



BROWHEADLINE

THE WINDER HERE AND NOW

A newspaper for the school, but most importantly, for the STUDENTS.
BrowHeadline is proud to bring you issue 5 of the winder HERE AND NOW!

IN THIS ISSUE

MEET THE TEAM!

Totally Tech
(p.3-5)

SEROTONIN SUPPLY
(P.6-9)

Riveting Reads
(p.10)

GET TO KNOW
(P.11-12)

Eco Corner
(p.13-14)

RADIO WINDERMERE
(P.15)



BROWHEADLINE

THE WINDER HERE AND NOW

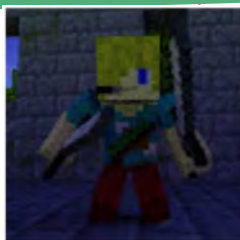
Meet the Team

classroom verses remote learning?



LUANA KENNY

One thing I miss about lockdown is being able to go on a walk with my dad everyday however it is super nice to be able to see my friends face to face.



I like being able to interact with people normally again, but I miss being able to nip off and make a cup of tea in between lessons.

FINN GERAGHTY

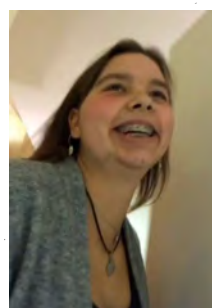


MAYUMI SINGH

I like seeing my friends again face to face but miss being able to wake up late and use study lessons to work around my schedule.

HENRY WILMOT

I quite like being able to interact and do more drama, but I miss getting to lessons by waiting and a few clicks.



MARTYNA BINEK



I'm honestly most happy about physically being with other people my age, and I find learning generally easier. But, I will miss having my cat on my lap...

The thing I've enjoyed most about coming back to school was seeing my friends and working on projects in person.



SERENA COOPER

THOMAS NUSSBAUM-RICHMAN

TOTALLY TECH

WITH FINNIN GERAGHTY

RTX 3060 Mining Capabilities Limited

Nvidia's RTX 30-Series (and AMD's RX 6000 series) graphics cards haven't exactly had a smooth launch (as I have said before). One reason for this is that people were quick to point out cryptocurrency mining. You have likely heard about the recent surge in Bitcoin's value. Many have invested in it, however, the way you actually obtain your own bitcoin is through (metaphorically) mining it. This is done by purchasing graphics cards, connecting them all to one computer, and going through the necessary steps to initiate the mining process.

To discourage this, Nvidia limited the mining capabilities of the RTX 3060. If the RTX 3060's drivers (the software that allows it to communicate with Windows) detects mining, it will half it's hash rate (to put it simply, the hash rate is how quickly the graphics card can mine cryptocurrencies such as Bitcoin and Ethereum). However, the card is still fast enough to be desirable to miners, even with the 50% limit - and whilst mining is part of the problem, the real issue is scalpers (people buying things then selling them for massively over inflated prices on the second hand market.)

Of course, scalping means nobody can buy new graphics cards. So what do they do? Buy old ones. It only takes a basic knowledge of supply and demand to know that once something is in demand (in this case, old graphics cards) their prices will suddenly go up.

AMD RX 6700XT Announced

AMD's competitor to Nvidia's RTX 30-Series (RX 6000) has not released as successfully as I'm sure AMD had hoped.

So far. Initially, AMD only had the 6800, 6800XT and 6900XT graphics cards - the cheapest of which (the RX 6800) has an MSRP of around £530. This lack of low-budget graphics cards has meant that they are not appealing to as many people as they could be. Mix this with people comparing them to cards that they really weren't designed to compete with, and you get the launch of the RX 6000 series. However, if AMD can pull off a good launch with FidelityFX (their answer to Nvidia's Deep Learning Super Sampling, or DLSS, which uses an artificial intelligence to upscale an image), they may be able to make some sort of a comeback.

Cryptocurrency Plans to make Mining a Thing of the Past

Ethereum is a cryptocurrency started in 2015, and whilst it tends to receive less publicity than bitcoin, it is popular among cryptocurrency miners. When a cryptocurrency is being 'mined', graphics cards are used to do advanced calculations - these calculations lead to cryptocurrency being obtained. Fast graphics cards are expensive, a card a serious miner would want would be upwards of £500, and with the recent surge in cryptocurrencies value, prices have only gone up. You don't have to do the maths to know that in an average professional mining setup that contains upwards of 50 graphics cards, the amount of money that has been invested is, to be blunt, quite a bit. So when Ethereum's creators announced that they would remove the ability to mine their cryptocurrency, and have to obtain it from an official source instead, (similar to how you may have recently bought bitcoin as a way of investing in it) people weren't too happy. However, on the bright side, the amount of graphics cards being bought in bulk by cryptocurrency miners will hopefully reduce, giving ordinary consumers a chance to actually purchase new graphics cards.

