

# CAISTOR FOCUS

LOCKDOWN 2020 | THE AWARD WINNING NEWSPAPER OF CAISTOR GRAMMAR SCHOOL | [caistorgrammar.com](http://caistorgrammar.com)



## Life in Lockdown

A time to reflect, revere and remember

**The events of this year have brought about a period of change and uncertainty for many. Now is a good time to look back on the drama that has engulfed our lives for the past 3 months, by Toby Barnett 12FC**

**A**t the time of writing this, it's been 96 days since the beginning of lockdown, or at least since the last day that we were all at school together, and I think as the 100-day milestone approaches, and as it will have passed by the time this paper is published, this is as good a time as ever to look back on lockdown, especially now that it is beginning to come to an end.

Lockdown has been a difficult experience for all of us; not going to school has certainly affected our lives significantly. Not seeing our friends or teachers has required us all to adapt to a completely new way of learning and working towards whatever it is you're working on at school, whether it be GCSEs, A Levels, or just the final consolidation work at the end of year 7,8 and 9. At first, this was certainly

a scary task, but I think we have shown an astounding level of perseverance and determination, in order to meet online in virtual 'webinars', to respond to emails, and send in work before deadlines. Our ability to adapt to a new type of education certainly deserves recognition and praise.

Despite the social-distancing rules, shop closures, and the boredom that has tried to set upon so many of us, some people have turned lockdown into an opportunity. Whether it be an opportunity to try something different; maybe taking up a new hobby or learning a new skill, or an opportunity to work on fitness (something I probably ought to do!). Many people have demonstrated excellently how despite the past few months being difficult, good things can still come of it, and we should always try to stay positive.

And it is not just students of CGS

who have been making the most of lockdown; all across the globe, people have come together to achieve some pretty amazing things. We can look to Sir Tom Moore, who raised over £100million for the NHS, and brought the country together as we fought the worst wave of the virus. We can think about Bob Behnken and Doug Hurley, looking down on us from the International Space Station, having successfully launched in SpaceX's rocket, from the famous launch complex 39, at Kennedy Space Centre, Florida. We have seen people all across the UK come together in thanking and showing support for NHS workers all across the country, with the Thursday 8pm clapping becoming a lockdown tradition. We have witnessed some of the most beautiful acts of kindness we have seen in a long time, and this is testament to our willingness to make it through lockdown, no matter

what that may take.

The final thing I think we need to remember is that for some of us, the 100-day mark has already passed. I am on my 99<sup>th</sup> day, as I had to isolate before the end of the last week, but some people were staying at home before it had even begun. From these people we can see that it is possible to make it through 100 days, it is possible to make it through 101, and 102, and however many it needs to be, because together we can work to achieve a common goal, no matter how far apart we may be physically.

**More on how some students have made the most of their time in lockdown on page 8&9**



### House Plays 2020

Another competition of class, emotion and humour

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### Rainbows in Windows

A symbol of some of the good that has been born throughout lockdown

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### Black Lives Matter

A powerful movement that has spread across the globe

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House Plays

Hansard’s house play success

By Imogen Horton 12FC & Aidan Parker 12DW

One of the highlights of the Spring Term is the annual House Plays competition and this year was no different! Ayscough, Hansard and Rawlinson came up with the plays, with Year 13s devising the witty scripts, and the Year 12s charged with bringing their visions to life on the Caistor Town Hall stage in only six weeks. In January, they hit the ground running with the auditions process and the anticipation of the cast lists going up. The race was on. What followed was a whirlwind of read-throughs, scene blocking, line learning, a complete loss of sixth-form sanity and 110% effort from cast and directors alike to produce plays worthy of performance to the returning judges, Cathy Bennett-Ryan and Deborah West of Grimsby’s Caxton Players.

“You put your left hand in! You take your left hand out! In! Out! In Out!” was the hilarious gag to kick off the winner of this year’s house plays: Hansard’s ‘Inside Out’, directed by Toby Barnett and Elena Sedman. The recreation of Disney Pixar’s academy award winning animation pulled on our heart strings as well as the judges’. The 2015 film is based around the emotions of an 11-year-old girl who goes through the traumatic experience of moving across the country and leaving her friends behind. Hansard’s story focused on Riley moving to our very own Caistor Grammar School, referencing many jokes and motifs that students and teachers alike immediately recognised, such as Mrs Donoghue’s trademark joke “Watt is the unit of power?”.

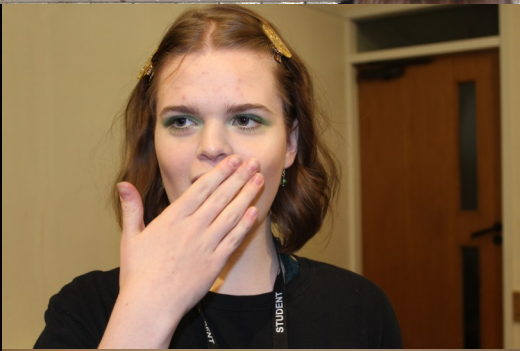
The colourful emotions from the film were portrayed through the clever use of coloured shirts and a special glowing orb to show which emotion had control. This play featured some incredible acting, technology and directing which captivated us and the judges, earning ‘Inside Out’ the number 1 spot.

Ayscough’s take on Cinderella had a catch; in this play Cinderella’s diamond shoes were swapped for a pair of crocs and her fancy dress had magically turned into a ‘Guucy’(fake Gucci) hoodie. The only shoes that sparkled in this play were the prince’s, aptly giving the play the name ‘Cinderella... Gone Wrong’, directed by Florence Stead, Ross Greenwood, Isabel Laycock, James Day, Charlotte Morton and Aidan Parker (All Year 12). This comedy promptly went ‘wrong’ right at the start when the narrator sadly informed the audience that the play had been cancelled due to an unfortunate circumstance involving the prince’s cat. However, the play went ahead with ‘stand-in’ actors from Ayscough house. The play continued to go ‘wrong’ until the climactic final scene, when you would have thought that Prince Charming would have asked Cinderella to marry him. But since this was Ayscough’s ‘Cinderella Gone Wrong’ the prince instead asked the *narrator* on a date, and a ‘heartfelt’ exchange was witnessed between the two to end the play.

