone who has watched the news this year has heard of Captain Tom; who's a 100 year old war veteran who raised over 32 million pounds for the NHS. He did this by walking laps of his garden. He served for seven years in World War Two. He inspired many people to raise money for the NHS and has since written an autobiography. He fought in western Burma and after the war was over he returned to the UK and worked as an instructor in the Armoured fighting vehicle school. The fact someone of his age still has such compassion for the world is amazing to see.





## FRANK MILLS

Frank Mills is a six year-old boy with spina-bifida he was inspired by Captain Tom to raise money for Bristol Children's Hospital. He set out with a target to raise 99 pounds and has now raised over 300,000 pounds for the hospital. His target was to walk 10 meters on his walking frame. I think he served as an inspiration to so many kids with disabilities.



## ZANE POWELS

Zane Powels was one of the more unsung people who helped out in the pandemic. He is a teacher in Grimsby and when he first heard that the UK was going into a national lockdown he knew he had to do something to help the poor and vulnerable kids in his area. So, he put on his running gear and every day during lockdown he would deliver free healthy school lunches to the kids who needed it most. He was inundated with support and by the end of lockdown he had given out 7,500 meals, walked 550 k and delivered 4 tonnes of food!



## 10 KIND THINGS

It can sometimes feel daunting to be told to 'be kind' what does that actually entail? Does that mean I have to put a massive amount of effort into it? The answer is no you can do anything. Maria Hallewell-Pearson who was in Year 13 at Windermere last year put together this amazing piece of art 10 things that require zero talent so on the topic of kindness here are 10 kind things that require zero talent.

- 1: Check up on a friend, we live in trying times you never know how people are feeling until you ask them.
- 2: Help someone with something they might find hard that you enjoy or find easy, I don't mean doing their prep for them!
- 3: Thank someone, there are lots of people who are working harder than ever to keep us at school or doing the things you love. Make sure to thank them when you can.
- 4: Smile! A smile can go a long way especially in current times when things are harder than usual.
- 5: Be considerate. Maybe one of your friends is particularly cross today or upset. You don't know what's going on in their lives so try to think of how your actions may be affecting them.
- 6: Make a new friend. If you notice that someone in your year looks lonely go and sit with them, the more people you're friends with the better.
- 7: Make someone a cup of tea! This one's a very british thing to do! It doesn't have to be tea but try to do something spontaneously nice for someone who isn't expecting it.
- 8: Listen! This one seems simple but it's harder than you think. Let your friend talk to you without interrupting or talking about yourself.
- 9: Go the extra mile for people. If someone asks you to do something for you try to do it to the best of your ability not only does this reflect well on you but it makes the person who asked happy too!
- 10: Be kind to yourself. Sometimes this can be the hardest. Try not to be too critical of yourself. Allow yourself to make mistakes and have time off.








# Happy

this is a page about how to stay happy during winter!

AS THE DAYS GROW SHORTER AND DARKER WE ALL FEEL A LITTLE LESS HAPPY! IT HAS BEEN SCIENTIFICALLY PROVEN THAT PEOPLE FEEL LESS INSPIRED, LESS SOCIABLE AND HAVE INCREASED LEVELS OF FEELING TIRED DURING THESE SHORT DARK DAYS! SO ITS SO IMPORTANT TO FIND WAY, NO MATTER HOW SMALL, TO KEEP SPIRITS UP! AND THIS IS, AN ARTICLE TO HELP YOU DO JUST THAT!



## A HAPPY DAY!

AS THE DAYS GET SHORTER AND COLDER, WE ALL START TO LOSE OUR MOTIVATION.

DURING THIS SEASON WE ALL FEEL THIS WAY FOR AT LEAST ONE DAY, BUT HOW DO YOU KEEP MOTIVATED? WELL IT'S PRETTY SIMPLE ACTUALLY AND IT REVOLVES AROUND BEING HAPPY! HERE ARE SOME IDEAS TO STAY MOTIVATED THROUGHOUT THE DAY.

### 1. GET UP WITH A SMILE!

I DON'T KNOW ABOUT YOU BUT WHEN I WAKE UP AND IT'S DARK AND COLD, I FEEL A BIT GRUMPY! AND BEING GRUMPY IS NOT A GREAT WAY TO START THE DAY... BUT THE SECRET TRICK TO BEING HAPPY IS THAT WHEN YOU WAKE UP DON'T HIDE UNDER THE COVERS AND DWELL ON THE FACT THAT YOU HAVE SCHOOL, GET UP AND GET ON, AND WHILST YOU DO, TRY TO FEEL HAPPY! IT MAY SEEM OBVIOUS BUT IT WORKS! WHEN YOU'RE CROSS EVERYONE AROUND YOU ENDS UP AT LEAST A BIT LESS HAPPY THAN WHEN THEY WOKE UP, AND IT WORKS WITH BEING HAPPY TOO! "HAPPINESS SPREADS LIKE WILDFIRE" AND ALL IT TAKES IS A SMILE TO START A GREAT DAY!



## 2. EXERCISE!

WHEN IT'S COLD AND WET, MOST OF THE TIME GOING ON A RUN OR A WALK MAY OR MAY NOT SEEM VERY APPEALING TO YOU, BUT IT IS CRUCIAL TO GET EXERCISE NO MATTER THE WEATHER! BUT YOU DON'T ALWAYS NEED TO GET OUTSIDE, AS JOE WICKS AND MANY OTHERS HAVE PROVED DURING LOCK-DOWN. THERE'S LOTS OF WAYS TO EXERCISE AND ONE IS BY USING APPS. .! IF YOU LOOK THERE'S AN APP FOR ALMOST EVERYTHING, HERE'S SOME APPS IF YOU WANT TO TRY IT OUT!

### -DOWN DOG YOGA ☐☐

DOWN DOG, DOES LOTS OF DIFFERENT APPS, INCLUDING DOWN DOG HIT WORKOUTS, DOWN DOG BARRE WORKOUTS (BALLET BASED) AND 7 MINUTE WORKOUTS!

### -COACH TO 5K RUNNER AND COACH TO 10K RUNNER

THIS IS A GREAT APP TO TRAIN YOU TO BE A PRO RUNNER (IF YOU WANT TO BE)

### -STRAVA

TRACK YOUR FITNESS ACTIVITY WHETHER IT'S CYCLING WALKING OR RUNNING!