VR Corner

Hey all! This month I'll be writing about a few different games for VR Headsets that I'd recommend to get started. So, let's get started!

1: Beat Saber

Beat Saber is the first VR game that I purchased, and it is an *absolute workout*. The basic gist of the game is: you have a pair of lightsabers, and you need to cut blocks to the rhythm of a piece of music. It sounds simple enough, but once you start upping the difficulty on levels, it gets *hard*. I'd recommend you watch a few videos of people playing the game first of all, but this is an absolute must as a first game.



2: Rec Room

Rec Room is a social platform for VR that lets you chat with other people around the world, as well as play a few games with them too, like paintball, Stunt Runner, Quests, and many more - including rooms made by the community. However, the player base consists of quite a few kids who are definitely too young to be playing VR, so just keep that in mind.



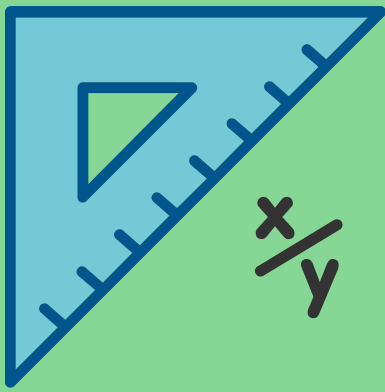
3: Journey of the Gods

This game is a masterpiece. the game's appearance is simply gorgeous, and the gameplay is wonderful. It is comparable to the Legend of Zelda games, and many other adventure games at its core, though below the adventure is also somewhat of a collectathon, letting you find weapon parts to upgrade your sword, shield & bow. As the game progresses, you gain abilities from gods that allow you to bend aspects of the world to your will, such as teleporting enemies or NPCs, spontaneously growing trees, slowing time and many more. Despite the game being an Oculus exclusive, this game is definitely one of the best available for VR.

4: VRChat

Ah, VRChat. This platform is absolutely brilliant for being social in VR, as the visuals can be at least somewhat more realistic than Rec Room, which I mentioned earlier. Despite the seemingly innumerable number of rather odd people one could encounter, there are just as many really great people on the platform. Plus, there are hundreds of open-source avatars for you to save to your account for using yourself. Again, this is a must for anyone wanting to be social in VR.

Hope you all enjoyed this month's article! Next, I'll be writing about a few accessories that are essential to improving your experience in VR. See you then!



The Happiness Formula



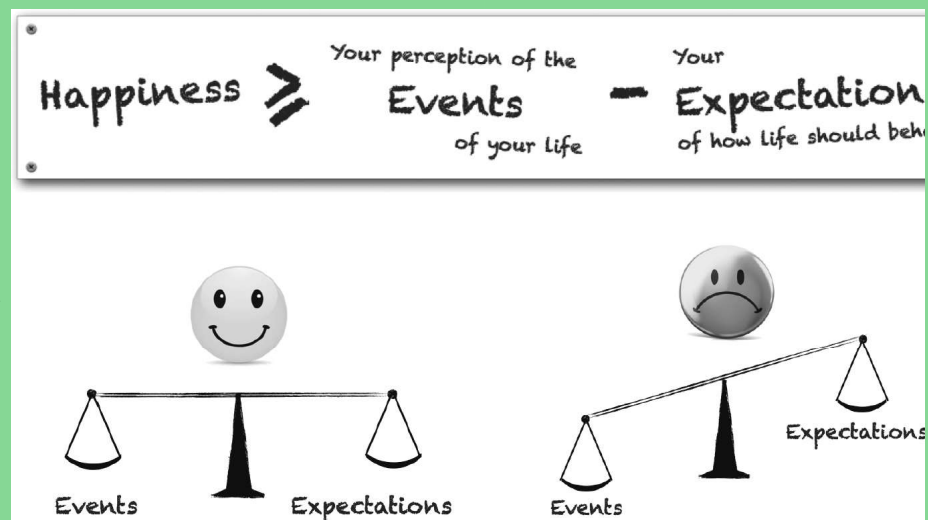
Can mathematicians really rationalise emotions?

Serena Cooper

A few weeks ago I heard about a mathematician on the radio who claimed he had a formula for happiness. His goal was to spread his revelation to a million people around the world in hope this would change the way people viewed their lives. I found this particularly interesting considering the affect lockdown had had on the mental health of the population.