Last but certainly not least, we took a trip to the moonlit gutters of Paris. The set of the Rawlinson production of the Disney Pixar classic, Ratatouille, complete with an eleven-foot-tall Eiffel Tower built by architect extraordinaire Rio Rawlings (Year 12), a bin (cleaned, thankfully!) and almost the entire contents of the four directors’ kitchen cupboards, was ready. Ewan Martin’s (Year 13) macabre take on the story of a culinarily inclined rat, Remy, played by Arun Babu (Year 9) wowed the judges to earn second place for Rawlinson. The judges also noted that Charlie Henderson’s (Year 10) performance as Linguine was expressive, and Amelia Crompton-Howe (Year 9) and Ayla Jafri (Year 9) “made the most of cameo performances”. Co-director, Rory Longcake (Year 12) said that “Not only was

directing Ratatouille one of the most fun experiences I’ve ever had, it was also invaluable for me, as I am hoping to go to university for theatre production next year”.

These achievements would not have been made, had it not been for a few very important people, who need to be thanked. The dedicated tech team once again gave up a day and a half to make sure that lighting and sound was up to scratch, headed by Mr Robinson with his endless expertise. A thanks also should go to the heads of houses, Mrs Cooke, Mr Hargreaves and Mr Markham who worked tirelessly to support the casts (and to provide a listening ear to a stressed-out director or two!). Our wonderful performing arts technician, Miss Mottram (administrative legend) helped to organise rehearsal spaces for each house and ensure that everybody was in the right place at the right time on the day. Finally, Mr Harris, when not searching the props garage for a huge bin large enough to fit a year nine inside, was giving excellent advice and support throughout. As always, the House Plays Competition 2020 was a resounding success and everybody involved should be very proud.



Hansard’s fantastic cast of Inside Out, taking their bows

“ Watt is the unit of power? ”



School

Applying From Home

By HEATHER Telfer 12SM

Timing hasn't been on our sides this year. With our year of officially being in school coming to an early close, quarantine and doing schoolwork from home has made time fly by for the lower sixth – in just over a year, we'll be getting ready to go off to university, gap years, apprenticeships, and so on, most of us saying goodbye to what's been our home for the last seven years, or at least two. It's a little surreal. But what all of this means is that recently we've had to face the task of answering questions about our future almost entirely alone: that's right, personal statements. A phrase that instils an inexplicable feeling of dread in sixth formers and college students across the country.

It's a difficult thing, to talk about yourself for 4000 characters – whether it be a grand target or a limit on what you want to say, everyone's struggled with it. It's stressful, but ultimately rewarding, regardless of how hard you find it to praise yourself. We're just lucky to have the incredible support system created by our teachers and form tutors, guiding us through it and giving us all the resources that we need, as well as encouraging us to be independent and make some of our own decisions for possibly the first time in our lives. Imogen Horton, Year 12, told me, "The school have been incredibly supportive when it comes to writing my personal statement and applying to UCAS" which I think just about sums up our gratitude towards the staff and their support through this journey.

And through all of it, I believe that this situation, what with COVID-19, quarantine, social distancing, learning from home and just generally missing the school environment (something I don't think we ever expected to happen), has taught us a lot more than we realised. The responsibility put on us now to not procrastinate and work without a

teacher always guiding us has given us a taste of university life, and while that's not a path that we're all taking, the independence and experience it's given us is an invaluable lesson.

However, it's also something that's causing some anxiety for some students too; with this unique situation, there are so many questions. When will life return

**“The school have been incredibly supportive when it comes to writing my personal statement and applying to UCAS**

to normal? Will our exams be affected? Or will this be the new normal that we're going to have to adjust to, that will affect the education of our generation for years to come? "I'm nervous because of the pandemic, and I don't know how it will affect me and my results, and I don't know how the universities will react with their requirements" said Olivia Donson, Year 12, echoing what I think a lot of us are feeling right now.

Many students have also been attending virtual open days. Rory Longcake, Year 12, has attended 3 and said, "They're great for learning about the course and asking questions but you don't get a feel for the city and whether you think you'd enjoy living there for three years."

Regardless of how the next few months pan out, and whatever your plans may be, all we can do is hope that luck and AQA are on our side this upcoming year.

Good luck Year 12, we're going to need it.



Year 12s have been frantically typing up their personal statements, trying to keep within the 4000 character limit

Meet the New SPT!

By ELANA Salameh 12JK

After waving goodbye to our last beloved senior prefect team, there were six positions available, ready to be filled by six new year 12's, who were ready to take on the challenge of leading the school.

Obviously, things were done a little differently this year due to the current circumstances so interviews were held on video calls, which was quite the experience, to say the least. But after rounds of speeches and interviews, the 18 candidates were narrowed down to the new team we know today.

Starting off with the Head Boy and Head Girl, we have Rory Longcake (12JK) and Nisha Prabhakar(12DW). Rory is in charge of charity and fundraising in the school and he's also the ball lead. Nisha is the senior prefect with the responsibility of sustainability and marketing. Working alongside Nisha is Toby Barnett(12FC), who also has the responsibility of marketing in the team.

Next in line, we have Pawel Grab (12SM), who is the head of operations, keeping us all in check and making sure things run smoothly around the school, liaising with bus prefects and ensuring sixth formers attend their duties.

Making sure the student body is happy as can be, we have Aidan Parker(12FC) and Elana Salameh (12JK) working to keep your time at Caistor Grammar School as positive as possible. Aidan is the head of student voice, ensuring that your ideas and thoughts are always accounted for and heard and Elana is the head of student wellbeing and mentoring, ensuring that people can access to the help they need. Elana said, "The last senior prefect team did a great job and excelled in everything they did, so it'll be hard to fill in their shoes, but we promise to try our very best this year!"

This year, the senior prefect

team are keen to work on mental health in order to best support our fellow students through this difficult time. They hope to announce some new initiatives in the new school year.

This is clearly going to be a very unique year, so we wish the new team good luck and are excited to see what they have in store for the school this year.

Don't forget to follow the senior prefect team for regular updates:  
Instagram: @cgs\_spt  
Twitter: @CGS\_\_SPT





School

“The best cello teacher ever”

By PEARL McCann 10Y

Earlier this year, the entire Caistor community lost an integral member of its musical family. Angela Warmoth was a kind, generous woman, dedicating many years of her life to teaching the students of not only Caistor Grammar School, but primary schools and local children too. She was an extremely talented musician, her skills in the cello were incredible- and she so generously shared her gift with so many people. Not only did she teach her own pupils, she even went the extra mile to help other musicians in need: Aidan Parker, Year 12, said “She taught me how to read tenor clef!”

