



All Points North

How it works

A message from the Editor and Writers

Greetings everyone! Welcome to another exciting edition of the SJNCC Student Magazine. Be ready for the Christmas holidays and the New Year with our section on SJNCC Teachers' advice, Year 11 views on stress and exams, as well as a collection of fascinating articles on a range of subjects for you to enjoy. We even have a 'Hall of Fame' section featuring star students of the term nominated secretly by your teachers.

We wish you a Merry Christmas and a Happy New Year and hope to see you refreshed in January for the year ahead.

SJNCC Newsroom

All Points North – 3rd Year

Are you a budding journalist? Do you think you have what it takes to interview staff and students across the college? Do you have an eye for detail and love grammar?

Then why not become part of the SJNCC Newsroom?

Returning **Monday 15 January 2018**

We are looking for students across all years who would like to produce news reports for the student produced, digital newspaper.

The SJNCC Newsroom (W12) opens **at lunchtimes on a Monday** – during this time students will be allocated interviews to do in the week ahead or over the term. Many activities happen during the week from fundraising, students returning from trips, dance, drama and art events and much more.

If interested, please come and get a pass from Ms Stone in W12.

We look forward to seeing you.

Ms Stone

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Year 11 Comments, Advice and Feedback

Helpful Advice for the Upcoming Year

'Volunteer for open evening as it is very good for your CV and it helps you get to know your school better. Also, go to clubs as it makes you productive and helps you develop an interest in exploring new things.'

Giulia Aprautesi 11.3

'Work hard and to the best of your abilities.'



Samiya Abbas 11.2

'My advice to students who are going into Year 10 and 11 would be to make notes. Most importantly start revising as soon as you can so you can learn which revision technique best suits you.'

Laiyba Razzaq 11.2

Stress

'With no regard to increased levels of stress on young people, new exams have been introduced and there is an increased amount on the syllabus. Dealing with stress is normal. In fact, our school helps us deal with stress very well. I personally do taekwondo, exercise and read to release stress. Exercising at least every other day really helps!'



Lucia Guzy-Kirkden 11.9

Quick Fire Advice on Stress



Mimi Casson: Mindfulness colouring

Tiger-Rose Swithenbank: Eat lots of chocolate and watch T.V/ Netflix!

Jasmine Mistry: Take some time out to chill!

Akshdeep Kaur: Lose yourself in the lyrics of your music.

Amna Khan: I tend to not think excessively about the exams. Sometimes I act like they don't exist.

Aasiya Mohammad: Tell yourself "All iz well. All iz well..."

Teacher Interviews: Advice

Mr Taunton

'Relaxing is just as important as working.'

Ms Shearer will be spending time with family and will be treating her daughter to Centre Parks during the Christmas holidays.

Advice: 'Live in the world around you, get off Facebook or whatever you use nowadays! Enjoy your holidays to the fullest.'

Ms Carrington is off to Euro Disney and will be treating her daughter and her niece who has never been before!

Advice: 'There can never be enough cuddles, kisses and glitter!'



Mr Sube will be spending his holidays with family and friends and will visit church on Christmas day. 'Christmas day is a time for forgiveness, peace and love. It's all about this wonderful sense of community and having fun'.

Advice: 'Stay safe, keep in contact with family and friends and take care of your younger ones.'

Ms White will be visiting and spending time with her mum for Christmas as well as savouring her Christmas dinner. She is also planning to surprise her sister with a trip to New York!

Advice: 'Have a BREAK and take advice on your mental health.'



Ms Knowles will be enjoying her Christmas in the sunshine in Tenerife.

Advice: 'RELAX and watch Blue Planet.'



Mr Mander plans to watch a film every day during the winter holidays. He usually plans to do this every year but fails each time. For the last 4 years during the holidays he has been going to stay with family in London with his brother and usually goes to the cinema, Winter Wonderland and for a meal out. Mr Mander is also planning not to argue during the holidays.



Advice: 'Wear a scarf!'- In other words, wrap up warm!

