

YOUR STUDENT-RUN NEWSPAPER

THE CANARY



WINTER TERM - ISSUE 03



Included inside:

STWA Snapshot

Films Worth Watching

SEND

Anti-Bullying

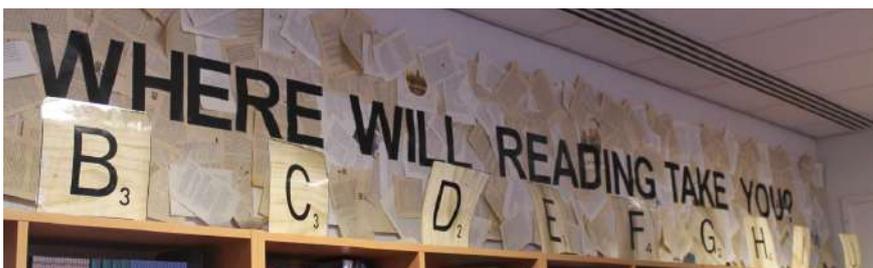
Last Year Lookback

Careers Corner

Films

and much more!

HAPPY NEW YEAR AND WELCOME BACK!



THE CANARY

A HUGE THANK YOU TO: LILIANA, THOMAS, LEWIS, ALEX, ISLA, SOPHIE, CAYLEY-SUE, BOBBY, BIANCA, ERIC AND WILLIAM FOR YOUR COMMITMENT, EFFORT AND ENDLESS SUPPORT.

IT DOESN'T GO UNNOTICED AND YOU HAVE ALL DONE AN AMAZING JOB, YOU SHOULD BE SO PROUD OF WHAT YOU HAVE PRODUCED IN SIX WEEKS!

RECRUITING NOW

Fancy having a go at writing your very own newspaper article?

Do you like writing stories? Playing sports? Watching Netflix? Do you have an opinion on a current news event or have an achievement you'd like celebrated?

EVERY WEDNESDAY AT 2:35PM IN AF6

Please drop into Miss Wilson's classroom or send an email to: a.wilson@stwacademy.com, if you'd like more information!

We can't wait to see you!

STWA SNAPSHOT



Incredible work in Exceed this half term in Art. The investment has been amazing - well done!



We have welcomed a book vending machine as part of our reward system. Not your typical vending machine!

Year 12 and 13 took a trip to London with Team History! This supported their learning of the Tutors.

Budding Geographers in Year 8 showing off their knowledge!



STWA SNAPSHOT



Year 10 consistently showing their dedication at an early-morning revision session!



Our Maths department had a Drop Down Day for Year 11 Achieve! Everyone had an amazing time and cannot wait for the next one.

A huge well done to Year 10 who smashed their first trial exam in the hall! We're so proud of you!

Profiteroles galore in the Technology Department!



SPORTS



Year Eight played our very enthusiastic Year Seven side on the 31st January in the **Big Game**.

The game was played with high spirits and all the students tried exceptionally hard to deal with the rather adverse weather conditions.

The more experienced, and slightly bigger Year Eight did find it a really good exercise and came away with a comfortable victory.

Again, Year Seven showed real character right to the end.

Thank you to all of the students who played incredibly well and never gave up! It was a brilliant game!



This week we launched our inter-house football competition in support of Schools' Football Week. This has taken place each day this week. There have been some amazing games, and even better goals!

Well done to everyone who has taken part!



LET'S TALK ABOUT SEND

What is ADHD?

ADHD (Attention Deficit Hyperactivity Disorder) is a disorder that affects people's behaviour. It makes them feel restless and may lead them to act impulsively. Furthermore, they often have trouble concentrating on tasks. According to one of my friends with ADHD, the disorder is often misunderstood as just "misbehaving" when it affects others in different ways. However, it isn't a negative thing at all, it's a gift. There is no way to treat it, but it can be alleviated.



SEE THE PERSON,
not the disability



What is Dyslexia?