From concerts, string groups, school productions, church services and even the Macmillan Coffee morning, Angela contributed so much to our community. A former CGS pupil Ailsa McTernan said “The usual anxiety that comes with performing disappeared when you knew Angela had prepared the concert; she always wanted everyone to feel comfortable and have fun.” She has also been credited for her gift in the cello and knowledge of music; Alex Sedman, another former student, said “Angela’s arrangement of Fawltly Towers was so memorable- the back story of her wedding made performing it so special.”

Morale was very important to Angela: Renjay Chong, Year 9, and Catherine Hargreaves, Year 8 both remember the boxes of sweets that Angela handed out at the end of lessons and orchestra rehearsals. “I’m sure all of her pupils will remember the silly voices she used to do to make us laugh!” said Charlotte Davey, Year 10, confirming Angela’s dedication to teaching and her warm-hearted nature. She will not only be remembered for her music, but for her sense of charity. Our performing arts technician, Alex Mottram said “I remember her cake sales for Children in Need at primary school- she always did whatever she could to help others.”

So many members of our vast music community have a lot to thank Angela for; she shaped many of our lives and brought a unique attitude to music- wanting everyone to have a good balance of hard work and fun! Another former student, Anna Kent, dedicates her whole music career to Angela “She’s the reason I play the viola, the reason I did a music degree at university and the reason I now have a job working with an orchestra.” Furthermore,

“ she always did whatever she could to help others

James Robey said “Angela’s ambition on my behalf lead to my great passion for music- I am so grateful for that”. The amount of responses I received when asking around for memories of Angela was truly beautiful. It is incredible to see on paper the amount of love and remorse expressed towards Angela’s passing. It brings a tear to my eye to think about years of school concerts, the uncountable amount of music lessons and the amount of wisdom and love Angela spread through our school and the whole Caistor community. Reniay Chong said it best: she was “the best cello teacher ever” and she will be dearly missed.



Angela Warmoth doing what she loved best, at the Summer Concert 2013

Tree Trouble

By ELEANOR Wood 11Y

Every student who has attended Caistor Grammar in the past few decades is aware of the existence of the sequoia tree that overlooks the Lindsey building and the middle court. Recently, the school governors along with Mr Hopkins became aware of its potential for damage and the need to remove the tree. They went to the district council to ask for it to be removed and the district council said that there was no reason as to why it should remain in place.

The majority of the tree will be removed

at the start of the summer, with just 2m of the trunk being left behind. This is happening for various reasons, one of which is that in the last couple of years, more and more of its branches have been falling onto middle court. Also, the court often becomes slippery because of the tree’s leaves falling onto it, which can be extremely dangerous for students playing football there. This slipperiness is increased by the tree’s shadow, which blocks sunlight from drying the court. Additionally, strong winds cause the twenty-three-metre-tall

tree to sway dangerously – if it fell and damaged part of Lindsey, significant disruption would be caused, which the school wish to prevent. Another reason for the tree’s removal is its extensive root system, which, if left unchecked, could cause drainage issues.

Part of the tree trunk will be donated to the Caistor GO2 environmental group, which is made up of members from the three Caistor

schools. They aim to reduce Caistor’s environmental impact. Unfortunately, the response to the decision to shorten the tree has been met with some negative feedback on Facebook from residents in the town. However, Mr Hopkins points out that the tree can only be seen from a small number of vantage points, so its removal shouldn’t affect local residents too much.

Here’s some facts about giant sequoias :

- A giant sequoia tree's largest branches can be eight feet in diameter and the bark can be 3 feet thick
- The largest giant sequoia is taller than a 26 story building
- General Sherman, a giant sequoia, is the world’s largest living organism
- They can sometimes live up to 3000 years
- Giant sequoias actual thrive in forest fires as the heat opens the cones they drop, releasing the seeds



“ I've been exploring the viability of removing the large redwood tree that stands by the middle court. Its height and root system concerns me, as does its movement in high winds. There's been some speculation on social media about why I'm considering this - it's not to widen the path to encourage social distancing or because I think it’s inconvenient. I am a dendrophile – [a lover of trees] just not of the type that might take out the English, Maths, Music & Art classrooms and the dining hall. The social media storm (no pun!) prompted the TPO officer from West Lindsey District Council to visit last week. I'm waiting for their response. What has disappointed me is that no-one from the concerned groups has tried to engage with the School to understand why we’re doing it, particularly as we actively support one of the environment groups concerned by releasing about 30 students from their lessons regularly to add their voice to the cross schools partnership in the town.”

From Mr Hopkins’ June 5th parents’ letter



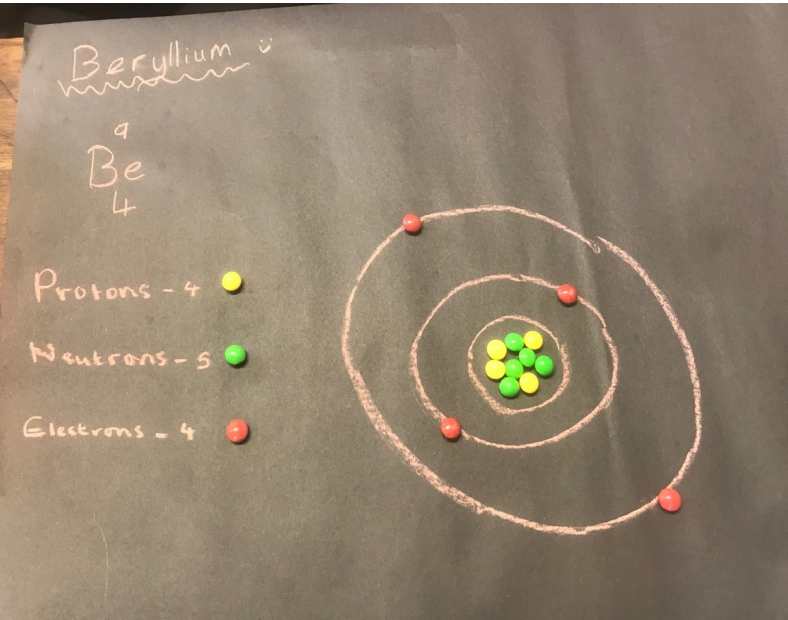
School

Goodbye and good luck!

