

The Cowbridge Comprehensive School Student Magazine

PRINT



September 2018 Issue

New Beginnings

Have a suggestion for PRINT? Email us at::

print@cowbridgecs.co.uk

Editor's Note

Welcome to PRINT!

We are ecstatic to announce the relaunch of the Cowbridge Comprehensive School student magazine! We are an online publication, celebrating the talents and diversity of our school. On the last Monday of every month, expect to find a brand new issue, jam packed with a plenty of relevant and useful content, created by students, for students. Not only this, but you can read all about the charities we support, as well as our departmental links and the proactive community. If you're looking for a place to soak in the prowess and ability of pupils at Cowbridge, or simply are looking for a good read, you've come to the right place. From Year 7s and Year 13s, to parents and teachers, we hope everyone can enjoy our publication, starting with our first issue, 'New Beginnings'. For now, let's meet the team!

Adam Durrant, Year 12, is our Junior Editor and the one to thank for the book reviews and blog content. His quirky articles are humorous and intellectual, perfect for if you're looking for a hearty read. Because of his unique approach to topic titles, Adam's articles are a great read for every age.

Freya Yates, Year 13, is our friendliest writer! Perfect for younger readers, she is compassionate and thoughtful. You can read all about our charity of the month courtesy of Freya and always keep an eye out for her feel-good articles and positive outlook on life.

Meriel Clode, Year 13, is PRINT's Sports Coordinator and resident lifeguard with an aptitude for educating. With her can-do attitude, you can expect a bundle of informative and to-the-point articles from Meriel, great for people of all ages who are looking to learn a little about a lot.

Caitlin Lewis, Year 11, offers a thought provoking read about things you've never before pondered. Liaising with the Art Department to publish pieces created by Cowbridge pupils, Caitlin is our youngest writer and can assuredly provide you with articles that make you think.

Louis Connolly, Year 13, is our beloved administrative member, working behind the scenes and keeping everyone in check. Although you won't find his name at the bottom of any articles, his work within the group is highly valued and important to the team.

Holly Nicholls, Year 13, is the Senior Editor principle nerd of PRINT. You can expect plenty of scholastic advice columns, perfect for pupils both starting their GCSEs and finishing their A Levels. If you're looking for some expertise on the ins and outs of academia, look out for her name!

We'd also like to say a huge thank you to the support offered by the English Department and Ms Taylor John, without whom, none of this could be possible. We hope you enjoy our magazine!

Have something you want published? Send it to us at

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The Department



Megan Haskell, Year 11

LRC KS3 Book Reviews

Book: One

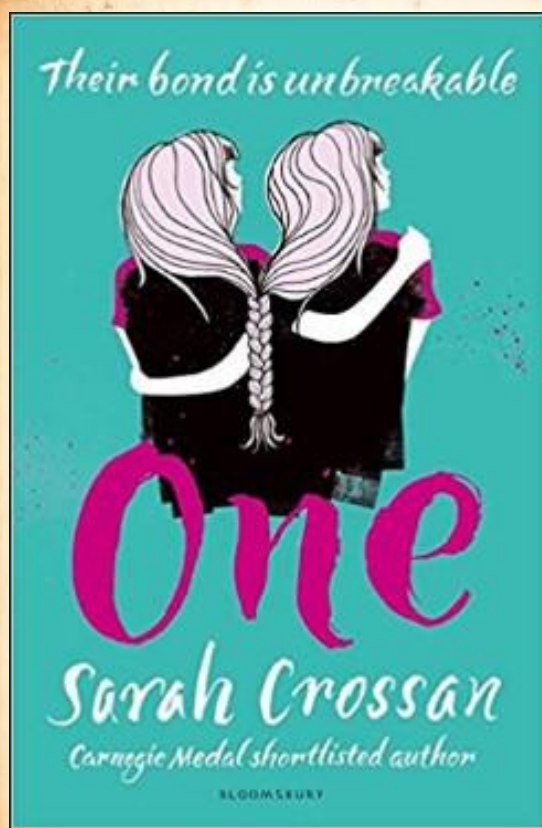
Author: Sarah Crossan

Tippi and Grace. Two sisters. Two lives. Two hearts. But only one body.