Dyslexia is a learning difficulty, but not a learning *disability*; it doesn't affect your intelligence. I feel like people misunderstand it as being illiterate or lazy. It's a disorder that influences day-to-day activities that require literacy with reading and writing becoming a struggle. Even though it is a lifelong difficulty, there is support available from school, and technology.

**#succeed
with
dyslexia**

YouTube video about the point of view of people who have dyslexia: <https://www.youtube.com/watch?v=RDFkwwSgjtjg>

By **Bianka Podkomorka and Liliana Wilczewska, Year 7**

BULLYING AND ITS IMPACT

According to BBC news, one-fifth of young people in England have reported to have experienced bullying. Our school is against bullying and any bullying or harassment is not tolerated. But what could you do if you witness bullying or are a victim to bullying?

1. If you're a victim of bullying, inform a trusted adult to help put an end to it.
2. Stay away from places where bullying occurs if possible – don't fall into the trap.
3. Don't get involved with bullying.
4. Invest to develop friendships – prevents any hard feelings one way or another.
5. Never encourage bullies – it could motivate them to continue.

Remember that bullies have a motivation to do what they do, some reasons are: insecurity, jealousy, their past, being influenced, and wanting respect.

Bullying falls under many categories: psychological, verbal, sexual, racial, physical, cyber, and social . Here is what each of them means.

- Psychological bullying is any form of intentional and hurtful mental abuse. Anything considered bullying is psychological bullying, as it could have traumatic psychological effects.
- Verbal bullying ranges from threatening to banter, aggressive remarks to calling names. It's often ignored when someone says it's a joke as people don't want to make a fuss about it, but they may feel intimidated and humiliated, though what is on the outside isn't always what's on the inside.
- Sexual bullying and harassment may be something as unnoticeable as catcalling, or degrading, victimising, and humiliation. It creates a hostile environment where gender or sexuality is used against each other, often making the victim extremely uncomfortable.

- Racial bullying focuses on bullying someone for their race, culture, or ethnicity. It includes racist jokes, graffiti, assumptions, and exclusion. It doesn't even need to be targeted; it can be general.

- Physical bullying refers to aggressive behaviour which includes punching, kicking, shoving, tripping, and pinching another person. It's both mentally and physically traumatic, yet it's easier to spot than other forms of bullying.

- Cyber bullying in a nutshell is bullying, but electronically via social networking sites. The threats of cyber bullying are stalking, impersonation, flaming, threatening, and black mailing. The thing that no one will tell you, is that people do things online that they would usually never do in real life, since it doesn't happen out in the open and it takes less confidence.

- Social bullying addresses name-calling and humiliation, to damage you socially and make people dislike you. This includes rumours, gossip, encouraging people to turn against you, ruining reputations, and withdrawing people from you (isolation).

Bullying has long-term effects. It can and does lower people's self-esteem and confidence, often leading to problems in the future. Just don't bully, resolve conflicts responsibly because you might never know what one is going through.

Reach Out

Bullying is a serious issue. It may not affect you directly, but it could affect your friends, family or classmates.

If you are being bullied, or you know someone who is experiencing bullying, please speak out to a trusted adult or friend.

There are also a number of charities which can support you. Just know you are not alone.