## 3) SLEEP

WHEN YOU'RE STRESSED YOU MIGHT FIND IT HARD TO SLEEP AND EVERYONE NEEDS THERE BEAUTY SLEEP ; -) SO HERE ARE A FEW WAYS TO IMPROVE YOUR NEEDED NAP!  
-TRY TO GO TO SLEEP AND GET UP AT THE SAME TIME EVERY DAY, IT WILL HELP YOU GET INTO A ROUTINE WHICH WILL HELP YOUR SLEEPING PATTERN GIVING YOU THE RIGHT AMOUNT OF SLEEP TIME!

### -GET REGULAR EXERCISE

KEEPING EXERCISED MEANS THAT WHEN YOU GO TO BED YOU'RE ACTUALLY SLEEPY!

### -SCREENS

TRY NOT TO GO ON A SCREEN FOR AT LEAST AN HOUR BEFORE BED



**I hope that you feel happy at the end of the day! Happy Christmas everyone, or if you don't celebrate it have a Happy Holiday!**



# Working With Computers

## Your Guide to a Work-From-Home PC

Finn Geraghty

It would not be a surprise to many of us if, whilst people are starting to work from home again, the amount of people building and buying new PCs will skyrocket. Those who recall the status of PC parts during the previous lockdown will remember the outright lack of some parts. Even those buying pre-built systems may not know what to buy; it is all well and good having a computer for work - assuming that it isn't a 1996 Lenovo ThinkPad running Windows XP. So, what does the title of this article have anything to do with this?

It shouldn't come as a surprise that work computers do not need to be as expensive and high-end as something advertised as a "Gaming PC". Because, (surprise surprise) Microsoft Word isn't quite as hardware-intensive as Doom. In fact, the reason the term, "Gaming PC" even exists, despite the fact that you can game on a work pc, is because back in the 90s, for 2D programs you needed a GPU made for 2D programs but ran 3D programs very poorly or not at all. On the flip side, for 3D programs you needed a special GPU designed for 3D programs, but struggled to run 2D software. Despite that this is no longer the case, people still use the term, "Gaming PC" for things that are not the only things capable of running games, but are significantly faster and designed for games.

So, first of all we need to look at what we will be doing on this PC - which, in this case, will be working. For work, you will only really need integrated graphics (this is a small, low wattage graphics chip soldered onto the CPU) as for work software, assuming your job isn't 3D rendering or video production, you won't need a fast GPU.

### Pre-built Systems

Let's talk about pre-builts. Buying a pre-built PC may be a good, affordable option for lower end PCs, however, most pre-built PCs will be aimed at gamers and will have features like an expensive high-end graphics card you will never need. The sort of work PC you will want should be branded as an "office PC". HP, Dell and others make great, affordable office PCs. If you are going to go down the route of a pre-built office PC, most people will say, "Oh, just get an i3.". However, some people may not know even what that means! Intel's marketing is simple. In modern (2019 and onwards) Intel CPUs, a core i3 has 4 cores, a core i5 has 6 cores, a core i7 has 8 cores, and a core i9 has 10 cores. If you don't know what a core is - just think the more cores, the faster the PC will run. AMD's competitor to Intel's line-up, Ryzen, follows a similar pattern. Most people will only need a dual core processor for work, or, if you are doing many things at once, a quad core processor. An important thing to remember, like always, is to check the computer's reviews.

### Power Supplies

Something important (and sometimes overlooked) part of your system is your PSU (power supply), which takes the electricity from the wall socket and allows different parts of the PC to pull power from it. Try to make sure this from a well-known brand (e.g. Corsair, Cooler Master, EVGA, etc). If you have a 1000 watt power supply, but it is from a sketchy brand and gives 1000 watts to each part it will break the computer (don't worry, this won't happen with any normal 1000 watt PSU, and I doubt that even many unknown brand's PSUs will do that). What I'm getting at here is get parts from companies which people tend to mention and say positive things about as this means they are well-known

### Central Processing Units

For a CPU (what does all of the main computer calculations), try out an Intel core i3-9100f (older core i3 processors will also work, but I would say that this choice is the most future-proof cheap CPU), this CPU does not have integrated graphics and is mid-range - but very good for the price (it even comes with a CPU cooler!) however, it you will need to buy a GPU of some sort for an output due to the previously mentioned lack of integrated graphics.

### Motherboards

Your motherboard (what joins everything together) is something you may get wrong very easily (especially if you're going on the Intel side of CPU's) - all those different chipsets! How do you know if a motherboard will need a bios update (which requires an older CPU)? What RAM speeds does it support? Does it even support DDR4 ram at all or will you have to go with the older DDR3? Always make sure that your parts are compatible with your motherboard.

### Random Access Memory

Your RAM is your computer's short-term memory, 16 gigabytes is what I would recommend for most people but 8 gigabytes will do work programs, and dual-channel memory (having multiple RAM sticks) is a must have (more for AMD Ryzen, but it is still important for Intel CPUs). In the case of 16 gigabytes of RAM, you would have two 8 gigabyte sticks. Or in the case of 8 gigabytes, two 4 gigabyte sticks. Now onto the storage (your computer's long term memory, this is what you will store your operating system and software on). You should have a 120 gigabyte (minimum) M.2 SSD which slots directly into the motherboard. This will be enough to store Windows 10 and your frequently used applications (such as web browsers, Word, PowerPoint, etc.) Then, have a 2 terabyte HDD (for all your documents). Your SSDs tend to be priced with less capacity per pound (they are more expensive to manufacture) but are significantly faster. A HDD is the opposite.



### Storage

Your drives (a computer's long term memory) is an important part of your device. We don't need to really talk about how these work very much - so what I'll say is have a 120 gigabyte M.2 NVME SSD (your operating system) and a 2 terabyte HDD (the SSD's slower but cheaper older brother) for your files like word documents and spreadsheets.

### GPUs

What about a graphics card? I mentioned before that for work, you do not need an expensive, high-end GPU - this does not always mean you don't need one at all though. Check that your CPU has an integrated GPU (or iGPU for short), if it does not have one (like the previously mentioned Intel Core i3 9100f) you will need to pair it with a separate GPU. Do not buy an ultra-slow GPU, but do not spend more than £150 on one. A good recommendation would be an Nvidia GT 1030, a GPU that will breeze through office tasks - but not much more than that (like games).