By NISHA Prabhakar 12DW

We're at the end of another school year, and even during all of the changes to the school routine, we still have to say goodbye to another set of staff.

After being a student at the school, Miss Mottram remained at CGS fulfilling the role of the performing arts technician. She says that "CGS has always been there for me to strive to be better," and that she will "always cherish the memories." When asked what some of her highlights while working at the school, she explained how amazing it was to watch the School Production, House Music, and House Plays come together, reminding her of the talent that the students at CGS have. She will be greatly missed by the music department, but we



wish her the best on the next part of her journey.

Since February this year, Mrs Murphy has joined us in the science department. She explains that not all schools are like Caistor Grammar school, where the staff are friendly despite the professional and working environment. Everybody is supportive to each other and work together to share ideas to make the school a better place. Miss Murphy says that "it is wonderful to work in a place where the pupils are smiling and greet you with a "Good morning, Miss."" She was impressed that when teaching a Year 9 class about the model of sub – atomic particles with skittles, everybody followed lab rules and no skittles were eaten in the lab. Despite, how tempting they were. She also adds that she is "pleased to report that there are biscuits in the staff room!" Although she was not with us long, she will be missed by the science department and all the students who loved learning with sweets. Miss Randle, another ex -student, returned to Caistor Grammar School, after spending a whole year living abroad. Although her time was cut short at CGS due to her new role working in Lincolnshire Police she loved her role here as a PE technician. Miss Randle misses "the activeness of the job and working with a whole range of pupils." She

was also "overjoyed to reunite so many pupils with their discarded PE kit." Miss Randle explained how she enjoyed supporting the GCSE and A- level teachers by putting up the displays in the PE corridor to show of students work. We hope that she enjoys her time working at Lincolnshire Police and wish her all the very best in her new job.

Our site manager, Mr Bray, has already left Caistor Grammar School to start his new job as an estates manager with the AET multi academy trust. We wish him well in this exciting new opportunity and thank him for all that he has done for the school, including his hard work on the dining hall refurbishment. The school welcomes Mr Millington who is taking over this role of site manager.

Goodbye from everybody at Caistor Grammar and we wish you all the best in your next chapters.



An exciting return

By EMILY Sharman 12SM

Since 18th March 2020, Caistor Grammar School, once full of bustling, thriving students, has been decidedly less lively due to the closure of schools under protective governmental guidelines against Coronavirus. Recently however, both Year 10 and Year 12 students have had the chance to go back into school and experience some face-to-face teaching, something that has been pretty much unheard of for the past few months, aside from regular meetings on Microsoft Teams. Nonetheless, despite the seemingly familiar friendly feel of the school gates, there are clearly obvious circumstantial differences that have been put in place to maintain both student and teacher safety against the pandemic. Although you can see your friends, there must be a 2 metre distance separating you at all times, and there are copious amounts of hand sanitiser, anti-bacterial wipes, and spray, so as to cleanse both your hands and your desk before you settle down to work.

There are many clear differences about our school now, compared to how we remember it, as there clearly must be in order to keep



everyone's health intact. However, even though we must stay a sufficient distance apart from one another, it is clear that the Caistor Grammar community is standing together in efforts to protect one another against Coronavirus, so as to return to our familiar amiable and welcoming environment of study as soon as possible. It will be not be long at all until we once again can hear the noise of jubilant students in both the hallways and classrooms throughout the school.



Some of the various techniques to maintain social distancing

The best place to look for information about school reopening is Mr Hopkin's weekly letters, but bear in mind that all decisions are subject to change.



## Mental Health

# Keep on keeping on

By MILENA Finch-Robson 12JK

As another day in lockdown passes, it's natural to feel stressed and tired- we all miss our friends, and our day to day routine that we took for granted. But as time goes on, it becomes more and more important for us to look out for ourselves and those we care about, both mentally and physically. Though we still have work to do, it's important to take a break – step back, close your eyes and breathe. We're all in the same boat – so here's some things to help you keep afloat.

This is a time of great change, and adapting your daily routine to fit it has helped me and my friends massively. While the workload may seem overwhelming at times, try to plan out roughly when you will do different pieces of work, leaving time for breaks. This lays everything out clearly so it doesn't feel like such an impossible mess. Do to-do lists, spreadsheets, simple scribbles, mind maps – whatever works for you! Also make sure you have a set place to work, away from too many noises or distractions if you can. And, although this may be an unbearable thought, clean your room. It helps with concentration, and eases stress for many people. Tidy room, tidy mind.

One of the most important things to do when taking a break from work is to keep in contact with your friends. This may seem obvious, but it's easy to ignore your messages. Being away from our friends eventually starts to take its toll, which why it's so important to speak to each other; whether that be a short message, or a long



call. With lock down rules easing, you can even see them in person, as long as you remember social distancing and any other guidelines in place at the time. If you haven't heard from a friend in a while? Make sure to check in on them – ask them how they are, strike up a conversation. Be there for each other and remind them they aren't alone.

However, it's equally important to find the right balance. We may want to spend all day aimlessly scrolling through social media, but after a while this can become damaging. Talk to your friends, connect, relax. But remember how absorbing social media can be. You plan on watching one video and the next thing you know it's 3:53 AM and you regret everything. Put your phone down. Step away slowly. Have a nap, read a book, paint (even if you're terrible at it), do something engaging other than school work. There are endless possibilities. You don't have to be good at it, as long as you're having fun!

Another great way to stay healthy, both

mentally and physically, during lockdown is to exercise. This may seem pretty obvious, but we're not necessarily talking bench presses here. Any exercise is good exercise. Usually at school we'd have the casual walks to lessons, to and from school, and PE. Without this, we need to find new ways to look after our bodies. This can range from walking your dog, going for a jog, or indoor workouts - there are plenty of YouTube videos out there to help you get started.

There's so much we can do during lockdown, and I know it may seem overwhelming, yet despite this, it's also a great opportunity – we have more time on our hands than we ever will again. Make the most of it! But don't feel guilty if you don't get every tiny thing done. There are plenty of resources out there to help you make the most of this unusual situation. Stay safe and have fun!