Bullying UK

Number: 0808 800 2222

Email: askus@familylives.org.uk

National Bullying Helpline

Number: 0300 323 0169

Childline

Number: 0800 11 11

Victim Support

Number: 08 08 16 89 111



**BLOWING
OUT SOMEONE ELSE'S
CANDLE
DOESN'T MAKE YOURS
SHINE ANY
BRIGHTER**

**By Cayley-Sue Day, Year 9 and
Liliana Wilczewska, Year 7**

FILMS WORTH WATCHING

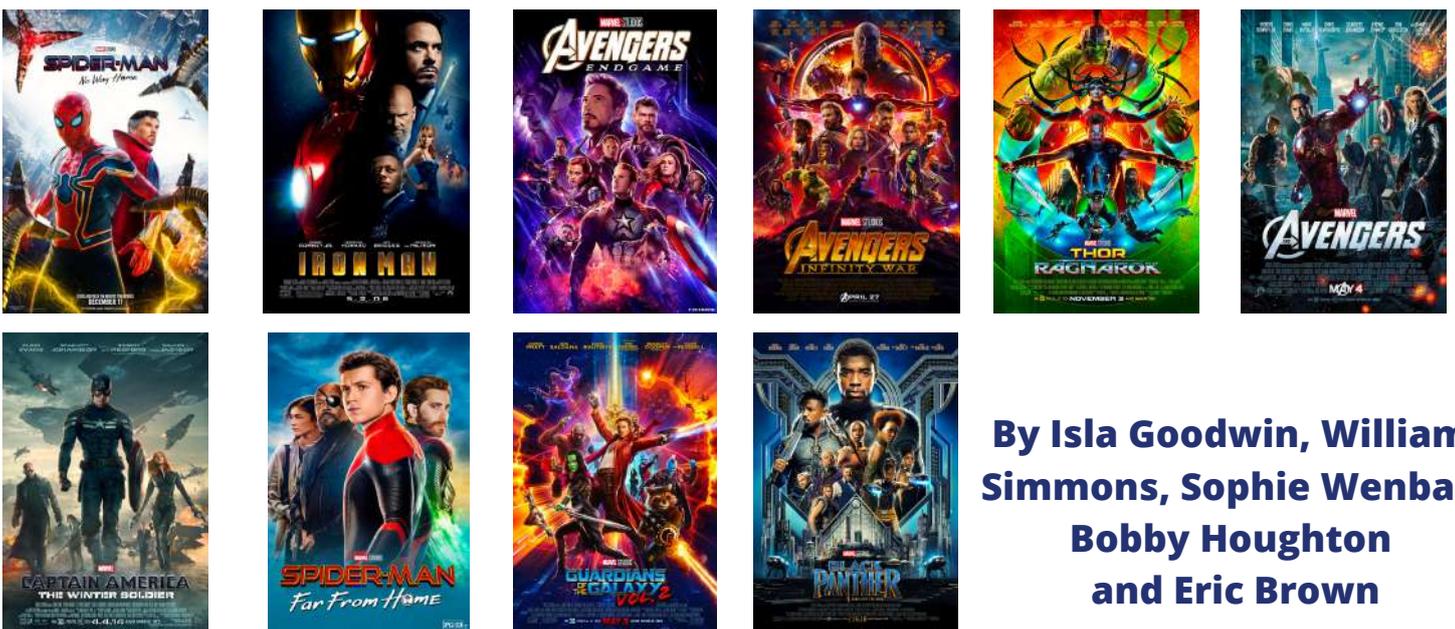
Top 5 Harry Potter Films



We asked your teachers.. What is your favourite film?

- Miss Casswell - Mama Mia
- Mr Martin - The Dark Night Rises
- Mr Webb - Billy Elliott
- Miss Wilson - Nativity
- Mrs Walls - Encanto
- Miss Ward - Notting Hill
- Miss Bott - The Matrix
- Mr Rhymes - The Incredibles
- Mr Spence - Batman
- Mr Stamp - Training Day
- Miss Richardson - Elf
- Mrs Marsh - The Dark Night Rises
- Miss Hattersley - 27 Dresses
- Mr Wilson - The Italian Job
- Mr Smith - Coach Carter

Top 10 Marvel Films



By Isla Goodwin, William Simmons, Sophie Wenban Bobby Houghton and Eric Brown

TOP 8 GAMES ON THE APP STORE

1.

Cookie Run Kingdom - We love this app and cannot find a single fault! You can collect sweet cookies, level them up and fight the evil cake! You need this app - trust us!