Martin Seligman is a successful Psychologist in New York. He was helping people and earning a respectful salary. He had a great family but he came to the realisation that he still wasn't happy. So, he decided to delve deeper into the building blocks of happiness. After years of research he surprised the psychological community by coming back with, not a academic paper, this in it's self was a surprise as he has written 350 papers to date. He instead announced a formula:

$$H = S + C + V$$

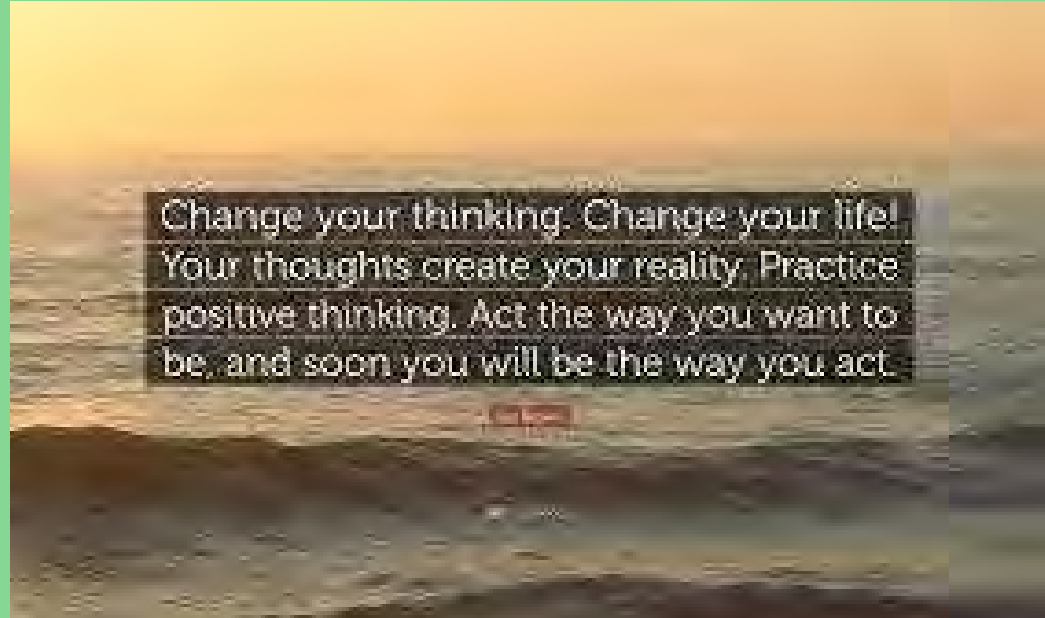


This formula tells us happiness (H) is the sum of a person's genetic capacity for happiness (S), their circumstances (C), and factors under their voluntary control (V). This begs the question which of these factors can we control? Research is still in its early stages but recent discoveries show that humans can only control a small amount of their thoughts meaning voluntary control may be unpredictable, as for genetic capacity we are yet to distinguish a way to measure this. Martin Seligman's goal was to share this formula with 1 million people. His formula faced heavy resistance as it was the first of its kind in psychology but has now been widely accepted amongst psychologists.

So is the Happiness Formula effective?

I feel the happiness formula differs between people. Some people say that the way of thinking has changed the way they live their lives. Others say it hasn't made a difference as there are too many factors that are out of their conscious control.

Although this does not mean it won't work for you. If you decide to try to live by the rules of the formula remember that thoughts take time to change and it is most definitely not an easy task. If the formula doesn't work for you don't worry there are lots of different methods to challenge the way you think.



Change your thinking. Change your life!
Your thoughts create your reality. Practice
positive thinking. Act the way you want to
be, and soon you will be the way you act.



Change your
thoughts and you
change your world.

Hatman Vincent Peale

KIND PEOPLE ARE MY KINDA PEOPLE


WE'VE ALL HEARD ABOUT THE IMPORTANCE, SENSE AND ADVANTAGES OF BEING SIMPLY... KIND TO EACH OTHER. BUT WHERE IS THE KEY FOR THE TREASURE CHEST OF UNAFFECTED GENEROSITY AND BENEVOLENCE?

I have asked a few people a question:

to see how an interpretation and feelings about this popular affirmation differentiate in various peoples' points of view. This interesting information combined with some reflections were a base for the article below. I hope you will enjoy :)

Mr Cooke

Rather than being jealous of someone's happiness or 'success' or belittling them when they do well, to basically make yourself feel better as you feel threatened by their success, deliberately choose to congratulate them and be happy for them. It's a virtuous act:

 They feel good and you feel good.

