

The Cowbridge Comprehensive School Student Magazine

PRINT



October 2018

Building on Success

Have a suggestion for PRINT? Email us at

print@cowbridgecs.co.uk

Editor's Note

Dear readers,

Welcome to the second edition of PRINT, Cowbridge Comprehensive School's student magazine. The team are proud to report a start of flying colours thanks to last month's issue, 'Building on Success', and hope to continue as we've started.

This month, you can expect to find articles on building success, aimed at academic and personal improvement. At PRINT, we highly value this theme, as *growth mind-set* has been key to getting our magazine off the ground; we hope our experiences can be shared with our dear readers, no matter the age.

Also included this month is a last minute guide to Personal Statement writing, C Lisk-Lewis' Lessons on the Importance of Sleep, an interview with the History Department, and Meriel's ponderings on the Art of Reading. All of these have been included, the benefit of our readers in their self improvement journey. But fear not! For all of you looking forward to a spooky Halloween feature, we have a chilling cameo of the Tellers of Tales ready to scare your socks off!

From all of us at PRINT, we hope you can find something useful to read this month and enjoy our October Issue. And, once again, we'd like to say a huge thank you to the support of staff, students, and readers that we've received in the last few months (without whom we couldn't be as proud as we are of the success of our publication)!

Have something you want published? Send it to us at
print@cowbridgecs.co.uk

The Department



Phoebe Bianchi, Year 11

LRC KS3 Book Reviews

Book: The Maze Runner

Author: James Dashner

Okay, so before I start, I want to say something. I personally hesitated to read this book because I heard too many bad reviews and things about this book. But let me tell you something. Yeah, it has its problems -like the written style- but this book has one of the best story plots I have ever read about. And believe, once you get into the book, you will not care about the writing or anything else.

The Maze Runner is a 2009 young adult post-apocalyptic science fiction novel written by American author James Dashner and the first book released in The Maze Runner series, although it is the third in narrative order. The story is very action-packed and reading the book feels very much like watching a movie. In contrast to The Hunger Games, where twenty-four boys and girls must kill each other, The Maze Runner seems more like a mystery book.

Joel Das



Book: Alex Rider: Storm breaker

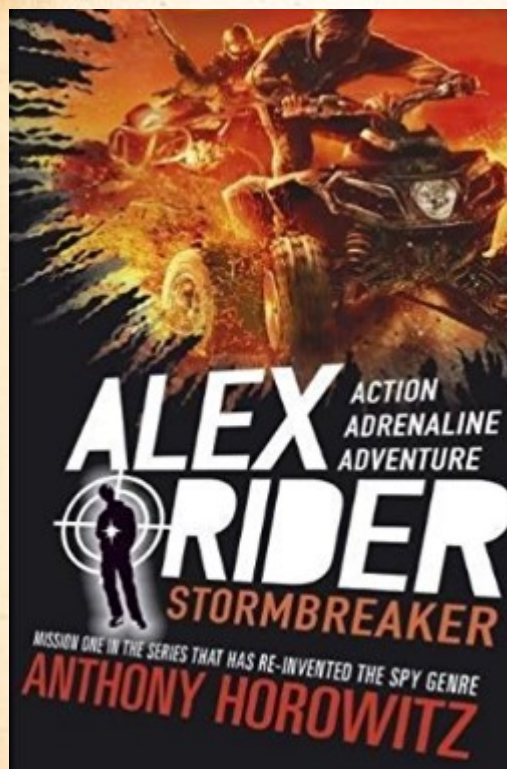
Author: Anthony Horowitz

Star rating ****

This book is the first in the fast moving action/mystery fictional series about a 14-year-old boy, Alex. He becomes a spy working for secret intelligence and overcomes a number of evil masterminds. In the first book, Storm breaker, Alex is sent away to "Sayle Enterprises" to stop the next global disaster before it happens! Although he comes close to death, he survives to defend the world once again.