Ms Hodgson a while back advised a couple of her Year 11 students to 'not peak now'. I thought I'd share this piece of advice with you. So what does 'peaking too soon' mean?



Mock exams are not the time to 'peak'. You should reach your 'peak' in time for the real GCSE's and show your full potential. In fact, at the moment you do not even know the full specification/syllabus (English especially). So although it is helpful to revise, it is also important that you are not burning up for these mock exams. Have a little fun, experience for yourself what exams are like, but do not drown yourself in work and stress. You're still so young and have a full lifetime ahead of you.

Now, this does not mean 'don't revise' because actually revising is going to be extremely helpful for the real exams but see these mock exams as a learning curve and not the 'be-all or end-all'.

Dibjeet Kaur 11.7

Timing Life

One step back. Just one step back and our modest and yet exaggeratedly busy lives seem all the more minuscule. So what, other than time, is missing in this busy society?



We have technology right? Quickly developing technology. Technology which aims to make us more productive. Well, we all love productivity. If we're productive, we can 'squeeze' in more work and use more of our precious time doing leisurely activities. – spending time *with families and friends; or even better, by bingeing on the new seasons of 'Stranger things'*.

Yet with technology we still feel rushed. According to Columbia University, we have never felt so busy despite living in by far the most high-tech era. For how greatly impressive and useful technology is, it seems not to be advantageous in these ridiculously active lives we are living.

Thomas Edison (the bulb man), Erwin Chargaff (the DNA genius) Nikola Tesla (who in the '40s developed what we now call Wi-Fi.



These are just examples of broadminded individuals whose sense of curiosity and motivation could not be satiated by the perception of time; a perception which they knew would only hold them back from achieving their goal. We have been able to handle active lives for thousands of years and we certainly are not going to stop now.

So if not technology or time what is it that is missing then? What is this sense of restless, perhaps even helpless attitude that consumes millions of people?

We have all grown up listening to the many excuses people thrust in our hands when we ask them for something inconvenient. Most alarmingly we have now grown so accustomed to these excuses that we have

perhaps unconsciously put them in our *'Top ten most socially acceptable phrases to use when you have nothing better to say'* list. I



myself have used the phrases 'I have no time' or 'I have so many things to do' today, more times than I have said hello. The worst part is that I never meant it. I had never realised before today, when right before the start of science class I asked my friend *'How are you?'* She replied with *'busy'* only to contradict herself with *'I am bored already!'* just minutes later. – She wasn't actually busy, she's just used to saying it. These excuses build up our perception of time, as we seem to believe we are busy, yet we ignore the actual circumstances.

As many other teenagers and adults, I have conditioned myself to believe that I don't have one minute to spare and it would be a colossal catastrophe if it took me 11 instead of 10 minutes to finish my meal today. Under this pressure I encountered a concept known as "cognitive bandwidth" which, according to economist Sendhil Mullainathan and the behavioural scientist Eldar Shafir, is when the feelings of scarcity (time in my case) starts impairing your decision making, leading to poor prioritising and time management choices.

Funnily enough, I hurried home feeling so overwhelmed with the amount of 'tasks' I thought I had to complete. I was feeling as if every second was a waste of time. Despite this perception, at home I felt as if I had never been so bored before. In fact, I ended up spending the following four hours; bingeing on the early 2000s hit TV show 'Gilmore Girls,' devouring a whole bar of chocolate. I even FaceTimed my friends – who I wouldn't dare ask what colour Prom dress they'd be wearing during school lunch, to avoid 'wasting' any precious time.



During my last call I was reminded about the mock exams I had just undertaken, and there I realised what I was missing. I recalled the last 5 minutes of my History exam when writing the last few sentences for the conclusion of my 20 marks question I glanced at the time and blanked. I started feeling overwhelmed and rather confused. I had still five minutes and only a few sentences to write which seemed quite reasonable. However my perception of time was distracting me. Those minutes felt like seconds as my mind wondered under the pressure of not having enough time. As soon as the paper was taken away from me it took only seconds for my thoughts to return to their distinction. I suddenly realised it wasn't my preparation, or a lack of knowledge that caused my mind to wonder; it was stress and pressure to a small extent.