**Chris,
my 10 years old brother**

that I have to either smile fake
if I don't like someone or just be nice
and do what they ask me to do.
I usually think to myself if he is nice
and if I can be nice to others, but
anyway, you know that I am already.

Mr Otunnu

It means that you unequivocally treat everyone in a positive manner and not cause them harm. This is because kindness has a powerful impact - ***"You catch more flies with honey than you do with vinegar"***. It also means that you should be positive in how you think about and ***simply*** treat yourself, like self-love or self-forgiveness

An older woman I helped with coming back home a year ago

I don't know how you, young people, understand "being kind" nowadays. Back in my times, we didn't even think about what it really means, we just did what we felt would be good for our friend, our neighbour. I have a feeling that helping is fashionable today. It was once not fashionable, it was obvious.

Nowadays, we can't complain about the lack of speeches, adverts or sources that share various values. These range from motivation, purpose, ethics in decisions or priorities in life.

We are surrounded by advice and it's good that people come back to the simplest concepts like the ease of mind, kindness or the importance of a pure smile to balance their pursuit of success, achievements and general life satisfaction.

These factors can sometimes occupy the whole the capacity of mind.

However, the more often I saw or heard this kind of *commend* 'be kind', the more I doubted its intention. And don't get me wrong, I didn't think someone said it sarcastically.

I've just started to get the the impression that too many aspects were contracted in these two little words that it started to be spoken without a the literal will to encourage to follow or be inspired.

KIND PEOPLE ARE MY KINDA PEOPLE

WE'VE ALL HEARD ABOUT THE IMPORTANCE, SENSE AND ADVANTAGES OF BEING SIMPLY... KIND TO EACH OTHER. BUT WHERE IS ACTUALLY THE KEY FOR THE TREASURE CHEST OF UNAFFECTED GENEROSITY AND BENEVOLENCE?

I used to use the phrase "be kind" to others as well, like to my little brother or even just to myself. But when I went off from the speaker's perspective and heard it as a receiver, I actually thought

"ok. Yeah, I can be kind if you want. I mean, yeah, being kind is cool, isn't it?"

But it doesn't sound as deep as, at least for me, the importance of being kind in society is, especially nowadays. The point is that **we need to actually create inside our hearts a habit to care about one another**, a habit to ask about one another's day and actually listen to the answer, not automatically admit in response to the miserableness of today's weather. Get into the habit of making a coffee for your flatmate, if you are making one for yourself. The habit of buying a soft toy for your sibling if it reminds you of her/him and you know they would love it. The habit of paying attention if anyone around you needs a reason to smile today so you can give one to him/her and ... be a kind person.

Goal achieved, right?

So, maybe the solution is not "*hey, you better be kind to other people!*" and then do nice stuff for them (like hugging, buying ice cream or telling a compliment) but to hug her randomly, to buy him ice cream without any reason, to say out loud a nice thing you noticed about the other person and then if you want, you can name yourself a **kind person**. But I guarantee that the more often you do it, the more you see that the whole pleasure lies on the side of just doing it rather than ticking off from the "to do list" a point stating "be kind to at least one person today".

You may wonder how to make this a habit. And here, my dear kind friend, lies the key to open our chest of unaffected generosity and benevolence. I would say that the best start is just opening your eyes (thereby mind as well) to the world, becoming more sensitive to what builds our reality, our society, our environment. Don't ignore a reflection that came to your mind or a new point of view you noticed but decided to quit because 'it made no sense.' If you become a more aware and caring person about the world, you will soon notice that empathy is beaming from you, even subconsciously. And I know it all sounds quite effusive but believe me, it will start to appear in everyday issues, no matter if it's visiting your grandma, sharing chocolate or appreciating your best friend's personality.

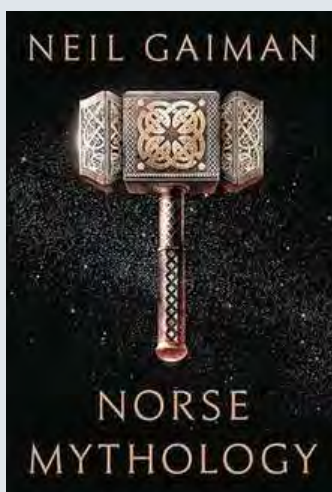
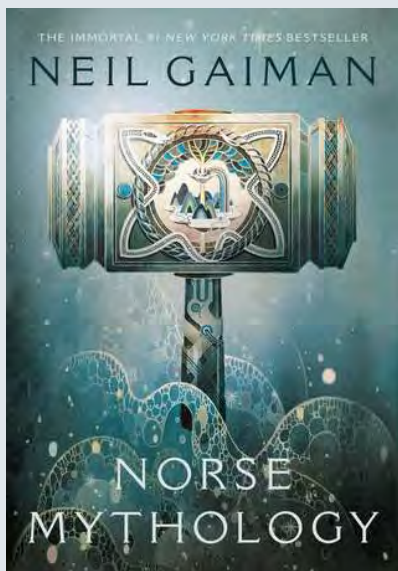
I don't know if the person who says "be kind" means all of this. Maybe yes, and it's just a simplification which is also unmeasurably needed nowadays (just imagine every Instagram post or Tweet about this positive affirmation, with an attachment to an exhaustive explanation of what is really meant by these two words :D)