2.

BitLife - This app is a life simulation which allows you to make huge life changing decisions for your character - anything is possible!



3.

High Heels - You may have heard of this game because it blew up on TikTok, they have created many new features including a variety of characters, pets and stylish heels!



4.

Candy Crush - Addictive is one word I'd use to describe this game. You may think it's for Mum's, but think again! Once you get swiping, you'll never want to stop!



5.

Fruit Ninja - This was Miss Wilson's favourite game when she first got her iPhone and we have to admit, it's pretty good!



6.

Cat Game - This app is all about collecting cool and unique cats. You are required to have WIFI for this app, but it is totally worth it!



7.

Clash Of Clans - Again, another addictive game, build bases, join clans and go against your enemies! You can even gain coins to upgrade your base.



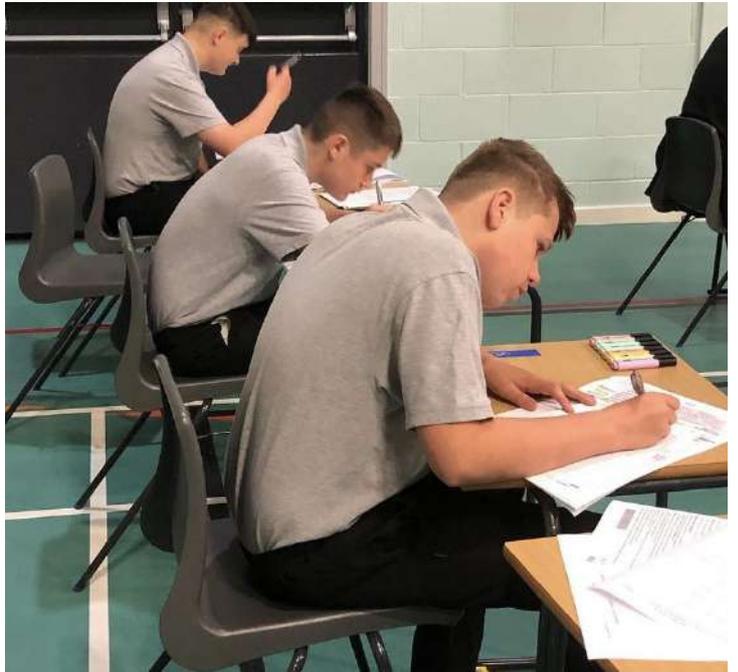
8.

Stack Jump - It is great for long car journeys. This app requires you to tap the screen, but make sure you watch closely!



By Sophie Wenban, Year 8

LAST YEAR LOOK BACK



Our lovely Year 8 students received their Golden Ticket event to The Savoy Cinema!

Our Exceed students demonstrated hard work and real dedication during their trial exams. We're so proud of you!

All of our students decorated a poppy and re-created the Poppy display at Tower of London.

Miss Casswell and her superstar Dance Club students practising!



LAST YEAR LOOK BACK



In Tutor Time, we all made hampers to be distributed in the local community! The stakes were high for the best hamper!



Mr Parker's history extra-curricular club focused on pivotal historical events often not covered in lessons!

Hi, my name is Jayden!

I can't wait to give you an idea of how a normal English lesson works at the Academy. My teacher is Mrs Wilcox, and she helps me be the best I can be every single day!

First comes the Sharp Start. This is when we recall important stuff from previous lessons; we make sure we have a calm, settled start every time – Consistency is Key!