Tippi and Grace are conjoined twins. They are the ones that people avoid, the odd ones, the ones parents hide their children away from. But they long to be seen as two different people, and to lead their own lives. But what about love? When they must make a heart wrenching decision, how will they cope?

'One' is a must read for every girl aged between 11 and 15. It is a very emotional book that can make you laugh and cry. I would rate it 4.5 stars out of 5. This is an amazing book that is very well written by a talented author. This book makes you rethink society and equality. Reading about conjoined twins is actually very touching as when you read about their lives you realise how lucky you are. It has won a Carnegie Medal and very deservedly too, I absolutely recommend you read this beautiful book. Definitely one of the greatest teenage fiction books out there. This book is actually based on the lives of two conjoined twins, so isn't completely fictional. I definitely think you should buy this book!

Catherine Rowe



Book: The Colour of Bee Larkham's murder

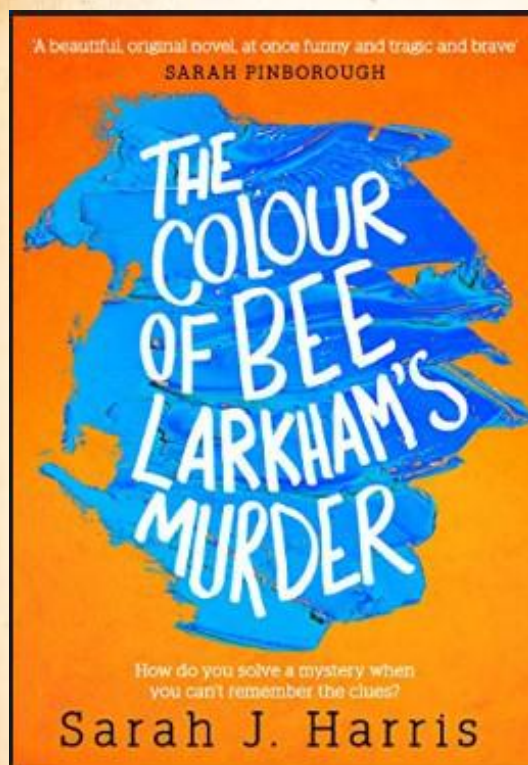
Author: Sarah J Harris

Star rating *** ½

Bee Larkham's Murder is an interesting crime and mystery book, the book has good use of adjectives and vocabulary. I would only recommend this book for ages 12 – 13 + as I don't think it is really suitable for any younger ages as it has quite a few complicated words. Overall I think that it is a fantastic fiction book! The Book is about a boy called Jasper and his dad who was a witness of Bee Larkham's death. But Jasper can't remember faces so he remembers people by the colours of their voice. Jasper sees the world completely differently.

He can't recognise faces not even his own. This is a great Novel!

Ruby David



The Moomins: A Look Into Their Lives Through Ours

Adam Durrant

Books are a wonderful helping hand in life. Whether they provide vital information for that difficult school project or a friend in lonely times, they affect each and every one of us in some way or another. Moominvalley, the home of the Moomins and setting for many an adventure, is a marvellous place to begin.

For those who have yet to experience the delights of Tove Jansson's Moomins, the Moomins are a family of white trolls (not the kind that live under bridges) with roundish, kindly bodies accented with rather large snouts. They live in, unsurprisingly, Moominhouse in Moominvalley with numerous friends who are often bizarre creatures not to be found in our world. The myriad of personalities brought together in tales of madness and adventure make for a beautiful, worthwhile read which has been praised by many acclaimed authors like Phillip Pullman and Frank Cottrell-Boyce. It is this mix of creatures and attitudes that makes the stories so important to us, particularly in this age of strife and division. In all the stories, family lies at the very heart of the Moomins and acceptance of each other is expected; no matter who, or even what you are, you are assured a warm welcome in Moominvalley. And with so many personalities, we can learn something from each individual.