## Good news!

By JESSICA Robinson 12SM

Within such uncertain times, it is often difficult to stay positive and optimistic about the future. This is why it is important, now more than ever, to take this time to reflect on how you feel and allow yourself to focus on the things that bring us the most joy rather than being down by all the sorrow in the world. For many this is a difficult task, but I think that looking at some recent good news in the world can help us see that the world is still naturally good. Whether it is a personal achievement or a worldwide story, every piece of positive news is equally as important. For example, due to stay at home orders, air pollution levels have reduced by over 50% from last year in some areas and the Venice canals are clearer than they have ever been with locals seeing far more swans and fish.

As many of you likely already know, veteran Captain Tom Moore started fundraising for the NHS by walking 100 laps in his garden before his 100th birthday on 30th April with an initial goal of £1000. Not only did he receive an RAF flypast and a birthday greeting and knighthood from the Queen for his efforts, he also warmed hearts across the country with his story and raised an astonishing £32 million. This inspirational man brought together the UK in a time of great distress and through his continuous optimism, has aided so many in need. He is seen by many as “a beacon of light through the fog of coronavirus”. This is just one example of how someone can make such a large difference to a population even if that was not the original

intention. Stories like these often help to encourage and bring happiness to others but this happiness can also be achieved through small actions.

Many students have taken this opportunity to learn a new skill or stay in contact with others. One way to stay focused on these positives is by spending five minutes before going to bed thinking about good things that have happened each day, whether it's organising a group movie night over Zoom or reading a new book, it's important to celebrate the things that make us happy as no accomplishment is too small. Liv Donson, Year 12, has spent her time not only improving her school grades, but also practicing piano over Facetime with her teacher. Hundreds of students have shown their support for the NHS by displaying drawings of rainbows in the windows of their homes; a small act of kindness that spreads hope to all that witness it. This time has given all of us the opportunity to explore any interests further and work on things we are passionate about, something that Amy Warne, Year 11, has been doing by working on some amazing original songs and developing her musical skills even further.

I hope you take some time today to think about what you are proud of doing during such an unfavourable situation, even if it seems unimpressive to others. Nobody has the right to make your accomplishments seem insignificant, so be proud of yourself as many others are proud of you too. Stay safe and support those around you.



Photo used with permission from @house.of.wards on Instagram

Some great places to look for good news are the following Instagram accounts:

- @tanksgoodnews
- @upworthy
- @somegoodnews

It's nice to have your feed full of positivity when you're feeling down!

Follow the Senior Prefect Team @CGS\_\_SPT on Twitter!



Mental Health

Who you gonna call?

By IMOGEN Horton 12FC

In our current society, there is a large stigma surrounding talking about mental health, and more specifically seeking help when you're in a bad place. The charity Mind says that 1 in 4 people will experience a mental health issue each year and 1 in 6 people report experiencing feelings of anxiety and depression in any given week. With these alarming statistics, it's important that we normalise the conversations we must have about our mental health.

It is understood that we humans work best with a consistent routine and upsetting that routine can cause significant amounts of stress. Stress can manifest itself in various physical ways, such as a loss in appetite, feeling tired, digestive issues or muscle tension causing aches and pains. You may experience these things and not even feel especially anxious. The sudden lockdown in March threw the routines that we were accustomed to up in the air, including school and all extra-curricular activities. Society as we knew it changed overnight, leaving it mostly up to us to install a 'new normal' – and stick to it.

In one of my last lessons, my teacher told us that "getting up later and later will do you no good" and while objectively I can see that this is true, it doesn't make it easy to leap out of bed at 7:30am and say "wahey I am ready for another day of learning!". It's more likely to be around 10:30 or 11am when I crawl out of bed to finally get some caffeine inside me and turn into a sentient being. However, while my morning routine leaves a lot to be desired, I do have some structure in my day and week. The timetable we all should now have for online learning is out, and the teachers are sticking to their lesson slots. My family eat at roughly the same time every day, and then we walk the dog together. At the end of the day, we come together to watch Game of Thrones, and while

this may not be appropriate for all readers, perhaps there is a family-friendly show you could watch before bedtime to avoid the drudgery of the 10pm news and to switch off from social media for a while. Having a few 'constants' in every day can make you feel much more grounded and less anxious.

Perhaps you could try sticking to specific bedtimes and times you wake up in the week to get back into a routine, or turn off your phone at the same time every day? Social media can be a very draining space, it's not necessarily unhealthy, but constant contact with potentially millions of people can really damage our mental health and cause us to be exhausted. Making sure that you collate your online spaces to make them happy is imperative. You can do this by unfollowing people whose accounts make you feel negative emotions – maybe they are portraying negative body image, for example. You could also research accounts that promote good wellbeing such as the Childline Instagram.

Especially during lockdown when we're in a bad place, one of the best things to turn to is our close friends and family circles. These people who have our best interests at heart can sometimes be one of our greatest resources to get back on track. The people who love us most are the most likely to notice the warning signs when we are losing motivation, or when our moods are dipping. Asking these people for help and advice could, and often should, be our first 'port of call', so to speak, as they know us the best. However, there is only so much that someone else can tell you, it has to come from you taking that extra step towards better mental wellbeing. Taking ownership of when we're not feeling ourselves is a way to pick yourself back up. Only when you recognise yourself that your behaviours/moods are not how they should be is when you can change them.

If you need anonymous help please try the following sites:

- [www.kooth.com](http://www.kooth.com) described as an 'online mental wellbeing community', specifically directed at young people where there are articles to read, personal stories and tips and also the opportunity to 'live chat' with a member of the Kooth team if you need to
- [www.childline.org.uk](http://www.childline.org.uk) is available 24 hours a day for people who need them, with an online 'live chat' and the free helpline: 0800 1111 with lovely members of staff only a call away
- [www.talktofrank.com](http://www.talktofrank.com) if you need information about drugs, there is also the option of a 'live chat'
- The 'Calm Harm' app, recommended by the NHS, available on the App Store and the Google Play store, has been developed to 'provides tasks to help you resist or manage the urge to self-harm'. If you are struggling with self-harm, or you are worried about a friend, we urge you to talk to an adult you trust about it. The app is 'an aid to treatment, but does not replace it'.