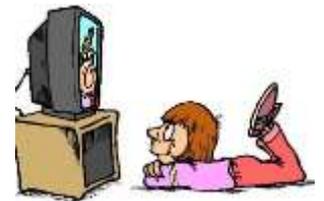


The root cause was my perspective of time.

People are conditioning themselves and future generations that the problem is not their lack of initiative to better what seems to be a restless and busy life but is in reality time itself.



Due to this perception of time, lives are not enjoyed by the same individuals who fail to see what is beneath the superfluous blanket of 'real time wasting activities.' These activities are considered either "fun" or "satisfactory" but perhaps snob less contemporary and meaningful interests. Individuals who unconsciously blame their so called 'lack of time' or justify the disguised apathy of their lives with the development of economy and technology which in their eyes increases the value of time. Eagerly they encourage the same productivity they passionately detest, as it compresses the duration of the few activities that appear to offer them sheer pleasure. People seem to want more 'time' and blame 'time' for the many activities they cannot participate in, yet participate in 'time wasting' activities thus live a life of constant regret and anxiety.



Our perception of time is damaging to our own lives. If we live in the present and make each moment count we can allow our lives to be more fulfilling. We'll stop feeling like we don't have enough time and we will be able to **time life** correctly.

Giulia Apretesi 11.3

Artist of the Term: BTS

BTS, also known as Bangtan Boys or Beyond The Scene, is a seven-member South Korean boy band formed by Big Hit Entertainment.

They perform what is known as K-Pop or Korean Pop. The fans (aka Army) and currently the world, is crazy about their performances, their talents, their style and of course their voices. Recently, BTS became the first Korean band to perform at the AMA's – American Music Awards and celebrities loved them!



BTS made an appearance on the Ellen Show, the Jimmy Kimmel Show and in many interviews during their stay in America.

They are Korean... so you can't expect them to know English right? Yet, RM (the lead rapper) is fluent in English after apparently being forced by his parents to watch 'Friends' from a young age – now that's impressive. The others however speak little and usually require a translator to communicate.

BTS and K-Pop in general is most famous for the dance and performances let alone singing. They explore and perform in a range of styles which makes it all the more exciting. BTS have a range of songs with hard-hitting lyrics sharing views on mental health and issues that young people face which allows viewers to further connect to the songs.

It is interesting and lovely to see the world embracing other genres of music from different cultures and countries. Indeed the feelings experienced from listening to music is what connects and unites us all.

Life Advice and Hacks:

Swipe left or right on the iPhone calculator to delete the last digit. This way, you won't have to start all over.

Car covered with ice? Pour some hand sanitiser on the area. The alcohol in it will melt the layer away instantly.

Stuck on a question? Try reading it in your teacher's voice. The brain has natural receptor for recalling information based on familiar language.



On www.Supercook.com you just enter what ingredients you have and it tells you what meals you can make and how to make them.

Can't think of what to get someone for Christmas? Tell them you already got them something and to guess what it is. BOOM! A list of things they want.



All Points North

Young People's Council

The Young People's Council have had an extremely busy term in office, and are now coming to the end of their two year journey. It has definitely been an amazing, eye-opening and interesting experience.

Remember Mark Your Mark at the beginning of the year?

Sir Jonathan students voted and here are the results!

- 1) First Aid Education: **133**
- 2) Transport: **98**
- 3) Work experience hubs: **92**
- 4) Mental health: **83**
- 5) Votes at 16: **78**
- 6) Protect LGBT+ people: **72**
- 7) A curriculum to prepare us for life: **65**
- 8) Support for young carers: **64**
- 9) Make the invisible visible: **49**
- 10) Protect school budgets: **19**

The total vote count for Leicester City alone was: 4462

The top 5 issues came across as:

- 1) Work Experience hubs for 11-18 year olds: **771**
- 2) Votes at 16: **606**
- 3) Improved Mental health: **494**
- 4) Better cheaper transport: **479**
- 5) Protect schools budgets from damaging cuts: **468**

UK Youth Parliament members from all over the country, travelled to the House of Commons and participated in the Big Debate for the top 5 issues votes for in the whole country.