Moominmamma shows the world what love and care can do. She is always making sure everyone has what they need, even strangers, and gently chides and corrects bad behaviour, but never in an angry way. Little My, although sometimes perceived as really quite rude, must be admired for her direct and blunt attitude which is often missing in civilised conversations. Being small enough to fit into a sewing basket

too, she shows the world that size, or even sex, does not keep you from adventure and danger; it's what's inside that counts. Moominpapa shows us that sometimes it is better to sit and think, but also that adventure is round the corner if you seek it out, no matter your age. Moomintroll and Snorkmaiden, who are the very best of friends, show us that the strongest of friendships can cross races (despite looking very similar, the Snorkmaiden is not a moomin, she is a Snork) and genders. Snufkin, a solitary figure who does not want for much, shows us that it is acceptable to break the rules and admire yourself. Sniff, a young, good natured creature, let's us know that it's alright to be afraid, but never to miss an adventure. He also reminds us never to be greedy. Lastly, Too-Ticky, a wise woman, demonstrates the importance of being sensible.

Sometimes, it's nice to see that there are others going through what you are experiencing. For example, in the tale of The Fillyjonk Who Believed in Disaster, the Fillyjonk, whose species is already predisposed to worrying about things, suffers from anxiety. In The Invisible Child, the invisible child, who remains nameless, is so scared she becomes invisible and it takes the kind-hearted nature of the Moomin family and friends to help her be seen again. Snorkmaiden, too, is always unsure of things and really brings home an important point about today's society: "Now remember! Self-confident, happy, nonchalant. One must pretend at times."

I leave you with this, the Moomins really show us much about the contemporary world and how it should be (it was written during and after World War Two). The world of Moominvalley is well worth a look and take heed of the advice it gives between the lines. As a parting gift, I'll give you two of my favourite quotes: from Snufkin, "One can never truly be free if one admires others too much." and from Too-Ticky, "All things are so very uncertain, and that's exactly what makes me feel reassured".

If you're looking for an insight, here is a link to the TV series: https://m.youtube.com/watch?v=puT_HmM8YdQ

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Why sport?

Meriel Clode



It's undeniable that the number of girls participating in sport has dwindled rapidly since Year 7. At least 50 or 60 of us battled it out for places on the netball, hockey, athletics, cricket, and gymnastics teams in that first year. 30 of us did the following year, then 20, then 10, and then none. Come Year 13, even the PE students only do sport outside of school teams.

It seems that the 'I can't be bothered. What's the point? Who needs sport?' attitude spread like a contagious, airborne disease. And it's easy to understand why: the effort required to get in and out of uniform, the horrible feeling of being sweaty in school, wanting to go home and relax instead.

But giving up sport in school shouldn't mean giving up sport entirely. Yes, school work is arduous and time consuming and people do need time to relax. However, just as school work supports our future, exercise supports our mental and physical well-being; it is key to our quality of life. Arguably, having a social life provides sufficient mental stimulation but exercise is proven to have numerous, extremely important benefits.

Most of us aren't concerned about the cholesterol, type 2 diabetes and heart attack reducing effects of exercise. Nonetheless, some of the physical benefits are valuable. Most of our metabolisms (how quickly we digest/burn off food) can't compete with boys', but exercise is an effective way of keeping body fat in the healthy 15-32% range. It's not about a perfect 'bod' but a body that'll keep us going for the next 60 years.

The mental benefits of exercise are equally, if not more, beneficial. Post-workout endorphins (feel-good hormones) kick in and the stress of homework, exams, boys and life temporarily dissipate. This in turn, helps boost self-confidence (which many of us lack), reduce depressive/anxious emotions and long term mental health problems. To reach this 'euphoric' stage, you've got to get

Source: The Bridgend & Porthcawl GEM

sweaty.

The gym can be a false friend when it comes to working hard. It's easy to do a low arduous sit ups, crunches, and squats workout and claim to have 'worked hard', when in reality the breaks in sets lead to an hour in the gym becoming only 15 to 20 minutes of actual, low intensity work. Plus, your phone is constantly on hand to while away the unmotivated moments. Much more beneficial (to your lungs, legs, core, and fitness) is a 20 to 30 minute jog, run, swim, cycle or proper training session of any kind, for example circuits.