If you're having a lot of problems with the school workload and stress attached to that, the best people you can speak to are your form tutor, head of year and subject teachers. They cannot help you to make the workload more manageable if they don't know that you are struggling in the first place. Maybe when your

form tutor e-mails you weekly to ask how you are would be the time to say "actually, sir/miss, I'm worried about x, y and z. Is there anything you could do please?" maybe just telling someone in that way will get it off of your chest and make it less burdening.

Bored in a house, in a house bored

By PAWEL Grab 12DW

As temperatures rise, and as the freedom of a relaxing summer break approaches ever closer, you might have a plethora of plans, ideas to keep yourselves entertained as much as possible. However, for those who lack that creative flair, finding occupying, engaging tasks may be a challenge; especially when we're limited by unpredictably changing government guidelines. So what exactly is there to do?

Despite the technological phenomena of social media enabling us to sustain regular communication within friendships and relationships, it doesn't provide the same experience as a live interaction. Visiting close ones (at an appropriate distance, of course) can be a very mind-relieving, pleasant source of entertainment, an opportunity to break away from the monotony of isolation. Whether you're going on a walk in a park, a bike ride, or just sitting down for a catch-up chat, provided you stay safe, it's a fantastic method to keep yourself busy. Unfortunately, that's not always possible, which is when social media come into play. Receiving a "what's up, how are you?" text or hearing a voice on call can really bring a beaming smile to our faces, so why not support each other in this way? The online world is a life-changing resource, but make sure to stay safe on the internet, especially on public sites.

While it's sometimes enjoyable to invest hours in a video game, another activity that can be done with friends, after all, even that can get tedious and repetitive, speaking from experience. One way to counteract the time spent sitting, for the most part, motionless, other than the rapid manoeuvres of our fingers, is through exercise. Keeping fit through jogging, home work-outs, bike rides and kicking a ball around with the family are merely a fraction of the possibilities available to us to keep fit. Consequently, we'll come out with an improved self-esteem, feeling fresh and cheered up.

Considering now we have an abundance of time available, we actually have a chance to

immerse ourselves in something new. We could adopt a new hobby, for example learning to play chess, solving a Rubik's cube, drawing or other arts and crafts, learning to cook or bake... There are plenty of new skills to be explored, perhaps musically, such as learning to play an instrument. Naturally, on that note (excuse the pun), nothing's stopping us from listening to new music, watching a new TV series or movie, or reading a new book. The entire school now has access to the Wheelers e-book and audiobook library so make sure to take a look and see if any of the thousands of available books takes your fancy.

Schoolwork and learning, over the past few months, have been a varying experience for different people. Especially in the GCSE and A Level years, it's best to ensure we know the content of our courses. While the summer holidays are a much deserved break and reward, we can always use our time to ensure we remember everything we've learnt so far to ensure a prompt start upon our return. Especially for us in Year 12, it'll be hugely beneficial for our UCAS applications if we engage ourselves in our subjects more. Websites such as OpenLearn or Cambridge University's HE+ website offer various online courses that allow us to delve into anything we find fascinating. In general, exploring areas that interest us is an entertaining, productive way to pass the time, and that goes for anyone. Students have engaged in topics ranging from radio etiquette to autism and technical theatre. We strongly recommend the first aid courses at [www.firstaidforfree.com](http://www.firstaidforfree.com). Though an online course can never be a substitute for practical training, its always good for more people to learn about topics such as asthma and allergic reactions, should you find yourself in an emergency situation.

Hopefully our summer is going to be a refreshing, relaxed period of time for us all, so that we're ready and raring to come back in September for a new school year. It's been a strange time, but we'll all push through it and see each other again. Stay safe!



Ava Farnsworth, Year 10, and Maia Farnsworth, Year 9, take a relaxing bike ride.

Make sure to follow all government issued guidelines when leaving the house. The better we stick to the rules, the faster we can move on.



# Student Achievement

## Burmese? Yes please!

By ELEANOR Wood 11Y

Claire Tun, Year 7, grew up hearing her parents speaking Burmese. Her extended family live mainly in Yangon (Myanmar's biggest city), and Hinthada, a small Burmese town. She visits the country every year, although unfortunately not this year because of the pandemic. She knows enough of the language to understand her parents speaking but had never learnt to read or write in Burmese.

Burmese is an incredibly complicated language, with multiple letters that sound almost exactly the same. It also has a different alphabet, meaning that “spelling is a nightmare”. The slightest change in pronunciation can change the meaning of a sentence completely, so it’s a difficult language to learn. Additionally, the language changes dramatically according to who you’re speaking to, which makes it difficult to be polite. It’s almost impossible to be fluent if you don’t

grow up hearing it.

Since she is only used to her parent’s speaking patterns, she struggles to understand other Burmese speakers, because of their varying accents. This makes it difficult to communicate with family, so she felt compelled to properly learn it. Also, her Burmese ethnicity made her feel “it would only be fair to learn it”.

The difficulty of the language makes it too complicated to learn online, so her parents teach her themselves. Both work in the NHS, so they have been very busy, but they are still determined to find time. Claire’s mum has been waiting her whole life for her daughter to learn Burmese properly, as evident by the well-worn Myanmar Textbook she teaches her daughter from, which was bought before Claire was born. Over a couple of months of putting real effort into learning Burmese, she has made more progress than she has in her whole life, despite it being much harder than she expected.

There are very few similarities between English and Burmese other than a few words, which makes it even more difficult to learn, so this accomplishment is incredibly impressive. Currently, Claire is studying German at school, but finds Burmese harder. She aims to be fluent in four languages (including English) in her life.



## The never-ending number

By ELEANOR Wood 11Y

At the beginning of this infamous lockdown, Zara Zafar, Year 7, found herself having to self-isolate. During this time, she was kept occupied by schoolwork. One of the many lessons she participated in was maths - one of her favourite subjects, which she has a keen interest in for the future. At the time, she was learning about the area and diameter of circles. The formula to find these both contain the symbol ‘ $\pi$ ’. This is pi - and not the kind you eat. It is a mathematical constant that many people only memorise as far as 3.142. However, there are a lot more numbers than that. This was a thought that occurred to Zara after she had finished her work and had little else to do, so she decided to investigate!