Or maybe not, it simply repeats the sentence that appears sometimes in social media or in conversations. There is nothing harmful in this imperative, I'm glad that it's getting so popular.

I just thought I would share with you my "method" and to some extent, unconventional understanding of these so simple and yet so complicated words

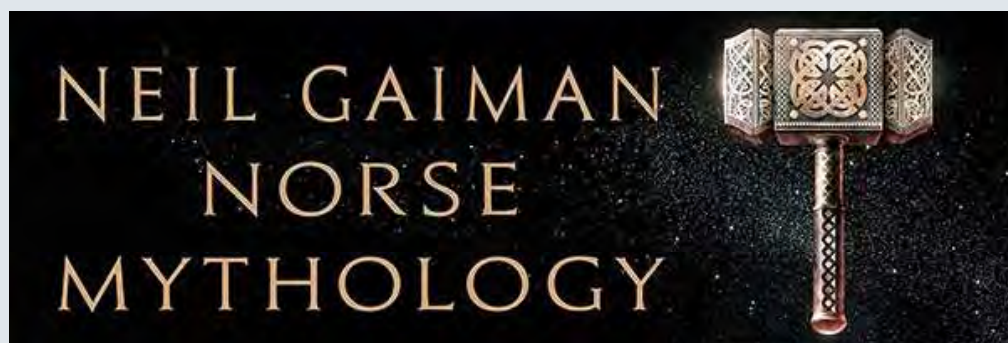
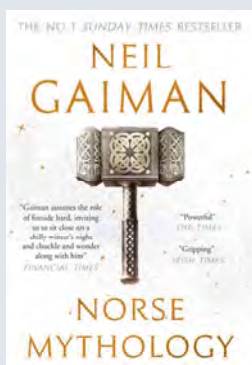
"be kind" :)

STARS ARE BEAUTIFUL, THEY HAVE A MAGNIFICENT VALUE. BUT YOU WILL APPRECIATE AND EVEN DOUBLE ITS WORTH IF YOU GIFT THEM TO PEOPLE AROUND YOU. ALSO KNOWN AS IF YOU ARE ...KIND :)
ALL RIGHT, THAT'S IT FROM ME NOW, GO AND BUY THE ICE CREAM AND APPRECIATE YOUR BEST FRIEND'S PERSONALITY!! :)



Here is a link to a place for you to read more book review written by Windermere students!

[Windermere book reviews!](#)



RIVETING READS

Luana Kenny

Norse Mythology by Neil Gaiman retells stories from legends told by Vikings. Norse mythology stems from Norse paganism which was primarily written and told by Vikings. He used Norse mythology as a major inspiration in many of his fantasy books so he turns back to where his ideas came from in writing this novel. *Norse Mythology* is fashioned in a novelistic way so that the retelling of myths is easy to read for people who have had no prior interest in Norse mythology. The stories are also written in a near chronological order so each myth leads onto the next.

This allows for a better understanding of the world and history around all the gods and goddesses.