Experts say to aim for 30 minutes of exercise a day, but school years can often be too busy to allow for that to happen. It'd be more realistic to set a target of 3 to 4 training sessions a week. That would roughly equate to two to four hours of exercise a week- a fraction of the amount of time most of us spend watching Netflix!

Who cares if someone you know sees you all sweaty and gross? They'll be wishing they were you thirty years down the line, when your quality of life is immeasurably higher than theirs, or on the beach this summer.

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

Sixth Form Survival

Guide

Holly Nicholls

The ultimate Cheat Sheet for starting Year 12

Congratulations, Year 12! You've achieved 5 GCSEs at A*-C, and you're in. You're in for what exactly? What comes after you've confirmed your subjects and your Sixth Form? Here's what to expect, to do and what not to do when turning up for your first month in Year 12.

Firstly, make sure that your GCSE results mean that you can proceed with the AS Level courses you chose before summer. Given that you are happy with your decision, take some time, before lessons get going, to familiarise yourself with the modules for each (on the WJEC website). Then, buy files. Buy more than you think you could possibly need for your course content; fill them with dividers and plastic wallets before you know what you'll need them for. Mathematicians? Physicists? BUY FILES. Just because you don't write essays doesn't mean you won't need to keep things tidy. By the time May rolls around, you'll be thanking me.

Speaking of May, remember that your exams are less than a year away. The key to keeping on top of your Year 12 content is to develop your knowledge over the course of the whole school year. After a week or so of introductory lessons, you'll start working your way through the specification. First and foremost, don't panic. Don't panic; do persist. This is going to feel like an almighty shock to the system after 12 weeks of mid-day naps and Netflix. Not everything is going to come naturally to you (more on that later) but the key to any easy-breezy exam season is making your notes in advance but, in order to do so, you'll have to understand your content. Take the time now to get your head around the tricky stuff; attempting to do this two weeks before your exam, when you haven't slept for 3 days or

showered in 6, will hurt your head like lemon juice in a papercut. It may seem trivial now, but you'll come to understand that everything in AS Level is heavily testable and a gap in the foundations of your knowledge could cost you your grade.

On the topic of grades, they aren't going to be great. No matter how many Cs, Bs, As and A*s you got a GCSE, the academic transition from KS4 to KS5 won't come easily for anyone. Remember that this is normal and even the brightest students spend the whole of September considering dropping out, but Sixth Form is like riding a bike. As a beginner, it's overwhelming and confusing but, with a little support and a whole lot of effort, it clicks. Don't get me wrong, Sixth Form doesn't bear mercy for coasters, no matter what time of the year, but those who get into the swing of things early are in for much less of a shock later on.

In terms of general advice, I have a few game changing snippets:

Read your emails; regardless of whether you're part of the Seren Network, you'll get hundreds of emails in the next year. Ignoring them will leave you out of the loop for deadlines, announcements are unique opportunities. @CowbridgeSixth on Twitter is great for this too.

Acquire a planner that you'll actually use; if the school one isn't for you, buy one that is or download an app that'll keep you on top of school work. You're about to become a deadline-juggling-clown for the foreseeable future.

Don't forget downtime. There's no use in giving it the full monty for three weeks and then giving up entirely. Work hard, play hard... sleep hard. You're going to need it.

If you're struggling with workload or subject choice, do not be afraid to ask for advice or support; the courses you have chosen may not be as suited to you as you once thought, but don't wallow in it. Change courses, seek advice and make sure that you're happy. You're here for another two years; you might as well enjoy it.

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My Friend, Alfred

Freya Yates

Not too long ago, I met an eighty-nine year old gentleman in a care home named Alfred. Alfred had lost just about everything. When he was in his sixties he had a stroke causing him to lose all feeling on the one side of his body and his ability to speak. He had no children and little close family, so his wife took care of him until she passed away in the February of 2018. However, the one thing he is not missing is his brain; it works perfectly. Even to this day his memory and intellect



resemble that of a fit, well established young man of our society.