### Optional Components

There are some things in a work PC you could buy, but you do not necessarily need. For example, an optical drive. Most people will be getting all their applications online, and so, unless you do not have an internet connection, you do not need one. On the topic of internet connections, you may want a wireless network adapter - as most people will not want to spend a lot of money on a motherboard with Wi-Fi capabilities built in. Because of this, you will either need to use a wired ethernet cable, or buy a wireless internet adapter.

### Cases

The final component in your PC is your case. This will store your components and be the first thing people will use to decide if they think your PC is for work or not. For work purposes, you should not worry about glass side panels, RGBLED lighting and nice looking cases. Look for something with decent airflow, however, your system will not be generating much heat doing basic work things and you will not need an overly expensive case. Look for good airflow, and, if you want one (they are not compulsory for a PC) an optical drive bay.

### Peripherals

Peripherals are an important thing you will need. If you type a lot, search around for a decent keyboard, or, say, you visit a lot of websites and you will need to use your mouse a lot - you guessed it! Search for a comfortable and good mouse that you will be happy using. For a monitor (the screen), choose a 60hz, 1080p, IPS display. 1080p is more than clear enough for reading text, etc - and the benefits of IPS over VA is having drastically improved viewing angles. 60hz will mean a bearable amount of ghosting (blurring of parts of the screen when something moves) but so long as your job isn't watching the DVD logo move from one part of the screen to another and the text you read is still, it will be fine.

### Summary

In summary, you should aim to spend around £450 on a work PC right now. For a prebuilt, don't spend more than £500 (prebuilt PCs are more expensive than building your own, the person that built it needs money for the time they spent building it). Also, remember that if something says 'office' or 'gaming' take it as a marketing gimmick - always check the specifications and compare the performance using [gpu.userbenchmark.com](https://www.gpu.userbenchmark.com) online. [pcpartpicker.com](https://pcpartpicker.com) will also help you to pick out parts, check their prices, wattage and if parts are incompatible.



# VR Corner



Hey all! This month on VR corner, I will be talking about **4 misconceptions about Virtual Reality** and why they're utterly wrong. So, let's begin:

**1: VR encourages anti-social behaviour.** This misconception has little base other than putting on a headset that covers your eyes and nose. In truth, VR is one of the most social tech platforms out there - I have made loads of friends over social apps such as VRChat and Rec Room, and connections with people feel more real than those on normal desktop and console games, seeing as you are more immersed in the world.

**2: The only experiences on VR are unpolished tech demos.** There are hundreds of full games and experiences available for VR. While it is true that in the past the majority of VR software were tech demos, that was some four years ago. It seems like people just ignore the full, finished, polished games available - take Beat Saber or the Vader Immortal games for example - for seemingly no reason.



**3: VR is a fad and will burn out soon.**

Sales in VR headsets have absolutely skyrocketed in the past 2 years, in no small part thanks to the release of the Oculus Quest last year and Quest 2 this year, and populations on online VR games have increased at the same rate, so people are seeing more people on social platforms, and people are having to wait less time for lobbies to fill in multiplayer shooters and the like. Conclusion - no. VR is not burning out any time soon.

**4: VR is way too expensive.** While it is true that some VR headsets can be very expensive (one only has to look at the Valve Index for that), those expensive headsets are usually on the VERY high end of PC VR headsets. In truth, there are a number of cheaper VR headsets on the market that are absolutely brilliant - take the Oculus Quest 2 for example, at £299 and can do pretty much everything that the Index can.

So, there you have it - 4 misconceptions about VR debunked! Next month, I'll be talking about how to choose the right VR headset for you, and how to get started with VR. See you then!

**Thomas Nussbaum-Richman**



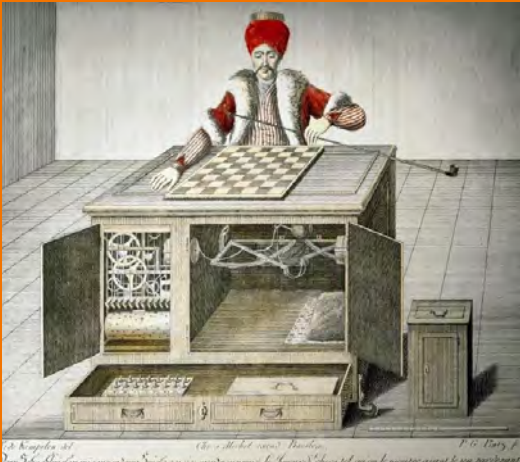


*How does  
it work?*

*What you  
didn't know  
about AI*

# AI: ARE WE BEING FOOLED?

BY KATERINA SALES



IN THIS PERIOD, COMPUTERS AND TECHNOLOGY ARE MORE PRESENT IN OUR LIVES THAN EVER: FOR WORK, DISTRACTIONS, OR COMMUNICATION.

IS THIS OUR FUTURE? HOW WILL PROGRESSES IN AI SHAPE IT? WE WORRY ABOUT THE REDUCTION OF JOB OFFERS AND WE START TO QUESTION OURSELVES.

BUT WHAT IS "ARTIFICIAL INTELLIGENCE" AND HOW IS IT DEVELOPED? THIS IS WHAT YOU WILL DISCOVER IN THE FOLOWING PAGES. YOU MIGHT BE SURPRISED...

LET'S FIND OUT ABOUT THOSE COMPUTERS THAT BEAT KASPAROV IN CHESS, SOLVE QUANTUM PHYSICS AND CANNOT DISTINGUISH A FLUFFY HAT FROM A RABBIT.



# How does it work?

## Machine Learning



To all those that imagine humanoid robots taking power, replacing and ruling us, you are going to be either disappointed, or relieved. And to all those who fear progresses in AI, underlining all the problems it will generate, start by throwing your phone away, then begin to live in the woods like a beast, returning to the wild state. AI is everywhere, and you cannot escape it.