Find out more on twitter through the hashtag #UKYPHoC

What else have the YPC been up to?

During the start of school term, the members of the YPC paired up with members of the Youth County Councillors to deliver a Don't Hate Educate- Disability Conference for secondary schools across the city and county - including Sir Jonathan North students!

Myself, Dibjeet, as a YPC member helped plan and lead the Social Courage workshop and three Sir Jonathan North students participated throughout the day in various workshops.

Looking at Social Courage and how we can implement social courage into our lives #thatcrimeconference



Sir Jonathan North @snccollege 100 11
SNCC are at Don't Hate Educate Young People's Conference today helping Leicestershire tackle Hate Crime and spreading awareness



Knife Crime YPC Campaign:

The Young People's Council have also been actively involved in promoting their campaign: **Knives not Lives.**

Due to the increase in knife crime in Leicester City, we have been involved in contacting and working with the police on raising awareness. Recently on **27 November** we had our #YPCDayofAction on which YPC members raised awareness through social media on knife crime. As a YPC member, I created a knife crime film featuring YPC members revealing some striking statistics. The film was posted and retweeted by the police, various youth organisations, Leicester City Council etc.



I also helped Leicester Police create a Knife Crime informative leaflet which will be displayed to the public.



Additionally, we informed young people of www.fearless.org. You can anonymously make a report if you are suspicious of someone carrying a knife. This can be lifesaving.

Main quotes throughout the day:

Leave your knife at breakfast
Lives not Knives
Are you living on the edge?
How will your day end?



Striking statistic of the day: **Carrying a knife could cost you 4 years in prison.**

Furthermore, we shouted out **#ASOR tour** – A slice of reality tour that has a collection of hard-hitting knife crime videos and discussions coming to youth centres across the city! Although many of the dates have passed, they hope to come to schools next year with the programme.

Other updates:

Today I spoke for better Work Experience at the House Of Commons. ❤️
 Watch this live @132 on parliamentlive.tv/event/132asok...
 @UKCF @SaxLot



Dibjeet Kaur 11.7

Check out The Love Me Project! They do a lot in building self confidence teach you to love yourself and they are power communal! ❤️



What a fantastic night for YPC reps switching on Diwali lights! So proud how they represent! #YouthVoice #YouthWork #YouthService



Richard Etienne @rhenne - Nov 28
 In Leicester today filming locals who have personal stories about #YouthCommunities

If you're in town come and find us @Communitwithit @Leicester_News @LeicaCountyHse

#Youth #Culture #Communitwithit



Fantastic training sessions! First young people community champions! @_HowManyTimes @UAWAld @YouthVoice



#MeTooCampaign

Women, teens and girls are sharing their experiences of sexual harassment with just two little words. The two words hold such a significant meaning around the world.

#MeToo sparked on social media, after actor Alyssa Milano, one of Harvey Weinstein's most vocal critics, tweeted *"If all the women who have been sexually harassed or assaulted wrote 'Me too' as a status, we might give people a sense of the magnitude of the problem."*



Within days, many women and men using Facebook, Twitter and Instagram delivered their shocking stories, sharing how they had been harassed and abused - including celebrities! The #MeToo hashtag has been used more than 1 million times in the US, Europe, Middle East and beyond.

The origin of #MeToo came to life when social activist Tarana Burke promoted the campaign *"Empowerment through Empathy"* in 2006 for women who had experienced sexual assault but did not have the courage to speak up and stand up for themselves.