Many students will be familiar with ‘The Periodic Table Song’. From the same popular YouTube channel ‘asapSCIENCE’ came the 2018 hit: ‘The Pi Song’ which sings the first 100 digits of pi to the tune of ‘In the Hall of the Mountain King,’ (more commonly known as the Alton Towers song).

Zara had previously attempted to memorise

‘The Periodic Table Song’ but only made it as far as Niobium. When she discovered a song that put the numbers of pi to lyrics, she immediately started listening to it for roughly half an hour every day for a week, until, finally, she had memorised 100 digits of pi: an incredibly impressive accomplishment. To make sure she never forgets it, she now regularly puts herself to the test by singing the song in her kitchen. This is useful to her memory, but her parents don’t quite feel so positive after hearing this song every day for months. By the end of lockdown, they will most likely have the song memorised too, but not by choice!

Now, Zara is attempting to learn more digits of pi. Unfortunately, there is no song that goes past 100 digits, so it is a lot more difficult. She highly recommends learning pi using this song, because the music and lyrics make it very fun to do. So, if you’re bored in lockdown (as Zara Zafar was), why not give it a go?

Can you do better? Pi to 1000 places is:

3.1415926535 8979323846 2643383279 5028841971 6939937510 5820974944  
5923078164 0628620899 8628034825 3421170679 8214808651 3282306647  
0938446095 5058223172 5359408128 4811174502 8410270193 8521105559  
6446229489 5493038196 4428810975 6659334461 2847564823 3786783165  
2712019091 4564856692 3460348610 4543266482 1339360726 0249141273  
7245870066 0631558817 4881520920 9628292540 9171536436 7892590360  
0113305305 4882046652 1384146951 9415116094 3305727036 5759591953  
0921861173 8193261179 3105118548 0744623799 6274956735 1885752724  
8912279381 8301194912 9833673362 4406566430 8602139494 6395224737  
1907021798 6094370277 0539217176 2931767523 8467481846 7669405132  
0005681271 4526356082 7785771342 7577896091 7363717872 1468440901  
2249534301 4654958537 1050792279 6892589235 4201995611 2129021960  
8640344181 5981362977 4771309960 5187072113 4999999837 2978049951  
0597317328 1609631859 5024459455 3469083026 4252230825 3344685035  
2619311881 7101000313 7838752886 5875332083 8142061717 7669147303  
5982534904 2875546873 1159562863 8823537875 9375195778 1857780532  
1712268066 1300192787 6611195909 2164201989

## Mia’s own Legoland

By ELEANOR Wood 11Y

Every so often, Mia Smith, Year 7, and her younger brother spend time on a project. At the start of lockdown, they began one such project, when Mia built one house, prompting her brother to join in. Over the course of two weeks they created a large LEGO town, with nine detailed buildings and a beautiful bridge, amongst other structures. Normally, LEGO is built using manuals that come with sets, but with these projects, Mia always designs them completely from scratch. She uses blocks from her dad’s childhood LEGO collection, as well as from various ‘LEGO City’ and ‘LEGO Friends’ sets accrued over the years. These projects are always completely spontaneous ideas that are edited until Mia is satisfied.

Once the town was completed, Mia destroyed it to reuse the blocks to build a quaint LEGO house. She doesn’t know what she will build next, due to the spontaneity of these ideas.

She says that LEGO is “never boring” as changes are easy to make – if the look of a building isn’t quite right it can easily be broken down and tried again, as often as necessary, until it’s perfect. That’s part of the reason Mia finds these projects so fun to design – they allow her creativity to run wild. Not only are they fun, they also provide important family time: Mia and her brother spend time together designing and building their ideas, and once done, their parents suggest tips on how to improve.

This project taught them to limit their brick use, since they only have a finite number of blocks to build with. Previous constructions include a zoo and shopping mall. The imagination needed to design structures of LEGO without

instructions or any idea how it will turn out is a true creative talent, so she justifiably feels proud of her accomplishment in completing the LEGO town.



## Last but not yeast

By JAMES Day 12DW

As we have had a lot of time at home recently, many people have taken this opportunity to brush up on their baking skills. Set up by Mrs Ellerby, the baking challenge gave students the chance to show off their talent whilst having fun with their family during this challenging time.

The 6 students who took part were in Year 8 and 9 and made a wide range of treats ranging from banoffee pie to cheese clouds. They were all excited by the opportunity to make something new, Catherine Hargreaves, Year 8, who made toffee popcorn cake explained how she “learnt lots of new baking skills like how to make caramel and what happens if you don’t make the mixture correctly.” Beth Crowther, Year 8, mentioned that she had “never tried baking gingerbread before” but now knows the basics of how make it which she found very rewarding.

Not only was this an opportunity to learn something new, it was an opportunity to do something fun in between schoolwork. During a period where we could not go out for any reason other than for essential purposes, it would have been easy to get bored and unmotivated. Baking is something that is not only fun but rewarding and was the perfect activity for Alice Fearn, Year 8 and Rhiannan Stothard, Year 9, who made raspberry love heart cakes and banoffee pie respectively. Alice said that baking was “a great way to relax whilst doing schoolwork” whilst Rhiannan explained how he was “encouraged to take part as I wanted to take part as it is quite boring in quarantine, many people can relate.”

Others, like Emily Pein, Year 8, took inspiration from something that she has read.

Emily reads a weekly newspaper called ‘The Week Junior’ and took inspiration from its ‘To do at home section’. That week it happened to be how to make ‘cheesy clouds,’ so that is what she made for the challenge. Baking is a great activity for spending time with your family, and that is why William Crowe, Year 8, took part in the challenge. Baking is something that William had not had much success with in the past, however he explained that “the competition inspired me to try again”. He said how “It was really fun to do something different and to spend time together as a family”.



Mr Hopkins has also given baking a go. No soggy bottoms here!