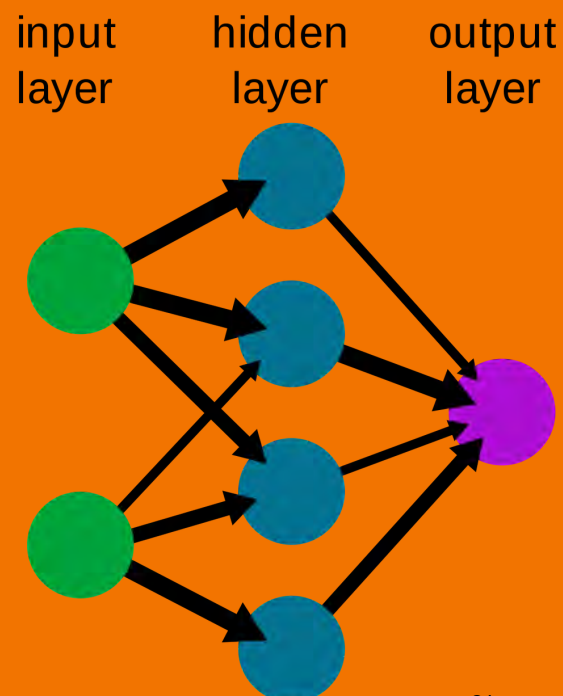
Before going into details, and boring you with technical terms, I propose a very simple experience. You all have an AI device at your disposition: a smartphone. Well, go into photos, and try to search something, a type of photo. I did that with my phone, and typed “animal”. Yes, it gave me animals, but I also found a fluffy hat in this category.

Let's be honest, how many of you would think this is an animal ? With proper sight or a pair of glasses, you don't need to be particularly smart to know the difference between a hat and a rabbit. So, why would it be different for the phone? Yes, it is fluffy and brown : it does look like a rabbit, but it is not a rabbit

So, how does it work? Everything is in the name. Modern AI programmes are basically imitating a human brain: it is called a neural network, some sort of artificial brain. The technique used by this network to gather more information is known as machine learning.

Instead of defining an image as being the image of a rabbit, the computer scientist will show to his AI millions of rabbit's pictures. Those pictures, previously sorted by humans, have been separated into two categories: with or without a rabbit. The robot will then be trained and associate to each new image the probability that it represents a rabbit. It will need an infinity of examples, to exhaust all the possibilities. With each new image of a rabbit, it will become able to reduce its margin of error, but that's the point: only reduce.

### A simple neural network





# ***What you didn't know about AI***

The illusion of imitation works very well: a robot becomes able to checkmate Kasparov, and collaborate with scientists in different fields, such as quantum chemistry. Solve problems and consider billions of possibilities at the same time...but what happens when it is faced with something unexpected?

Ok, my phone is unable to tell the difference between a fluffy hat and a rabbit: it is not the end of the world. Now, imagine the same problem on a larger scale. Medicine, for example. The technique of machine learning would enable a computer to learn progressively from the world around it, but it remains impossible to consider all possibilities.

The risk cannot be taken. AI doctors already exist nowadays, it is true, but they will never replace humans. First, because, a human will always be needed to double check the information. Second, because there are millions of humans hiding behind each network. Millions of humans who have worked together for years, presenting more and more images to the algorithm. But who are they?



Did you already hear of Amazon's mechanical Turk? Who is hiding behind this strange name? Thousands of independent workers - called Turkers - all around the world. They are payed to do very simple missions on the internet (for example, click on all the images with a rabbit) and the machine learning system is based on their efforts. No need to have a qualification: anyone can do this. So where does the strange name come from?

In 1769, a Hungarian inventor, Wolfgang von Kempelen, invented a chess player automaton. It had the appearance of a Turkish person, its head wrapped in a turban, and it amazed populations, who believed they were facing the world's first intelligent machine.

But soon, a deception was revealed. The Turk was nothing but a wooden doll, and hiding in its desk, a professional chess player, who directed the puppet's movements. The desk was opened before each public presentation, and the spectators saw nothing but gears. This was due to a very clever set of mirrors, which dissimulated the human hiding inside. Dead simple, and yet, this lie lasted for years.

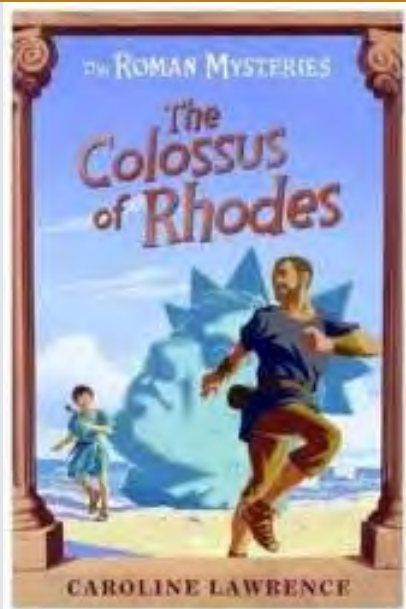
Today's "Turkers" are not so different from the hiding player. This reminds us of how easily we can be fooled.

People are talking about how AI reduces job offers. But they forget about all the new jobs AI has created.

People are afraid of progresses in AI. They forget the most important, how could it ever supplant the human race when it has been created by humans, and requires the efforts of so many humans to work? Do not forget how many people are hiding behind each programme, and above all things...

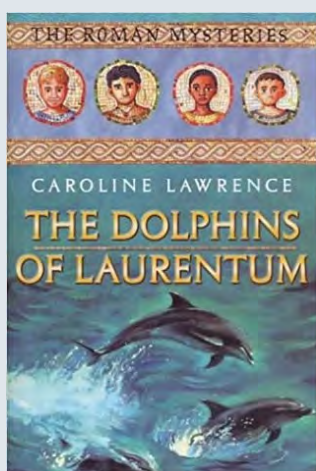
***do not be fooled by the illusion!***





## RIVETING READS

Luana Kenny



More books to read over the break:

- *The Handmaid's Tale* by Margaret Atwood. (Utopian, Dystopian Fiction, 15+)
- *Alex Rider* series by Anthony Horowitz, (Mystery, fiction)
- *On a Sunbeam* by Tillie Walden. (graphic novel)
- *Nemesis* series by Brenden Reighs. (Science fiction, 13+)
- *The Call* by Peadar O'Quilin (12+ fantasy, horror, folklore)
- *Peak* by Rolland Smith (fiction, climbing, sports)

The *Roman Mysteries* is a historical fiction book series based in ancient Rome, during the reign of Emperor Titus. I'm recommending this book series because it is an easy and pleasant read for over the break. The series has 17 books in total however it isn't necessary to read every book to enjoy the series. Most of the books you can read without reading the previous book, with a few exceptions. *The Thieves of Ostia* is the first book in the series and I recommend you read it before you read any of the other books, as it introduces all the characters and their roles.

The main character in the series is Flavia Gemina who is fifteen years old and a Roman girl who lives in Ostia, with her dad Marcus Flavius Gemina. She has a knack for observation and solving mysteries, which she does with her friends Nubia, Lupus, and Johnathon. The books are set around AD79 in the reign of emperor Titus who was the emperor when Vesuvius erupted in Pompeii; one of the novels is set during Vesuvius's eruption. The four main crafty characters go around the Roman Empire solving mysteries for various fascinating historical figures.