As you can imagine, when I first met Alfred, he was rather depressed and isolated. He had recently lost his wife and was now stuck in a care home where many of the residents were a lot less able than him. To make matters worse, he knew exactly what was going on and what he wanted to do, he just could not physically communicate that. On a few of his shelves were old photos of his wife, dogs, parents and close relatives, all of whom had passed away. He was comfortably confined to his wheelchair and would rest his head upon his one working arm as he would sigh and stare down in to a blank nothingness. This is not a life.

My nan, who (along with my grandad) is the closest person to Alfred, suggested that we take him outside. After struggling through the difficult

communication issues, Alfred agreed to a little fresh air. We all went and sat outside in the seathing heat, I rushed to shade because I burn so easily, something Alfred found quite amusing and also one of the first things that made him smile. We sat there for a couple of hours having a small conversation whilst watching the wildlife creep by. Alfred spotted a small squirrel scurrying along the grass and pointed to it whilst letting out a small chuckle. He was beginning to cheer up a bit, not a lot, but enough to last him 'till he went to sleep that night.

Ever since that day Alfred has spent more and more of his time sitting outside just watching the world go by. Cars will pass, tomatoes grow and birds feed and he will just sit; I never know what he's thinking about while he's there, but it has become his favourite place to be.

Alfred has lost his wife. She was his entire world and the reason for his existence. She always took care of him and made him smile so, when she left, no one really knew if he would smile again. Nevertheless, Alfred found something that brought him that little joy in life, it is something so simple and yet so important to him getting out of bed each morning. I'm not saying that Alfred doesn't have bad days; he does, like all other human beings. But he eventually gets through them and finds that little bit of hope again. So, next time you're feeling blue or down in the dumps, just think of my friend Alfred, sat in his garden content in listening to the wind blow and think of what simple things in life can make you to smile, too.

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Whispers in the Trees

Deep in the heart of the woods, spindly branches of trees clawed at the path covered with golden leaves. A trodden down path weaved its way through the overgrown landscape and slowly waned away as the trees un-loaded their burdens. The path hadn't been walked on for years, as was evident from the broken and cracked surface of the cobblestone. Few knew it existed; fewer dared disturb it. A boy slowly walked along it, cautious of the legends that surrounded the eerie place. "Ben", he called out, or at least he hoped he had shouted; some fear inside him had forced it into a whisper. Snap! He looked down with worried eyes when he heard the cracking of a twig below his feet.



He walked on after a quick glance in all directions. He knew no one was there really. The wind was silent and yet the trees were swishing violently, their branches seemed to reach towards him ever so slightly but always swung back a few inches before. "Ben!" he cried; this time he was more worried about his own safety and so spoke loudly enough for his friend to hear. They had been playing in the forest, building dens and things of that nature. Ben seemed to have disappeared. He had not wandered off without the others noticing, but one moment had been right there with them and the next instance had been out of sight. The boy, Reece, was chosen to go look for him.

They were all afraid of what was at the heart of the woods, why no one was sure. Many legends were around, but they were all blatantly nothing more than that. Some said that the dead arose from their graves, others said that a murderer had built a shack there and somehow the rumour that aliens had used a magic spell on an old thrown out washing machine was believed for a long time. It was true however, that people treated that part of the forest like a dump; the only other truth was that as soon as you entered the clearing at the heart of the forest, a great fear would be upon you: a chill. As though someone was watching you. Reece crossed the threshold, sure enough it felt colder; it felt strange and some other presence who couldn't quite tell was in the area...

The clearing people had so fearfully mentioned was guarded by the large canopy of a willow that acted as a curtain. The question which was just as curious in the minds of them as terrifying, was what lay beyond? He felt something on his shoulder: a finger, a hand, but nowhere near as soft, and it wasn't warm enough to be human. It was deathly cold and the shape wasn't right, human-like yes, five fingers but crooked and rigid. He looked and there was nothing only the creaking of a tree that's branched pulled inwards towards the main body of bark.