I enjoyed this book and would recommend it to anyone between the ages of 10 and 14. Even though this book is fairly predictable, it is entertaining and fun to read and I think most young teenagers would definitely benefit from reading this book.

Evie R



Does my Bum Look Good in This?

Freya Yates

Body confidence is becoming a more and more popular topic of discussion in our 21st-century society, yet the way we look at ourselves doesn't seem to be changing. On a daily basis, I will hear somebody say that they look too fat, too thin, or too lean, that they wish their hair was bigger, their nose was straighter or they had 'proper' facial hair. We seem to constantly be putting pressure on ourselves to look and act in a certain way when really, if you look beneath the surface, we are made of the same thing: flesh and bones.

Nowadays, in the media, we are bombarded with articles on "how to lose those last few pounds" or "how to get abs in just 10 days"; although these things can be healthy, the way we go about promoting it is exactly the opposite. Being healthy physically is about eating the right amount of different foods and exercising regularly, but we cannot be healthy on the outside if inside we are always degrading ourselves. If you decide to change your diet or fitness routine to improve a particular part of your body, you'll likely only find something else you want to change. It is a never-ending battle that can feel impossible to escape.

Another issue that we face when promoting body positivity is sexism. We will often assume that it is only women who will struggle with these issues, but, perhaps it is actually men who will face more body confidence dilemmas; given that the majority of media campaigns focus primarily on helping women feel more comfortable in their skin, it is often ignored by campaigners that men are subject to negative stereotypes, too. This can leave men feeling isolated and insecure, or hiding how they truly feel. They may carry on putting themselves down when all they need is the same confidence boost women can access. Honestly, when was the last time you saw a man on the front of a magazine cover or TV advert that didn't closely resemble Marvel's Thor? When it comes to our bodies, men and boys alike face the same issues as women and we need to start realising

and accepting that.

So, how are we to deal with this ongoing epidemic of putting ourselves, or one another down, just for the way we look? My first bit of advice is to compliment yourself, just once a day; it doesn't have to be anything major, but it should focus on the parts of your body which you tend to pick on most. For example, I sometimes I feel down about the way a part of my body looks so, during the day or at night, I'll just say, "You're looking good today". This may sound bizarre, but it can make you laugh and therefore makes you feel better about yourself. This brings me on to my next bit of advice: treat your body the same way you'd treat that of your friends; you wouldn't tell your friend that they look ugly or that they can't pull off those jeans (at least not if you're a decent friend). So, don't treat your body any differently. Our bodies are with us for life, through thick or thin, so we need to give them the same unconditional love and attention. Finally, don't put others down to try and make yourself feel better because, each time we degrade some else's body, we are immediately admitting that we aren't comfortable in our own; we are highlighting our insecurities and complaints and I truly believe you cannot live a happy life if you can't learn to love yourself and who you are, both inside and out.

We all have bad days where we just want to curl up in bed and never go outside again. We have those days where, no matter what clothes we put on or how we style ourselves, we don't feel good enough and that's okay. We are only human and we cannot expect perfection from ourselves all the time. So, take time for yourself, treat others kindly and remember the best makeup we can wear is a smile. By the way, you're looking fabulous today!

Have an article you want published? Send it to us at print@cowbridgecs.co.uk

An Insider's Insight into... *The History Department*

What's the best thing about your department?

The best thing about the history department is the subject: We're very, very fortunate to be able to teach history and the topics that we teach, bearing in mind World War One, World War Two, Arab/Israeli conflict, are so topical, so relevant and that we have the opportunity to educate children in lessons from the past and bring them to the future.

What unique skills will pupils get from your department?

I think it's the higher order skills as in the written work and evaluation. I think the key part of history now, even down to Year 9, is the evaluation of sources and interpretation of sources. And I think a lot of children in Cowbridge want to go on to become medics and lawyers and journalists and they're the higher order skills that are required in those professions. I think history delivers them well.

What do you look for specifically in a star pupil?