This series is an easy read targeted towards people ages 10-16, despite the easy to understand writing style of Caroline Lawrence the stories are fast paced as well as having well thought out plots. The book has won numerous awards and even has a tv show adaptation. I give the series a 3.5/5 because of the easy to read difficulty, and the stories become predictable towards the end of the seventeen book series. Despite those points it's a delightful read if you want an simple relaxing interesting series with refreshing and engrossing historical figures as characters like Pliny the Elder, Emperor Titus and his younger brother Domitian.





# TUNE-UP TUESDAY

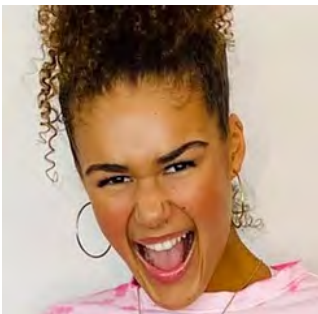
On Tuesday 24th a special online event was held to give schools access to a huge amount of high quality content to promote the arts. Shows included *All The Things I Know to Be True* from Frantic Assembly, *Romeo and Juliet* from The Globe Theatre and Gecko's *Time Of Your Life* (which I will write about later), career advice, professional workshops and much more was all available for free. There were three components to the ethos of the occasion:

**Upskill** - short activities for artists to practice and hone their skills.

**Uplift** - during these difficult times arts have definitely been a beacon of light to many. Tune-Up Tuesday uploaded some amazing productions to cheer up and inspire students nationwide.

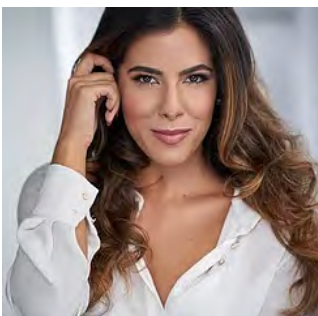
**Upcoming** - to help aspiring creatives some industry experts gave talks to share their advice from their experience.

Among the stellar lineup was:



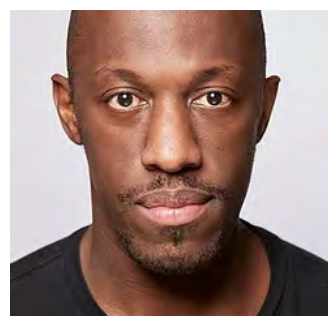
Tillie Amartei

An up and coming actress who had been in David Walliams' *Ratburger* and the CBBC's TV show *Almost Never*.



Aimie Atkinson

Winner of the BBC Voice of Musical Theatre and Olivier nominated who played Katherine Howard in the pop musical *Six*.



Giles Terera

Olivier best actor winner with credits in *Hamilton*, *The Tempest* for Trevor Nunn and *Book of Mormon* at prestigious venues including the National Theatre, Noel Coward Theatre and the Globe Theatre.



One of the only faults of TuneUp Tuesday was the sheer volume of content that was available in such a small amount of time. With school and after school activities I only managed to see one show: Gecko Theatre company's - The Time of Your Life.

The show follows a whirlwind montage of the life of one ordinary man who navigates the many trials and tribulations that come with it. In just 30 minutes, these performers take you on a unique journey. The production is purely physical theatre, with only motion carrying the story. The sense of overwhelming contrasts with the periods of calm between different sections of the show. The set was designed exquisitely and the lighting was woven around it. The atmosphere was charged with so much energy - despite it being a filmed. I thoroughly enjoyed it and the final twist really was brilliant!

You can watch The Time Of Your Life on the Gecko website:

<https://www.geckotheatre.com/the-time-of-your-life>

or YouTube:

[https://youtu.be/5PQpxi7h\\_rc](https://youtu.be/5PQpxi7h_rc)



You may have missed this year's opportunity, but TuneUp Tuesday is all about awareness of the arts - so remember that it doesn't matter how you are creative - all that matters is that you are!

#tuneupTuesday - 24 November

BY NUALA SANKEY

The page has a solid orange background. Scattered around the top and middle sections are several yellow, hand-drawn oval shapes, some of which are slightly tilted. The word 'Arts' is written in a black, cursive script at the top center.

# Arts

## Announcements

*straight from Mrs. Hurstwaite!*

- The Year 7 Musical, *Ye Ha!* will go ahead next term. Year 7 students will be rehearsing every Tuesday after school and recording the show after a two day musical theatre workshop in March. It is fantastic that they are going to be able to perform this show, as they were working on it when we went into lockdown last March.
- We are entering the Shakespeare Festival and next term students in Years 8, 9 and 10 will have the opportunity to prepare for this exciting event.
- Shrek auditions will be happening as soon as we can mix our bubbles. At the moment, we are hoping for April, after the Easter holidays....but watch this space!
- We are also going to have a new exciting Arts Week at the end of March brimming with music, drama, art and dance. More info to come on this but it's going to be fabulous, and for every year group.



# Conversing with Mr Cooke

**BY MAYUMI SINGH AND SERENA COOPER**

[Click for the full interview here:](#)



*'I think the quote was 'why ask those who see life as it is. Why not say those who see life as a measure of its dreams'- Mr Cooke*

As part of our series of interviewing people who work in our School we decided to interview Mr Cooke, one of our Geography teachers. In this interview you will find out about his university days, what he would do if he wasn't a teacher and much more. But we hope at the end of reading this you will learn things that you would have never known before and things that will surprise you!

**We all know you are a Geography teacher, but we wanted to know what is your favourite type of Geography e.g. human geography, physical geography?**

I think initially through GCSE and Sixth Form it was physical geography because I love getting out to the mountains and rivers. That carried on until university to perhaps my third year when I started getting into more environmental and management. I think as I went through my teaching career it became a lot more balanced and I really enjoyed the human population sort of aspect and globalization. I really enjoy globalization and its impact looking at it in depth and IB.

**As it's Christmas we wanted to know what is your dream Christmas present/experience?**

It would be a combination of one day skiing up in the alps staying in the Gorges lodge with a roaring fire, the next day Disneyworld then skiing and the next day Universal Studios, Harry Potter World and then repeat. So basically, I would go skiing and then one of the two parks.