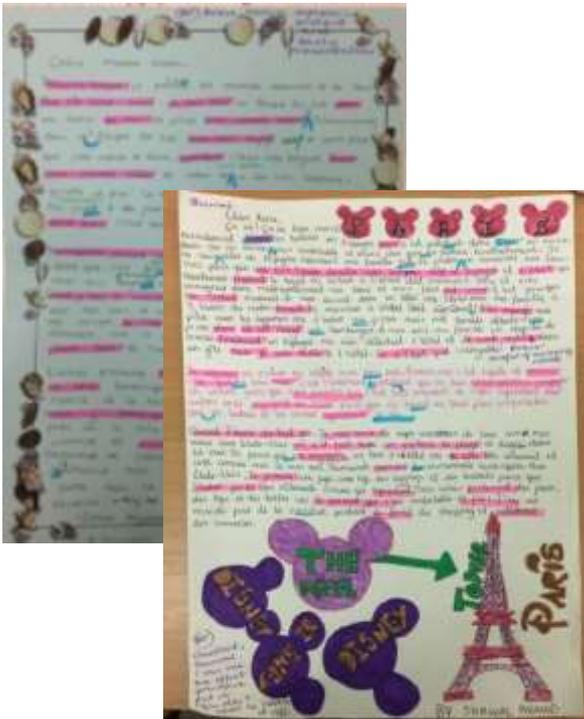


Many have marched through Hollywood to support the victims who experienced the tragedies and brutality of sexual harassment, completely inspired by the #MeToo social media campaign.

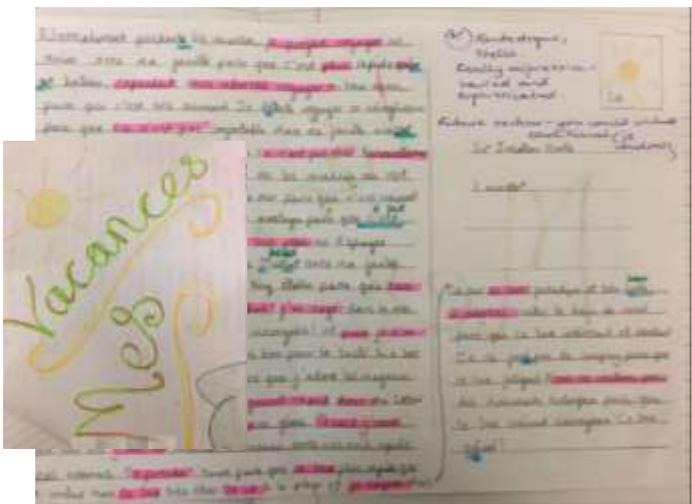
#MeToo could potentially develop from a social campaign to a social change, where every woman, man and child who has experienced such a traumatising incident can be liberated and feel justice, by just two powerful words.

Laiyba Razzaq 11.2

French Star Students:



Well done to these **Year 9** French students for producing amazing postcards demonstrating their French and even decorative skills. Ms Woods was extremely impressed!



History Star Students:



A **Year 10** student designed this beautiful 3D model of the Exeter medieval water supply.



Izzah Ahmid created this beautiful visual poster showing various aspects of Medieval England.

Music Star Students:

Fran Macleod has particularly enjoyed learning the guitar:



Aliyah Khan, Heidi Rolfe, Holly Harper and Fariha Ijaz from 8.4 have been taking extra efforts in learning from the school's brand new guitars.

Mira Lakhani (8.4) **Lily Ward** (8.2) and **Ella Lewin** (8.2) have been doing very well in music lessons!



Dance and Drama Star Students:



25 **Year 8** Dance students were selected by their Dance teachers to participate in a Hip Hop workshop led by Dance Leader Faride at CDCA Academy in Leicester.

Well done!

Year 10 GCSE Drama students have also been using the poem 'I'm your Disease' as the stimuli for an abstract and physical theatre piece.

Year 10 students have made an incredible start to the year and have really impressed their teachers with their talent and creativity.





Wordsearch

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

AUTUMN
CRACKERS
HOLIDAYS
PRESENTS
SANTA
TREE

CHRISTMAS
DINNER
HOLLY
PUDDING
SNOW
WINTER

CINNAMON
FAMILY
MINCEPIE
RUDOLF
SONGS