At both A level and GCSE, it's the passion for the subject and the ability to read further around the topic. I think that is something that we always have to encourage. The idea that you're not just relying on your classroom notes. Read around the subject; go and see what other historians think. Subscribe to the BBC history magazine; I think that's a wonderful resource. We have it in the library. I think pupils, if you can, should subscribe to these magazines. Documentaries, we don't have time to watch documentaries. We're so lucky that we have the BBC iPlayer, history channel with lots of supporting material to support our lessons.

Why choose your subject for GCSE or A level?

If you've got an interest in it [then you should choose it] because of the skills it brings; it's interesting; how we teach you to write [are all reasons to choose it.] We teach you skills that are transferable and I think that is a key word now. You start GCSEs in year nine now, so by the time that you get to year thirteen you are fully aware that the skills we teach you in history can be transferred to science, to economics, to English. They are lifelong skills. And also, the nature of the subject is so important. At one time, they were thinking of making history compulsory at GCSE. I think sometimes, depending on which government is in power, we may go back and see that because it's not just the power of the subject, it's the literacy skills it will bring with it. I think, with literacy and numeracy being so important in school, history does so much more to support these key elements.

Mrs Middleton, History Dept.

The Importance Of Sleep

C.E Lisk-Lewis



I think we can all probably agree that we don't get nearly enough sleep; whether it's revising until you can barely open your eyes, texting from noon until the early hours of the morning, or simply remaining wide-eyed as you're plagued by the previous day's worries, inevitably we all find ourselves just a little bit sleep deprived. It's really not ideal but it seems to be a part of the teenage school-life package we all must endure. Most of us love sleep, maybe because it has become sort of a novelty; thus, school is a slightly tedious environment due to the fact we can no longer enjoy our lie-ins as we catch the bus at dawn or make our walk into school. Even if we tend to wake up early naturally it suddenly becomes a struggle when we realise we have six draining hours of work to look forward to and then however many hours of homework. The weekends, rather than an escape, just seem like the chance to recuperate only to once again begin this unfor-giving cycle!

But how important is sleep, exactly? Possibly quite a bit more important than you realise. We all know that while we sleep, our body takes the vital time to repair itself for the next day, however, ongoing sleep deprivation or excess

sleep can be linked with an increased risk of conditions like diabetes, heart disease, high blood pressure, kidney disease and in some cases strokes - it looks like we really can't under-estimate the value of a good night's slumber. Perhaps, one night, won't have such dire consequences but if you don't pause and consider the detrimental effects an irregular sleeping pattern could have on your overall health, in the long run you could be setting yourself up for some dangerous consequences. Eight hours is usually sufficient for most adults but, at this stage in our development, we may need just a little bit more.

It can be hard to juggle sleep and everything else going on in our lives, but it is a very necessary task - it's worth setting an appropriate sleeping pattern up to ensure that you are getting enough rest, even if that might mean cutting down on Netflix binging or all-nighter Xbox sessions.

In the modern age, the quality of sleep is on a general decrease due to the numerous distractions that are now embedded into our routines, whether it be modern technologies, consuming too much caffeine or the presence of artificial lights and noises in the big cities that can prevent us from truly switching off.

It has been reported that 10% have a chronic insomnia disorder, which occurs at least three times per week for at least three months, with data suggesting sleep disorders are on the rise along with many other mental health problems.

As a result, it is now more urgent than it has been in the past that we start evaluating our sleeping routines and adjust it where we feel an improvement could be made

Have an article you want published? Send it to us at print@cowbridgecs.co.uk

Personal Statements

Holly Nicholls

How to Sell Yourself in 46 Lines

So... you've just come back from your Year 12 summer with your grades in the bank and raring to go. Welcome, my friends, to the era of the Personal Statement. Here's how to sell yourself in 46 lines.