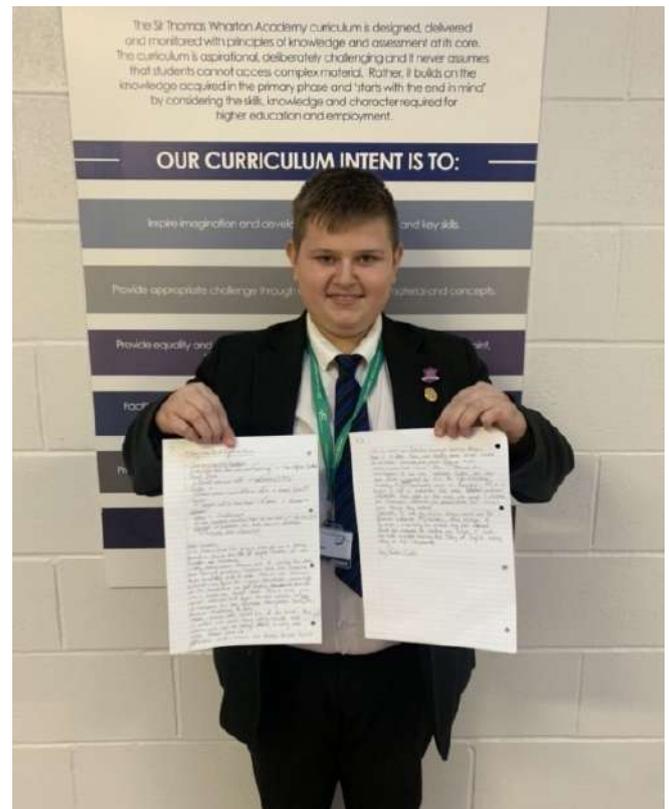
Shortly after, comes the Input. This is when we learn about new topics, or build on existing knowledge, led by the marvellous Mrs Wilcox. Sometimes this can be tricky, but here at the Academy we must Never Give Up.

Now comes the guide: this is when the teacher shows us how it's done. Here, we really must Invest to Achieve – our learning must stay on track.

Then, comes the iZone. The "I" stands for independent, so we can complete tasks on our own. Quiet and calm is needed for this. No Excuses!

Finally, the lesson finishes with the Review. This is crucial to help us remember the most important information. Even right at the end of the lesson we must Cultivate Our Character, demonstrating our values through long lessons.

Overall, I love my English lessons here at Sir Thomas Wharton – Everyone is Valued, and I feel that every time I step into the classroom. My teacher, Mrs Wilcox is fantastic, and helps me achieve my full potential. Thank you everyone, I hope you've enjoyed hearing the story of English every day at the Academy!



By Jayden Croft, Year 8

CAREERS CORNER

A warm welcome to Careers Corner—the one-stop bulletin to update members of our community at Sir Thomas Wharton Academy about all things careers.

Spotlight on... English

English is an important core subject, offering students the opportunity to develop key skills valued by the labour market and employers.

All subject teachers at Sir Thomas Wharton Academy actively promote the importance of securing a good standard of English and relate their lessons to the world of work and real-life applications.

This will help students understand that deciding what they want from their career is just as important as what an employer may be looking for in them. Year 10 are looking at the profession of law, a career which has progression links with the subject of English, as well as curriculum links to the current texts students are studying.

As Y11 students prepare to make decisions about their futures, including where, and what, to study post-16, they will benefit from sessions outlining how English supports their employability across a range of fields, alongside career paths where English qualifications are specifically sought after.

The English team are looking forward to delivering these lessons and engaging in interesting discussion with students of all ages about their hopes and ambitions for the future!

Decision Making - How do you know you've got it right?

Decisions are part of everyday life... 'is my favourite colour green or blue?' ... 'Should I have toast or a full English for breakfast?'. However, some decisions are more important than others and this is down to the opportunity cost or the lost opportunities that can result from making a poor choice.

The good news is students at Sir Thomas Wharton Academy are fully supported and encouraged to make independent decisions, to reflect on and review these and to make changes when necessary. Your Character Education and Votes for Schools sessions and Life Skills lessons prepare you by teaching important transferable skills. All staff at the Academy are available to help and support you, and there is a wealth of information on the internet too.

If you feel you need help with making a careers decision you can contact Mrs Brooke.