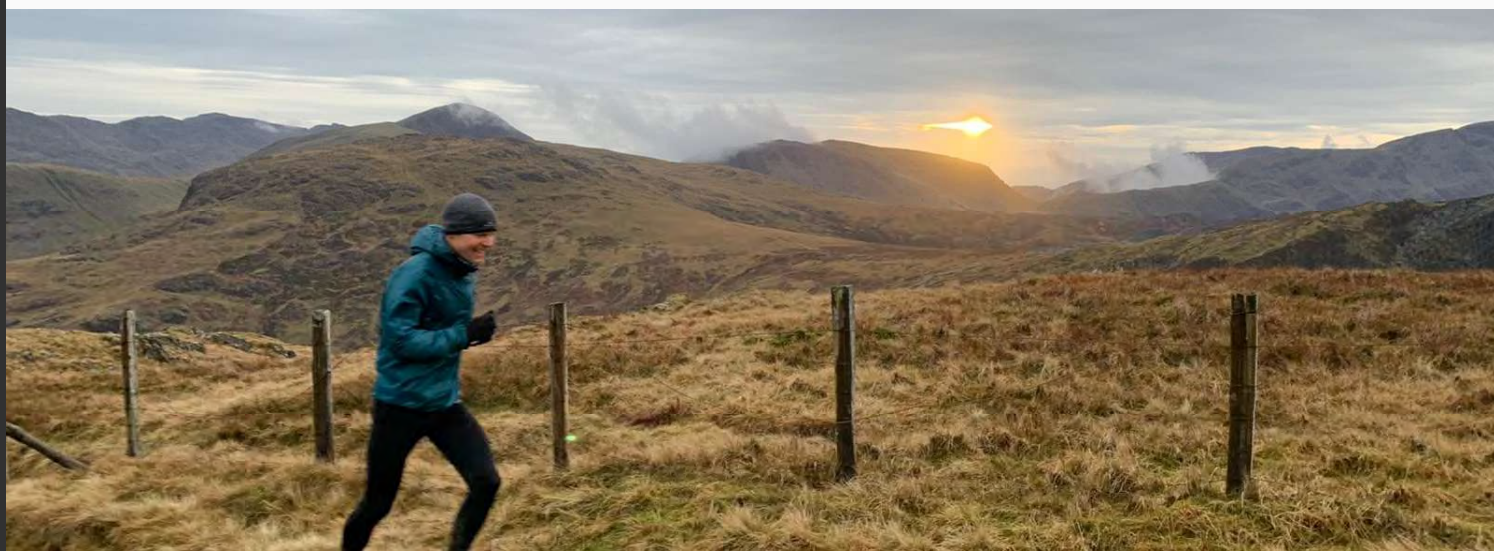
The book starts off with the beginning of the nine worlds and dives into the deeds of deities, dwarfs and giants. There are many myths about the gods tricking each other and being tricked in return bringing a humorous light to these ancient myths. Neil Gaiman stays true to the major Norse pantheon in writing the gods personalities making them still seem larger than life within the legends.

I give this book 4 stars as it has gripping tales and fantastic writing that reads similar to a fantasy book while keeping the ambiance of mythology. I especially recommend this book to people who love modern takes on mythology as Neil Gaiman writes it in a mythologically accurate setting while modernising the interactions between the characters while also keeping the impression of them being gods. However, I also recommend this to someone who doesn't take great interest in Norse mythology as the myths are written fluidly and like a fantasy novel. This causes you to continuously read wanting to find out what the fallout is from these larger than life characters' actions. In total it is a very interesting book that I think many can enjoy, even if they have no prior knowledge or interest in Norse mythology.



RAMBLING WITH MR ROWE

By Serena Cooper and Mayumi Singh



For this issue of Get to Know, we interviewed Mr Rowe. For those of you who don't know him, Mr Rowe is Head of Lower School. He teaches Science and the fell running club. In this issue you will find out about the transition from Year 6 to 7 and of course, what kind of vegetable he would most likely be!

If you would rather watch the interview you can click the link attached at the bottom of the page.

Did you always want to be a Science teacher?

No, I did not. I did always like the idea of teaching but when I was young, I really liked sport and I wanted to be a PE teacher. Really the only reason I took Biology A-level was because I wanted to learn some physiology and do exercise physiology at university and play lots of sports to be a PE teacher. But the more Biology I did, the more I became interested in that subject and in the end, I decided to do Biology in university then PE and Biology it was.

We also know that you run the cross-country club. When did you first become interested and take part in cross-country?

I did cross-country running for my school. I often used to qualify for the school championships to run for Chester and then I get to the county championships and get absolutely annihilated by all the good runners. So, I did enjoy running when I was young, but it was really when I moved to the Lake District that I really enjoyed fell running. I enjoyed being in the hills as much as the actual running and I think running around the hills is quite childlike which reminds me of my childhood charging around, which I why I like it so much. So we do cross-country around school, because six lessons is a long day so it is important that people get fresh air and exercise, so I love taking the cross-country club.

I did for a while take the Elleray club as well and that was good fun but trying to keep them all accounted for was a little bit stressful!

What is your favourite movie of all time?

Either one of the Stars Wars films or more likely Love Actually. It is the first film I went to see at the cinema with my now wife. That is going to make me look soppy but there you go. It is true!

A lot of us know you as the teacher that helps with the transition from Year 6 to 7. How has COVID-19 and the pandemic changed the transition from Year 6 to 7?