**What do you love about Geography?**

It stems from being taken out to places by my parents and just having the enjoyment of seeing the world. Then I enjoy being able to explain what I can see and I enjoy the multi-disciplinary nature of Geography as you use aspects from all the other subjects to explain the world that we have seen, we see and we might see.

**A lot of teachers go to university and lots of students want to go to university, but we wanted to know did you enjoy your experience and do you have any tips for anyone thinking of going there?**

So, I will answer the first bit of the question. So enjoying university, I was very excited to go to university, I managed to get into Durham and read Geography, had lots of fun with climbing, walking and canoeing. There's lots of clubs to get involved in and trips which was good. In terms of enjoying it there's lots of social aspects to it. I went to Durham's collegiate because you have colleges and so you live in a college and you have lots of socials, but you also have the university. I actually changed universities. I started at Durham doing quite a human biased degree, more human geography so I changed to geology. But halfway through the second year I realised It wasn't the path I wanted to follow so I took what we call a grace of leave which means you can leave university and come back. I worked as an outdoor instructor in the UK and France. That was for two years, then I changed to Leeds University as I could read a Geography degree that was more physical. Leeds has a specialist glaciology department and at that time I was thinking of completing a PhD in the field. I was going to go back to Durham but my brother-in-law who was a professor at Leeds said about this course which was what I was after. So, my top tips are 1. Choose the right course for you they are not all the same. 2. Choose a place where you will be happy to live for three years. 3. Try everything as long as it is legal! I mean at University there are many clubs and so many things that you could try things that you never thought of doing before.

**If you weren't a teacher what job would you have?**

Wow. Whilst I was training to be a teacher, I was looking into joining the RAF and I visited many RAF bases and practice interviews. I wanted to be a search and rescue load master. Rescuing people on sea and at land. I got all the way to selection; I was about to go for selection, and I was asked at an interview If I could pull a trigger as a soldier. Because that's what you are. I realised at that point it wasn't for me. I was approaching it from a rescue point of view like becoming a paramedic and that sort of thing and of course what they pointed out is that you will have to do six years in the back of a helicopter with a machinegun in war zones to then be able to apply for the job that I wanted to do. I realised I didn't want to be in a war zone and pull the trigger. I did 25 mins and they fired questions at you, so you get your gut reaction, and the last question was that one and my gut reaction was no. But if I could do that as a civilian and not as a soldier without going to war then that would be great.

**If you had the chance to change anything about this School what would you change?**

I would change the uniform so that students wear Windermere badged outdoor clothes so that I could take students out of class and use the site at any point

**If you were a fruit what would you be?**

I would be a comical fruit and bring joy and happiness so I would be a banana. They tend to be a comical fruit.

**What's the most important thing you've learned at Windermere?**

I have learnt so many things, so it is very difficult to pinpoint it. There is about a million ideas in my head with loads of possibilities. It is a bit corny and cliché but you got the round square motto 'there is more in you than you think' but I have learnt that it really is the case. It's nice that sometimes students surprise you and just a surprise like 'gosh I didn't know you could do that'. It is just nice for teachers to help somebody realise their potential and that's in so many aspects with how you deal with something that is tricky and how you cope with GCSEs or mountain biking and canoeing.

**Who's the most inspirational person you've ever met?**

I am going to trust my gut reaction to the first thing that comes to my mind. There is so many. Probably say the one that has come into my mind the strongest is Mr Rosser, my Geography teacher. He just had a passion for the subject and I enjoyed watching his slideshows about the time he taught in Uganda, he used to always show us those. Him and his wife taught there it was brilliant, and he had a real knack of explaining things using analogies and that really helped my brain. Above that is my mum and dad for showing me lots of things and doing lots of things making them number one for giving me a love of adventure and living life to the full, number two Mr Rosser and number three Billy Connelly. What I liked about his story is that he worked at a shipyard in Glasgow and he broke out of that and didn't accept that was what he was going to do. So him for showing that it is better to live one day as a tiger than a lifetime as a sheep. He broke out of the herd and was different.

**Is there a motto or phrase you like to live by?**

Good question that. There is so much you can do. I am often reminded of a poster I had on my wall at university and I think the quote was 'why ask those who see life as it is. Why not say those who see life as a measure of its dreams' So it's like saying 'oh I am going for a swim in the lake today' and asking 'why do you want to do that?' but someone says 'yeah why not go for it' and you see the difference so I am reminded of that when I am sometimes a bit lazy on the sofa or someone says do you want to go do this or that or climb or bike. A bit of my brain say 'why would I want to do that?' but then I say 'why not?!' So this is something I tend to draw myself to. There is another quote I like from Jim Carrey's Dad which is 'you can fail at what you don't want so you might take a chance at doing what you love'.



# *PAGEANT PUDDINGS:*

## *Popular Christmas Recipes*

*Rebecca Yahya*

As the winter season rapidly approaches, what better way to spend the holidays making some festive snacks to get yourself into the Christmas spirit. Additionally, It has been scientifically proven that the act of cooking improves a person's well-being and has become a common cure for stress or feeling down. Similarly, the brain is also aware when food is being consumed and it releases the 'feel-good chemical' called dopamine, which the brain interprets as pleasure and causes people to generally feel happier after eating food, particularly when it tastes good. So, if you find yourself with free time to test out your baking skills, here are a range of relaxing recipes that will complete any merry meals that you make over the end of term break!

# PAVLOVA

## Ingredients

### The Pavlova

- 6 large free-range egg whites
- 350g/12oz caster sugar
- 1 tsp white wine
- vinegar
- 1 tsp cornflour

### The Filling

- 600ml/20fl oz double cream
- 1 tsp vanilla bean paste
- 50g/1¾oz icing sugar, sifted
- 200g/7oz strawberries, hulled and quartered
- 300g/10½oz raspberries
- 200g/7oz blueberries
- 50g/1¾oz pomegranate seeds
- a few mint leaves, to decorate (optional)
- icing sugar, for dusting

## Method

Preheat the oven to **160C/140C Fan/Gas 3**. Line a large baking tray with baking parchment and draw a 30cm/12in circle in the middle of the paper. Draw a 15cm/6in circle in the centre of the larger circle to make a ring.

Put the egg whites in a clean mixing bowl and whisk with an electric whisk until soft peaks form when the whisk is removed. Gradually add the sugar a little at a time, whisking on maximum speed until they are stiff and glossy. Mix the vinegar and cornflour in a cup until smooth, then stir into the egg whites.