<https://icould.com/stories/choosing-your-gcse-options/>

<https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-16>

<https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-18>

DEBATE SOCIETY

Do you ever feel like you can't talk out loud in class? Never know what to say when doing oracy? Well, let me tell you how you can be supported with this.

Our Debate Society is open to all years from Year 7 to Year 11. Debate society is your chance to shine and work on your oracy skills. Debate Society is run by Miss Allen and Mr Wright and many other teachers may join to have a say in the festivities!

The club is held every Thursday after school. We cover subjects such as whether if we should prioritise studying 'classic' literature and our most recent topic, 'Has the pandemic brought us closer together?'

Those whom attended the debate society to discuss the above topic made some excellent points. Points discussed by one team included; many people were forced to work at home; people without internet were unable to communicate with others; some could not provide for their families.

Alternatively, students also argued that they were able to see family members that they have been unable to see; the popularity of video calls sky rocketed; weekly quizzes became a must!



By Cayley-Sue Day, Year 8

We are hoping to grow our team, please speak to Mr Wright or Miss Allen for more information!

GRAPHOLOGY

What Is It and How Does It Work?

Graphology is the study of handwriting, which is used to determine someone's personality and mood. Graphology is considered a pseudo-science, which contains theories and assumptions that are claimed to be scientific. Even though there may be no real evidence, it is still fun to explore what the whole concept is on about.

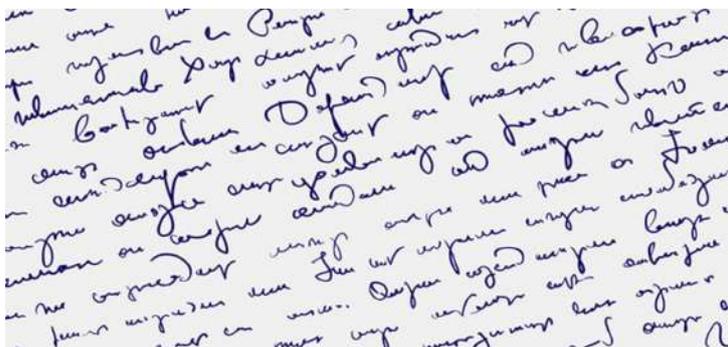
As you continue reading, you will see handwriting traits that you may recognise in your own, or someone else's. Be aware that there is no 100% guarantee that a certain handwriting trait means that someone claims it - just like you cannot assume that someone is an office worker because they are wearing a blazer and are carrying a suitcase. These are simply assumptions.

1. Size of handwriting

Size of handwriting portrays the degree of extroversion and introversion in a person; a notable example is how much space they feel they need to take in social situations. Extroverts usually have large handwriting meanwhile introverts have small handwriting - people with average size handwriting could be considered ambiverts (people who are both introverted and extroverted, depending on mood and situation.)

2. Speed of handwriting

The speed - in which you write - can determine how one deals with life whether they take it slow or like to make decisions quickly. People with slow handwriting like to take their time, and value stability, whilst people with fast handwriting do not like to procrastinate and are quick decision makers. On some occasions, your handwriting speed may be uneven (fluctuating between fast and slow handwriting) and that means that either you are nervous or excited, or that things are happening quicker than you can understand them.



By Liliana Wilczewska, Year 7

HANDWRITING IS MORE CONNECTED TO THE MOVEMENT OF THE HEART

3. Slants

Slants determine how you prefer to work and communicate, though they are determined by current mood. You know how Italics have a forward slant to emphasise the word? This correlates with the idea that forward slanters are emotionally forward, and they tend to be friendly and honest. Additionally, they prefer to work in larger groups. Meanwhile, left slanters are the opposite: they're independent, and improve from past experiences. Caution and focusing on details are another one of their traits. What if you have neither a left slant nor right slant? Vertical or straight handwriting implies the writer is methodical, and adaptable - they can work with anyone, or no one. Though perfectly straight handwriting suggests a need for being neat and perfectionism.