It's a real shame because that is something that normally works really well, just by the Year 5 and 6s coming up to Browhead and having some language lessons here. So, it's a really big challenge this year as normally the Year 6s are comfortable coming up to Browhead and they know some of the teachers, some of the students who they went to school and some who they have met when they come up. So we are going have to do things differently this time and I have already been working with Mrs Holmes, Mrs Clarke and Mrs King at Elleray to try and discuss the best way to do that. So they are happy and confident when they come up to Browhead next year.

So, fingers crossed they will be able to start coming up gradually as we move into the Summer term. I hope they can as last year was a really challenging induction day online as some people were at home, some in the pods and some of them coming from other schools meeting us online. I am really hoping we could do things face to face this time as it is better to meet people in person.

If you could choose a different career from the one you are in now, what would it be?

Well, my dad was a doctor and that was why I knew I never wanted to go into Medicine because I did not want to do what my dad had done. But It fascinates me more and more and I think I would have enjoyed that. But, it is a shame because I instantly ruled it out because I did not want to follow my dad's lead. I would do Medicine (if they accepted me!).

If you could be a vegetable what would you be?

I do not know but I am going to go with broccoli as it's my favourite and it is green... I have green values and environmental values, so I am going with that.

What advice would you give to the Year 6 students who are moving up the Browhead next year?

Well. I have just spoken to a Year 6 who might come next year and really I would give them the advice I give to any prospective student, as I speak to a lot of people who are coming into the Lower School. I would say come with a positive attitude because there are so many fantastic opportunities available here and if you come here prepared to have a go and try things that are outside of your comfort zone, then I think you will be really successful here. There is so much going on and those people who get involved are the ones who have the best time. Obviously, the more things you do the more people you will meet, people make places special.

If you could invite three celebrities to a dinner party who would they be?

At the moment, I think if I could invite three people it would be my mum, dad, and sister because I have not seen them due to lockdown! It has been so long. It is a really difficult question because I want to give you a good answer as there are so many interesting people and I cannot think of that at just the top of my head. The first one I would like to meet is Charles Darwin. Although I do not know if I want to invite him to a dinner party because he ate strange things and was in some club at university where they tried all sorts of different animals to eat. But as a Biologist, we spend so much talking about him and his ideas as it shaped everything that we know about Biology it would be fascinating to meet him so there you go, there is one!

Another serious one is Desmond Tutu because he is an absolute legend. I was living in Tanzania and I was good friends with some South Africans. We spent time in South Africa as well so I read some of his books and think he is an amazing person and very gracious. He would be a very interesting person to meet, but I am not sure how that would go on with him and Charles together.... The last person... I'm not sure I could narrow it down. I was going to say the Dali Llama. I would love to meet him, a very peaceful and forgiving man but because I am only allowed three, I would kick someone out and meet the Queen! If you think how long she has been in power and how many people she has met.



I would only want to meet her if she gave me the actual inside gossip and give me honest answers. Otherwise it would be uncomfortable and you would have to be on your very best behaviour and have a lot of polite chat. But, if she would open up, especially with what has been going on at the moment it would be fascinating so I will go with the Queen.

What your favourite element of teaching?

Well, I like being with people which has made the last few months difficult! But that's why I really like Secondary School teaching, because I think if you have Year 7 before break and Year 13 after break it's like two different jobs in two different hours. So I think it's really interesting and I think even if you had one Year 13 group and then another Year 13 group it would still be different so I quite like it.

You have got to accept you are never quite in control and it's nice you can plan lessons but you never know how it is really going to go because you need a bit of audience participation as well. Also, of course I want to inspire people to do my subject but, in many ways, I learn a lot from the kids, sometimes I learn more from the kids than I think they do from me! I think it is great and anyone you spend time with and interacting you learn from them and it both ways, But I do love inspiring Biologists.

What were you most looking forward to with the return to School?

Well, I am still looking forward to the Summer term. I mean it is great to be back, that is the first step, but what I love about school is when you watch people interact together so if we could have Sports Day in the sunshine or some sort of House competition. Then I think that would be a positive end to a very difficult year so that is what I am really looking forward to. Some whole school event in the Summer term to bring a positive end to the year.

Thank you very much for agreeing to be interviewed Mr Rowe. We hope you enjoyed reading this and we hope you read our next interview!

If you want to watch the interview click [here](#).