Firstly, find out and record your deadlines; when do your universities, your sixth form and UCAS want your final draft? Make sure you're not waiting until the night before or without a goal in mind. Remember that some universities have an early submission date or accept applicants on a 'first come first serve' basis. Likewise, this would be a good time to commit to a course, at least for the time being. Regardless of where you're applying, you'll need a course in common to persuade admissions how in love you are with your subject; there's no sense in writing 46 lines on your passion for Physical Education when you're applying to study English. Thirdly, and most helpfully, get down to it. Starting your personal statement seems a daunting task, but don't panic! Unless you're one of the chosen few, the chances are your first draft will be mostly rubbish anyway. That's what your sixth form support team (family members, teachers, neighbours...) are for; no matter how waffley, incohesive and poorly written your first attempt is, starting early gives you enough time to refine your final draft into a shiny, airbrushed advertisement of yourself.

What is it that you actually need to discuss in your personal statement? Obviously, you need to include a discussion of your subject and specifically, your courses; I can't help you with that much. However, here's the key question: what do you say about your super and extracurriculars? So, you're applying to study Sociology and your extracurriculars consist of Year 9 chess club and two years of waiting tables? No problem! Prepare to become a master manipulator; chess club developed your forethought and strategy skills (ideal for your dissertation in third year) and, during your years as wait staff, you were able to observe and engage with dozens of varying social circles and comment on their

differences (it's practically a field trip). And, given that you've started your personal statement early, you can add in some course relevant reading material that you were inspired to pursue by such experiences, and hence read them to discuss what you've learnt. Abracadabra, you've got relevant super and extracurriculars. Of course, if you're stuck, there's plenty of accessible, relevant material online (such as lectures, articles and critical essays) that are all worthy of discussion when applying for any subject. Don't forget to show off any 'irrelevant' activities too; they'll help the universities understand you as a person and assess how well suited you'd be to their campus.

So, you've commenced writing your personal statement; you've got three books and a webinar on the go and you're in the mood for some Quantum Mechanics. Great! Try not to get too caught up in the dictionary or in the science books; your universities want to understand you and your thoughts, not Hawking and his thoughts. This is especially important in your introduction and conclusion; however overwhelming the opening lines may seem, they are nonetheless important and so shouldn't reflect somebody else's ideas or intellectuality. Innate desire to open or close with a dramatic quote or risky joke? Proceed with caution; talk to your UCAS coordinators for some experienced advice on how to pull off such a bold statement... in your statement.

Well, my friends, here we are, fully grounded in the era of the Personal Statement. I commend your perseverance and your bravery. If, like a lot of us, you're still finding your feet, talk to your head of year or visit the UCAS website for a little more formal support.

Have an article you want published? Send it to us at print@cowbridgecs.co.uk



Reading – a Dying Art?

Meriel Clode



Netflix, the cinema, Xbox. The one thing in common between them? They entertain people. They're the modern day pass-times which fill the hours after school when there's

nothing to do or revision to be avoided. But not so long ago, reading would have been a key figure in this list. Believe it or not, reading can be for entertainment, and not boredom. It's all about finding the genres and authors you find interesting. At least 40% of teenagers in the UK only read the books assigned to them in English Lit GCSE/English classes during their teenage years. Relatable? That's probably a yes. And if it's not, congrats, you're doing well!

Lots of teenagers argue that reading is 'boring' and tedious and that they don't see the point of it. These comments coincide nicely with the innumerable amount of Snapchat, Instagram and Facebook posts which are grammatically incorrect. And fair enough, social media is just as effective and understandable with and without correct grammar. However, when emails to future employers, letters to important people and essays written for the workplace have the same misuse of words like 'your', 'there' and 'our', it's slightly less ok.

Reading regularly will subconsciously improve your SPaG, which will help enormously in all those EP, science, maths and geography QWC questions. Just 15 minutes every day equates to something like 83 hours per year – a lot of hours! Plus, fifteen minutes is only a quarter of Love Island; that flies by, as you know. What's more, nobody is saying reading is about tackling Jane

Austen or Charlotte Bronte. Diary of a Wimpy Kid is a good place to start, but progression into books like Harry Potter, Divergent, the Hunger Games and the Maze Runner would be good. If you watch the film version of these books, you'll agree the story lines are great. They're even better when the characters appear as you imagine them, and the fine details are specified so you can really get a sense of the emotions, characteristics and traits of each person.