Spoon the meringue onto the ring drawn on the baking parchment. Using a large spoon make a shallow trench in the meringue for the cream and fruit to sit in.

Transfer to the oven and immediately reduce the temperature to **140C/120C Fan/Gas 1**. Bake for 1hour–1 hour 15 minutes, until the outside is hard but still white. Turn the oven off and leave the pavlova inside for an hour or overnight to cool and dry.

To assemble, whip the cream, vanilla paste and icing sugar until stiff peaks form when the whisk is removed. Spoon the cream into the trench in the meringue. Arrange the strawberries, raspberries, blueberries and pomegranate on top and decorate with a few mint leaves, if using. To serve, dust with icing sugar and cut into 8 edges.

### FESTIVE FACT:

Pavlova is originally named after the Russian ballet dancer Anna Pavlova. People believe the dessert was made to celebrate one of the dancer's tours to Australia and New Zealand in the 1920s.



# CHOCOLATE & CHESTNUT CHRISTMAS LOG

## Ingredients

- 225g/8oz plain chocolate, roughly chopped
- 1 tsp strong instant coffee powder
- free-range eggs, separated140g/5oz
- icing sugar, for dusting
- holly leaves and berries, to decorate (optional)

## The Filling

- 150ml/5fl oz double cream
- 3 tbsp sweetened chestnut purée

## Method

Take a 33x23cm Swiss roll tin or baking tray and cut a double layer of non-stick baking parchment slightly bigger than the tin. Lay the parchment in the tin. Don't worry if the edges stick up untidily round the sides. **Preheat oven to 200C/400F/Gas 6.**

Put the chocolate and coffee into a heavy-based saucepan with 85ml/3fl oz water and put over a low heat to melt the chocolate. Beat the egg yolks and the caster sugar until pale and mousse-like. Add the melted chocolate.

Whisk the egg whites until stiff but not dry. With a large metal spoon, stir a small amount thoroughly into the chocolate mixture to loosen it. Fold the remaining whites in gently. Spread the mixture evenly in the lined roasting tin.

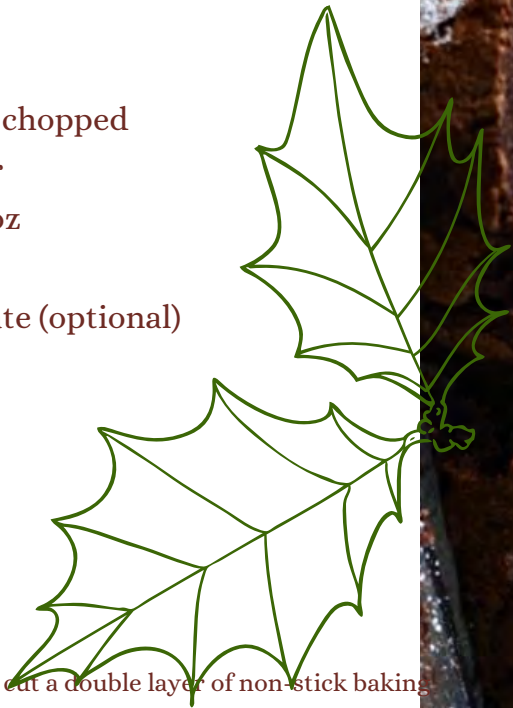
Bake in the preheated oven for about 12 minutes, or until the top is slightly browned and firm to touch. Slide the cake parchment out of the roasting pan onto a wire rack. Leave to cool completely (do not cover).

To make the filling, whip the cream in a bowl, then mix in the sweetened chestnut purée.

When the sponge base is cooled all the way through (check underneath) you are ready to assemble the roulade. Put greaseproof paper on a work surface. Turn out the roulade onto the paper. Carefully remove the paper used to line the tin. Spread the filling evenly cross the surface of the cake.

Using the paper under the cake to help, roll it up firmly from one of the narrow ends. Rest the cake on its seam. Wrap tightly with the greaseproof paper and refrigerate for at least 30 minutes and up to overnight.(It doesn't matter if the cake breaks apart when rolling - a little sifted (icing sugar will do wonders for its appearance.)

Serve dusted with icing sugar and garnish with holly leaves and berries.







# MINCE PIES

## The Ingredients

- 225g cold butter, diced
- 350g plain flour
- 100g golden caster sugar
- 280g mincemeat
- 1 small egg, beaten
- icing sugar, to dust

## Method

To make the pastry, rub the butter into the flour, then mix in the golden caster sugar and a pinch of salt.

Combine the pastry into a ball – don't add liquid – and knead it briefly. The dough will be fairly firm, like shortbread dough. You can use the dough immediately, or chill for later.

Heat the oven to 200C/180C fan/gas 6. Line 18 holes of two 12-hole patty tins, by pressing small walnut-sized balls of pastry into each hole.

Spoon the mincemeat into the pies. Take slightly smaller balls of pastry than before and pat them out between your hands to make round lids, big enough to cover the pies.

Top the pies with their lids, pressing the edges gently together to seal – you don't need to seal them with milk or egg as they will stick on their own. Will keep frozen for up to one month.

Brush the tops of the pies with the beaten egg. Bake for 20 mins until golden. Leave to cool in the tin for 5 mins, then remove to a wire rack. To serve, lightly dust with the icing sugar. Will keep for three to four days in an airtight container.

### FESTIVE FACT:

The cinnamon, cloves and nutmeg in the mincemeat were included to represent the gifts given to Jesus by the three Eastern Kings.

According to tradition, you must make a wish when eating your first mince pie of the season.



# GINGERBREAD MEN

## Ingredients

- 350g/12oz plain flour, plus extra for rolling out
- 1 tsp bicarbonate of soda
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 125g/4½oz butter
- 175g/6oz light soft brown sugar
- 1 free-range egg
- 4 tbsp golden syrup

### Decorations

- writing icing (optional)
- cake decorations (optional)

## Method

Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into the bowl of a food processor. Add the butter and blend until the mix looks like breadcrumbs. Stir in the sugar.

Lightly beat the egg and golden syrup together, add to the food processor and pulse until the mixture clumps together. Tip the dough out, knead briefly until smooth, wrap in cling film and leave to chill in the fridge for 15 minutes.

Preheat the oven to 180C/160C Fan/Gas 4. Line two baking trays with greaseproof paper.

Roll the dough out to a 0.5cm/¼in thickness on a lightly floured surface. Using cutters, cut out the gingerbread men shapes and place on the baking tray, leaving a gap between them.