"Reece!". It was Ben, or at the very least that was what Reece thought. He took a deep breath before holding out his hand a pushing back the leaves of the willow, and before he even looked he could sense something had awoken...

Daniel Noel, Year 9

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



October 2018

Weekly Lost Property
monitoring- Harry Morgan and
Ethan Cookson

Harvest
Food Bank

School Council Proactive School Community
Project

Be Proactive! 

Monday	Tuesday	Wednesday	Thursday	Friday
1 Medics debating group-lunchtime E2D <i>Contact Mr. David Howell</i> <i>Poppy Appeal</i> <i>LGBT Society meeting</i>	2 Proactive School Community Project lunchtime meeting- Medics Group E2D-Sixth Form Blood Drive Peer Mentoring training LRC Twilight session –number 2	3 Year Council meeting E2D Set up Peer Mentoring Groups with HOY	4 Rotary Interact meeting E2D 1.15pm <i>Sixth Form Blood Types assembly</i>	5 Peer Mentoring to start – Year 12 alongside Year 13 Proactive School Community Project lunchtime meeting-E2D Anti Bullying Campaign-Molli Maclean Posters/displays/AB week- November 2018
8 Local Medics debating group-lunchtime E2D  <i>Poppy Appeal to start-Meeting at break time</i>	9 Democracy Proactive School Community Project lunchtime meeting-Peer Mentoring E2D	10 Week World Mental Health Day – Staff Charity cake sale First School Council meeting – Constitution and rules E2D	11 Proactive School Community Project registration meeting CANTEEN –Healthy Eating Committee Rotary Interact meeting E2D 1.15pm	12 Photos of New SC to go on Website Proactive School Community Project lunchtime meeting-Anti Bullying Campaign E2D displays/AB week SC photos for website
15 Medics debating group-lunchtime E2D <i>Poppy Appeal assemblies</i>	16 Proactive School Community Project BREAK time meeting E2D-Human Rights/Disability weeks Proactive School Community Project lunchtime meeting LRC -Library projects	17 Proactive School Community Project Break time meeting-Jack Griffiths Fund  Proactive School Community Project lunchtime meeting- Medics Group E2D-Sixth Form Blood Drive	18 Proactive School Community Project BREAK time meeting-Whole Team-Children in Need E2D Rotary Interact meeting E2D 1.15pm	19 Proactive School Community Project lunchtime meeting E2D LEAVERS COMMITTEE Proactive School Community Project BREAK time meeting E2D-BUDDY
22 Medics debating group-lunchtime E2D <i>Poppy Appeal goods</i>	23 Peer mentoring-Client and PM meet (sheet 1)- feedback to Leader Proactive School Community Project Lunchtime meeting E2D-Eco Committee	24 Proactive School Community Project lunch time meeting E2D-Prep for CCS events	25 Rotary Interact meeting E2D 1.15pm	26 <i>Poppy Appeal -Meeting at break time</i> Proactive School Community Project Lunchtime meeting E2D-Print all Magazine
29	30 Half	31 Uni entrance exams	1 Term	2

Project groups Rotary	Medics Group	Helping in CCS events	Committees Leavers	Awareness Weeks Safer Internet day	School Council Meetings throughout the year
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Marie Curie

Charity of the Month

Marie Curie is a charity set up in honour of and named after the famous Nobel Award winning scientist Marie Curie. The organisation helps provide end-of-life care to people suffering from terminal and life destroying illnesses, for example, cancer, dementia and motor neurone disease. The people they care for have no age limit and the help they can provide is widespread, from giving patients any necessary care and medicine to counseling for the families of loved ones who have lost their battle. The charity is also regularly involved in upcoming research on how to better facilitate their patients, looking into the prevention of various diseases by funding other researchers. In the past, the charity have helped the NICE researchers discover a new evidence based tool to help those with lung disease, as well as identify gaps in palliative care that need new investments. However, Marie Curie would be nothing without the support of those working to help fundraise for the charity and their kind donations of the public, so please check out their website and see how you can help support this fantastic charity