'Reading isn't cool' though, right? In five, four, three years no one's going to remember you as the kid who read for fifteen minutes every now and then. Shock horror. Also, if it's that big a deal, try something a little out of the norm: put the phone down for fifteen minutes, tell people you went for a snack, and get straight back online – no harm done! And the best piece of advice ... give the book more than just a few pages' chance. Unlike films, books need a chapter or so to create a sense of place and character which is strong enough to be enthralling. If there's a slightly dull section, give it a bit more time to see if the author just had a small blip or if the book really has gone to trash.

In case the thing keeping you from reading is simply not knowing where to start, take a look at this list and see if any of them take your fancy. Plus, you can always look up the genre/author you like and see what comes up!

Harry Potter (x7)

Divergent, Insurgent, Allegiant

The Maze Runner series

The Hunger Games series

The Boy Who Killed a Dog in the Night-time

Any John Green book, e.g. Fault in Our Stars

Bridget Jones' Diary

The Book Thief

Crime novels by James Patterson

Have an article you want published? Send it to us at print@cowbridgecs.co.uk

BLOG POST OF THE MONTH

Midnight. The cold air invaded the atmosphere. Opening my eyes to a deserted graveyard, I tried to recapture sleep, but the thought of the days terrible news pounded in my head. Those people in black masks chasing me to a car accident. The sound of the sirens breaking the silent atmosphere. Where was I now? I looked down at my pale white hands, tied up. Surrounded by tight knots. Suddenly I heard a crashing sound coming from the derelict chapel. Then, looking up, I found myself looking up into the eyes of an elderly woman, staring right at me, then, in a cold and soft voice, she said, "The girl, she is awake." I blinked again. But the lady had vanished.

Thoughts raced through my head, what was I to do now? How was I to escape? Somehow! I scanned the layout of the cemetery. To my relief, just there on the gravestone sat what looked like a WW1 knife. I used the sharp object to struggle out from my ropes. I sat up with a sigh of relief. What to do now? I did the first thing that came into my head. Run! I ran till my legs ached. I came to the cobbled street, deserted, left alone with a long river of rain water to run alongside it.

I loitered on the street. Then, standing before me with a knife in his hand and rolled over eyes, there stood a figure who hissed, "She thought she could get away,"

Then he let out a brain tearing cackle. The man pushed me back. Everything went dark.

Walking through a long passageway with men crowding round me, we entered a room with with seats and a large altar type desk. The men stood me at the front of the room.

Continued...

They questioned me for what seemed for what felt like hours. after a while, the room emptied. I was left alone. I noticed the door was left ajar.

I crept along the hallway. I heard some noises. Bend after bend after bend, the noises got louder. Stop. Standing to my left hand side was a door. But not just any old door. It contained rogue claw marks, followed by a loud painful scream. I peered through the door, looking at the walls. In blood, the rooms boundaries quoted 'No death do us apart'. The dust on the table started to swirl into the shape of a knife. I ran.

Down to the dungeons I went. The guards had found me. It was a restless night. I was to be questioned again tomorrow.

Today was a day where I would be questioned again. Staring at the crowd, I noticed the elderly woman from the day before. I looked down at my feet to see the dust once more. What I saw in the dust, however, was: '7 days'. The men let em go!

For nights I could picture the dust. What was this? Was I to die? I was only 20.

I decided to walk to the place of my car accident. I checked out the smashed up vehicle. Then scratched onto the metal was 'This wasn't for you' . What did this mean? I sprinted to the graveyard. If my hypothesis was right, I would die tonight.

But when I got there, I saw the elderly woman kneeling down. Then a swirl of dust went through her and she dropped to the floor by a gravestone that said, 'No death do us apart'.