FOOD ECOLUTION

*Ecolution Articles 3
By Henry Wilmot*

PACKAGING PROBLEMS

Food packaging plays a major part in plastic pollution. Back in Newcastle, I used to see streets littered with not only cigarette butts, but many empty crisp packets as well. This was a disturbing sight for me to see, and this needs to stop. Animals above and below can suffer from this. But it isn't all dark, as people have been made aware of this through many sources. This has therefore made the situation better. So if you are littering, then you are ignorant to this. I know someone first-hand who used to litter, he was only 8 and he has stopped in light of helping the environment. The other thing that would reduce this sort of littering is making non-plastic packaging. Companies like McDonalds have partially acknowledged this, as happy meal boxes are cardboard and the toys that they give are starting to no longer be plastic junk. Along with this, there has been a recent spike in people litter-picking. This is a promising sign of things to come.

HERE'S WHAT'S UP!

**HOW TO IDENTIFY
POLLUTIC FOOD
PACKAGES**

**LEARN ABOUT PALM OIL
AND ITS EFFECTS ON THE
ENVIRONMENT**

**AN EXCITING NEW
VIDEO SOURCE**

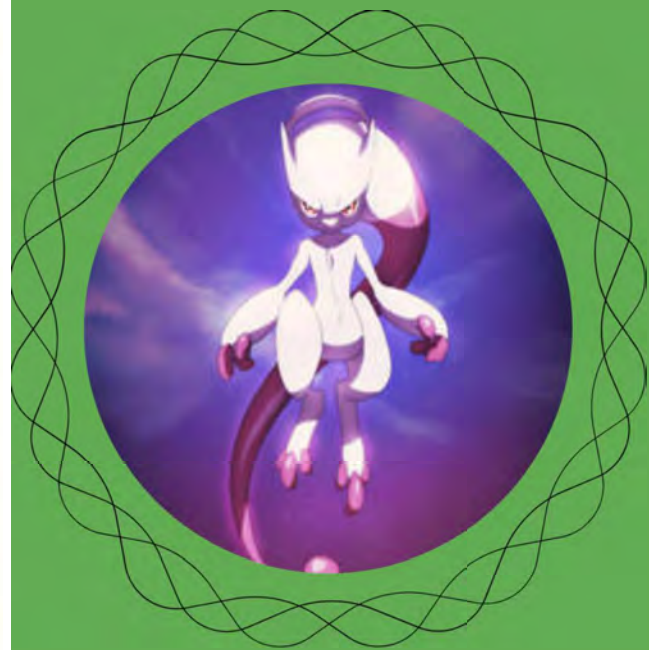


Food Products

Food products can also cause a lot of pollution. Take palm oil, for an example. Palm oil is in many products such as chips or even Nutella. However, it comes from a non-renewable source. Palm oil actually comes from trees in the rainforest, which obviously means quite a lot of deforestation to supply us with these things. I believe that palm oil should be removed from these foods and that they should think of a better way to replace it, if it needs replacing. Another good example is some sea foods. The UK tends to do this less, but there are two methods of fishing: regular and sustainable, with the latter being the more environmentally friendly. But some countries such as China do have quite a few fisheries which aren't really sustainable. This can be easily fixed however some governments still refuse.



If you would like to learn more about the environmental impact, I will post more videos soon on my YouTube channel. What's that you say? Did I hear 'what is my channel called? It is called Sharktrap, search Sharktrap channel - I have a purple icon. Enjoy!!!





BY MAYUMI SINGH

RADIO WINDERMERE

Radio Windermere is our community's radio.

In every broadcast you will hear interviews with previous members of Windermere School and teachers, facts about history and even the weather!

Radio Windermere was started by Mrs Dalzell during lockdown as a way to bring people together through the tough times everyone is going through.

Why should you join? Here are our current members' reasons.

Thomas: It feels pleasantly social despite us all being at different ends of the School (and in some cases the world). Also, it can provide a little chilled out broadcast for people to listen to for half an hour.

Luana: It's a relaxing way to be informed and have a nice time listening.

Milly: It provides you with a good skill set, like communication, adhering to deadlines, and working as part of a team with a common goal.

When do we release episodes ?

We release every episode on a Friday by email.

Martyna:

What made you join Radio Windermere?

I wanted to join a community of inspiring, open and creative people and have some fun together.

What skills do you think you can gain by taking part in Radio Windermere?

Firstly, a skill to speak fluently, comfortably and naturally (or at least the impression that I do, haha) and an ability to spontaneously catch the topics and make accurate comments so my speech is consistent.

To anyone who wants to join what would you like to say to them?

Radio Windermere is a place where everyone can express oneself the way one wants and have an opportunity to speak up about whatever they want and at the same time have lots of fun and make good memories.

Don't hesitate to join and let's create this wonderful thing together!

Click below for our latest episodes:

[5th February](#)

[26th February](#)