Bake for 12–15 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing and cake decorations, if using.



### FESTIVE FACT:

According to the Swedish tradition, you can put the gingerbread in your palm and make a wish. You then have to break the gingerbread with your other hand. If the gingerbread breaks into three, the wish will come true.

# FUN, PUZZLES AND COMPETITIONS

BY GRACE LOGAN-STEPHENS

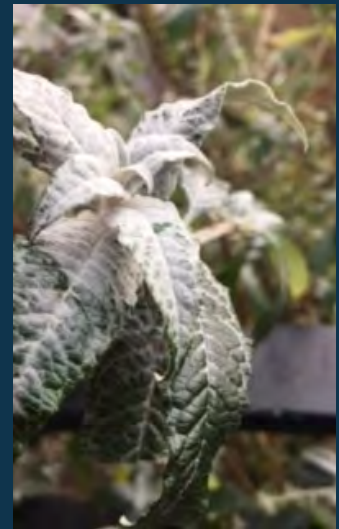
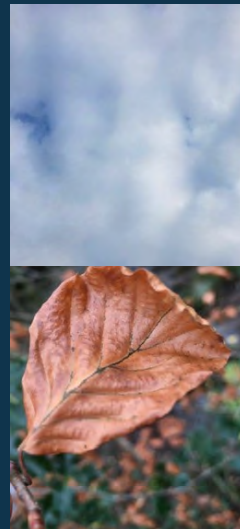
## PLENTY OF FUN

There are lots of things to get involved in at Windermere School, as we saw on the Activities Galore article last half-term and hopefully this page shows some things you can get involved in during the holidays.

## WHAT'S ON OFFER?

Winter photography: I will judge the winter photography competition. Students, who would like to, can take beautiful pictures of wintery landscapes, that they really appreciate in our online schooling and lockdown period. The deadline for all entries will close at the end of the holidays. There will be a prize for first, second and third. Please attach the photos on an email and send it to [gstephens12@windermereschool.co.uk](mailto:gstephens12@windermereschool.co.uk) Good luck!

Here are some pictures I took whilst on a winter walk that might give you a bit of inspiration...



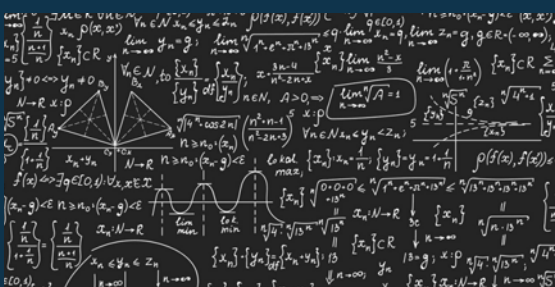
## FANCY A BIT OF MATHS?

Here is a riddle  
To solve this you have to work out the equation that matches the riddle.



A dozen, a gross and a score  
plus three times the square root of four  
Divided by seven plus five times eleven  
equals nine squared and not a little bit more

If you work it out, send it, my email is :  
[gstephens12@windermereschool.co.uk](mailto:gstephens12@windermereschool.co.uk)





4		1	2	9			7	5
2			3			8		
	7			8				6
			1		3		6	2
1		5				4		3
7	3		6		8			
6				2			3	
		7			1			4
8	9			6	5	1		7

easy

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

medium

## A FINAL COMPETITION

The final competition I am releasing for this holiday, is a winter poetry competition. Anyone can enter, and it can be any type of poem from a haiku, to a visual poem, as long as it is wintry or seasonal. The entries will close at the end of the holidays.

Please email it to  
gstephen12@windermerschool.c  
o.uk. Have a lovely holiday!

These are the easy, medium and hard sudokus, for you to have a go at whatever you please. The answers will be released in the next issue of BrowHeadline. Good luck!

				3	7	6		
			6				9	
		8						4
	9							1
6								9
3							4	
7						8		
	1				9			
		2	5	4				

hard



### WINTER WORD SEARCH FIND THE WORDS!



A	Y	G	X	D	V	Q	O	S	O	O	L	H	R	R	S	C	A	R	F
Q	L	J	A	N	U	A	R	Y	X	J	O	Y	R	M	R	T	G	D	T
X	D	X	J	Q	X	G	M	S	S	N	O	W	F	L	A	K	E	U	Q
E	I	W	T	G	Q	I	N	B	T	G	J	C	Y	C	G	T	T	I	M
G	N	I	D	D	E	L	S	I	T	O	R	L	H	Y	K	A	W	S	W
V	F	E	B	R	U	A	R	Y	I	Z	O	F	R	E	E	Z	I	N	G
N	P	A	Q	Q	H	S	T	L	P	K	I	B	L	U	D	Q	Z	C	B
T	C	J	K	S	K	N	Y	V	T	A	S	H	O	V	E	L	T	V	E
J	L	S	K	G	D	O	J	P	Q	A	N	R	F	D	G	O	A	Q	N
D	M	N	B	D	M	W	V	R	X	A	O	R	W	R	Y	T	Y	F	W
J	C	O	L	D	S	M	U	N	P	Y	W	C	E	Q	O	Z	C	V	M
W	G	W	O	E	R	A	B	V	S	M	B	X	M	B	B	S	Q	W	A
B	I	A	G	V	L	N	M	S	E	W	A	K	F	F	M	O	T	F	A
I	M	N	D	V	U	C	V	T	M	A	L	G	L	O	V	E	S	W	I
E	I	G	T	C	V	P	Q	J	S	I	L	X	B	M	B	G	C	Y	B
U	G	E	N	E	N	S	F	K	U	I	S	H	L	G	V	P	P	E	X
I	O	L	B	B	R	U	C	U	G	R	R	T	N	W	L	Z	T	O	D
K	Q	N	C	V	P	E	I	U	N	C	O	H	G	X	F	D	A	U	I
M	Q	K	T	Y	I	W	O	K	U	U	N	Z	C	S	V	V	H	Q	Z
A	F	R	H	X	X	X	J	A	U	R	K	W	F	Q	L	P	S	V	C

BOOTS  
COLD  
FREEZING  
HAT  
SCARF  
SLEDDING  
SNOWFLAKE

CHRISTMAS  
DECEMBER  
FROST  
ICE  
SHOVEL  
SNOWANGEL  
SNOWMAN

COAT  
FEBRUARY  
GLOVES  
JANUARY  
SKIING  
SNOWBALLS  
WINTER