By P.A

From the Cowbridge Comprehensive School blog: <http://tellersoftalescowbridge.blogspot.com/>

November 2018

Weekly Lost Property monitoring- Harry Morgan and Ethan Cookson.

Organize for St Dapats College to come in Human Rights Week

School Council Proactive School Community Project

Be Proactive! 

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>Medics debating group-lunchtime E2D</p> <p>Start of Hamper/food collection</p> <p>Start organization of Year 11 Into Year 12 talks by Sixth Form</p> <p>Poppies during registration- all week</p> <p>LGBT Society meeting</p>	<p>6</p> <p>Proactive School Community Project</p> <p>lunchtime meeting-Whole Team-Children in Need E2D</p> <p>Rhys Potter to start assemblies RYLA</p>	<p>7</p> <p>Sixth Form/Staff/Governors Blood Drive at CCS</p> <p>Proactive School Community Project lunchtime meeting-E2D</p> <p>Anti Bullying Campaign-School</p> <p>Madison Porters/displays/All week- November 2018</p>	<p>8</p> <p>Proactive School Community Project</p> <p>Lunchtime meeting – Library committee in LRC</p> <p>Rotary Interact meeting E2D 1.15pm</p>	<p>9</p> <p>Proactive School Community Project</p> <p>Lunchtime meeting E2D-Sec Committee</p> <p>Check about Vale Youth Forum meeting</p> <p>Remembrance Yr7 & 13 representing</p> <p>Check on Ty Hafan selection Box Appeal</p>
<p>12</p> <p>Medics debating group-lunchtime E2D</p> <p>Anti- Bullying</p>	<p>13</p> <p>Proactive School Community Project Lunchtime meeting E2D-Print all Magazine</p> <p>Week</p>	<p>14</p> <p>Proactive School Community Project Lunch time meeting-Jack Griffiths Fund</p> <p>Assemblies</p>	<p>15</p> <p>Rotary Interact meeting E2D 1.15pm</p>	<p>16</p> <p>Children in Need day-poster competitions and cake sale</p>
<p>19</p> <p>Medics debating group-lunchtime E2D</p>	<p>20</p> <p>Proactive School Community Project</p> <p>Lunchtime meeting E2D-Human Rights</p>	<p>21</p> <p>Proactive School Community Project</p> <p>lunchtime meeting E2D-Cancer charities</p>	<p>22</p> <p>Rotary Interact meeting E2D 1.15pm</p>	<p>23</p> <p>Proactive School Community Project BREAK time meeting E2D-BUDDY Proactive School Community Project Lunchtime meeting E2D-LEAVERS COMMITTEE</p>
<p>26</p> <p>Medics debating group-lunchtime E2D</p> <p>Sort for Xmas Jumper Day?</p>	<p>27</p> <p>Proactive School Community Project registration meeting CANTEEN-Healthy Eating Committee</p> <p>Proactive School Community Project lunch time meeting E2D Prep for CCS events</p>	<p>28</p> <p>Year Council meetings E2D Proactive School Community Project</p> <p>Lunchtime meeting E2D Preparation for Safer Internet Day</p>	<p>29</p> <p>Rotary Interact meeting E2D 1.15pm</p>	<p>30</p> <p>Rotary Youth Exchange- Rhys to do assemblies to promote</p> <p>Proactive School Community Project Lunchtime meeting E2D-Human Rights</p>

Dreams and Wishes

Charity of the Month

Dreams and Wishes is a charity which works with young children who are suffering from terminal illnesses, providing much needed support for families and their children, as well as helping a child's (sometimes last) wish come true. The charity and its members understand that when a child is diagnosed with a serious illness they can lose all sense of a childhood, especially if stuck in a hospital bed; they aim to give back to those children what they can, by setting up meetings with their idols to giving them a Disneyland holiday. The charity thrives off donations from the public through various sponsors and events, the latest one being a Christmas meal this December. I highly recommend checking out the charity's website for some of the inspirational stories of the young children battling some of the worst illnesses.