4. Pressure

Even though this depends on what type of pen you're using, handwriting pressure, which means how much pressure the writer pressurises paper when writing, uncovers how much energy the writer has. Heavy pressure can be recognised when the paper has marks on the back side and when the lines are thick and bold: it indicates strong energy, ambition, determination, and devotion - these people won't give up no matter what. Light pressure can be recognised when the writing fades and has light and thin lines; it connotes calm energy, adaptability, forgiveness, and empathy. Either way, not everyone is going to have light or heavy handwriting. Average pressure indicates a balance between the traits of light and heavy pressure handwriting, they could have enough energy to perform daily tasks yet have slight adaptability.

Handwriting can differ from age and experiences, just like my handwriting randomly changed dramatically 3 times in a month (I don't know why). There are way more traits that you can find in handwriting, just like no two people have the same fingerprint, no two people will have 100% the same handwriting.

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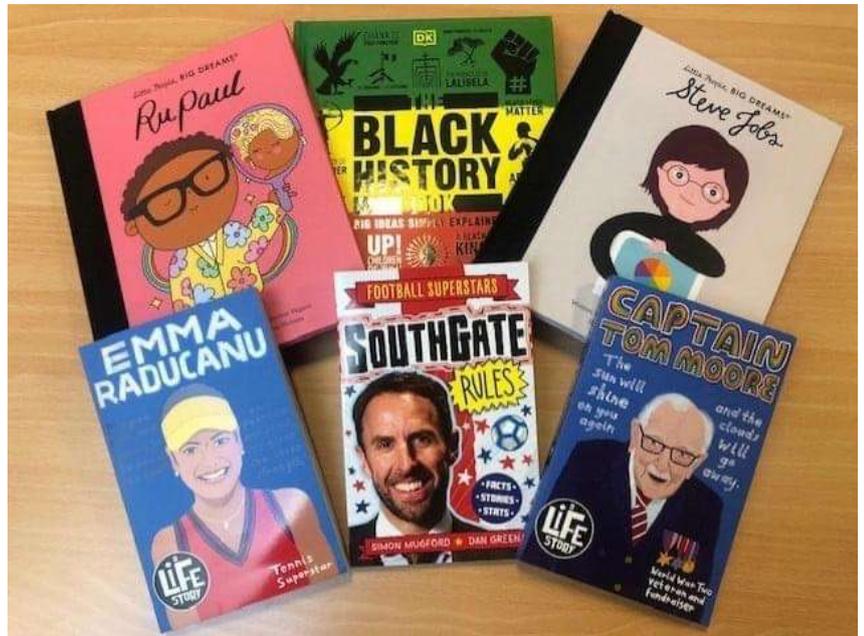
LIBRARY

As some of you will have noticed, our library has had a recent revamp.

We have many new books, all neatly organised into genres so you can read until your heart is content! From 'Matilda' to 'Romeo and Juliet', 'Horrible Histories' to 'Harry Potter', we have it all!

Whether it be during break time and lunch time, after school or in reading lessons, the library is open for you to sit down, and relax and sink into an exciting book!

We can't wait to see you!



A selection of our new books

We asked your teachers... What is your favourite book?

- Mr Smith - The Table Football Game
- Mr Stamp - Catch 2022
- Miss Critchley - For One More Day
- Miss Bereton - The Periodic Table
- Mrs Webster - Harry Potter series
- Miss Hattersley - Jane Ayre
- Miss Clough - Jane Ayre



The books aren't the only brand new thing we have in our library, we also our very own Librarian, **Miss Harris!**



While she found it tricky to narrow down her favourite book (and who can blame her?), she said her favourite series is definitely Harry Potter.

Come to the Library during break or lunch to sit down and relax with your favourite book!

To attend, speak to your English teacher.