# Student Achievement

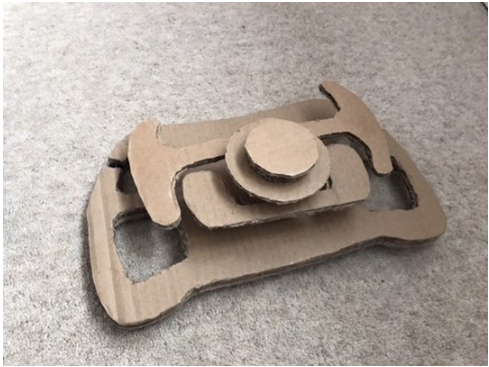
## Speedy Tyla

By AIDAN Parker 12DW

If some of you are feeling bored over the lockdown, you might want to take a leaf out of Tyla Harris’ book. Tyla, Year 7, has used his time in lockdown to construct a model of an F1 steering wheel out of cardboard. Although already impressive and accurate, Tyla plans to further recreate an F1 steering wheel by adding a base which incorporates a sophisticated set of Neodymium magnets.

On Tyla’s model you can see the DRS (Drag reduction system) and a button which would allow the driver to talk to their crew in the pits, as well as several rotaries for different purposes. These rotaries are made of LEGO cogs. The cardboard model also incorporates springs in the gear system which provides an accurate representation of the resistance felt by actual F1 drivers when changing gears at 200mph.

Tyla has a passion for racing and is currently karting at a high level, having won his junior TKM carting category at the Rowrah Karting Circuit in the lake district. However, he hopes to go into either F1 or Rallying later on in life, both of which are intense professions. Although Tyla doesn’t really support a racing team, he is fond of several drivers including Lewis Hamilton, Lando Norris and George Russel.



## Helping others

By AIDAN Parker 12DW

Lockdown has been a tough time for all of us, although for some people it has been even tougher. Hania Obaid, Year 10, is one of these people. Despite lockdown she has had to make a start on her GCSEs. Although it’s a daunting task for some people, Hania actually enjoys studying at home as it allows you to work at your own pace as well as being able to take frequent breaks. Despite the seemingly positive aspects of lockdown, Hania admitted that she is starting to miss seeing people, even those that she isn’t particularly close to.

Another struggle that Hania found was looking after her younger brother. As her parents are both doctors and keyworkers, Hania and her older brother, Saif, have had to look after their younger brother. She has helped him practice his handwriting and has been going for frequent walks with him. Although at the start of the lockdown Hania said that looking after

him added to the stress of COVID-19 but now she has gotten a lot closer to him over the course of quarantine.

The final test faced by Hania and many others was fasting over Ramadan during lockdown. Normally, there are many activities that can keep you occupied and make you forget that you haven’t eaten, but this year the lockdown makes it much easier to notice. Also, for Iftaar, Hania and her family normally invite friends round to break the fast but obviously that was not possible this year. On the other hand, the lockdown actually helped them in some ways, such as allowing them to fully complete Ramadan without pesky sports events getting in the way.

On the topic of lockdown, Hania said, “I hope people take this time to appreciate how privileged we are compared to other places that are suffering much worse than us during the pandemic.”



## Rio’s climbing high

By TOBY Barnett 12FC

One person who has most definitely been up to something interesting is Rio Rawlings, Year 12. Since lockdown started, Rio has tried his hand at some ambitious DIY projects. The first of these was the complete construction of a nearly 14ft tall climbing wall, with a 10° overhang, that transitions into 45°! Over the past year, Rio has developed a strong interest for bouldering, having been inspired by a family friend, and so decided that the sudden amount of spare time that he had on his hands would allow him to try and build his very own climbing wall for practicing on. Rio said it’s “great for exercise, and a good way to keep his bouldering skills up to scratch”. In an old boat shed near his house, Rio used a forklift to construct the wall, which is made mainly from plywood. He bought the climbing

grips from a local company, and attached them to the wall, also saying that in the future he plans to 3D print some of his own grips!

Another task that Rio is undertaking at the moment is the refurbishment of a 12ft dingy. When Rio received the boat, it was split entirely in half, but Rio has used fibreglass to repair the damage, as well as adding about 120kg of buoyancy, meaning that the boat is more stable on water. Amazingly, he says that he has already “ventured a few metres” into the Humber river to try it out! The boat, rather appropriately, is named “Quarantina”.

Rio is a fantastic example of someone who has made the most of time in lockdown to do something creative, and he says that he wants to keep working on interesting projects like these in the future.



Rio’s DIY climbing wall

Many other students have done brilliant things during lockdown:

- Matthew Williams, Year 7, has been making some incredible stop frame animation
- Jemima Spencer, Year 7, has learnt how to rock out on an electric guitar
- Nisha Chandrashekhar, Year 8, sent Captain Tom Moore a card for his 100th birthday
- Joe Glentworth, Year 9, sent a lovely email to Mrs Ellerby asking how she was. He though that Tom was an inspiration and had donated some of his money to the NHS charity for his birthday.
- Libby Jackson, Year 7, has been doing some baking. The carrot cake is her favourite so far
- Harshitha Pai, Year 8, has been baking everyday to keep spirits up
- Luke Harriman, Year 7, has been making some delicious looking pizza for his family



Editorials

I can’t breathe

By CHARLOTTE Morton 12SM

On May 25th George Floyd died in the very city he moved to in order to start a better life. He moved to Minnesota to begin a new chapter in his life, to be a better father, to better himself. His brother described him as a “gentle giant” and many praised him for his determination to turn around his life. Sadly, this opportunity was snatched from him by policemen who restricted his airways, kneeling on his neck so he could no longer beg for help. Derek Chauvin was charged with third-degree murder and manslaughter and those charges would soon be increased to second-degree murder.

The past month has seen a huge amount of support for the campaign, with hundreds of protests around the world and enormous donations to Black Lives Matter charities. Statues have toppled as anger has grown and the world has witnessed some of the most engaged and passionate anti-racism demonstrations. Activists have pushed to show how police brutality is a serious pervasive problem in society and we need to work towards reform.

On June 2nd, in response to the many racist and unlawful killings, we saw many people take part in “Blackout Tuesday,” which involved social media users posting a black square to their platforms and sharing many educational sources on the matter. Subsequently, we have seen that American voters’ support for the Black Lives Matter movement has increased almost as much as it had in the preceding two years. This support has been shared and demonstrated by people globally, including musical artists, who have expressed their views on the state of the world and racism in various musical material. Similarly, numerous companies have expressed their support for the cause, extensively bringing the very necessary attention towards the matter.

Promisingly, we are starting to see change both within society and within legislation, with the “George Floyd” police reform bill. We are starting to build power to bring justice, healing and freedom to black people but we still have a long way to go in order to achieve equality.

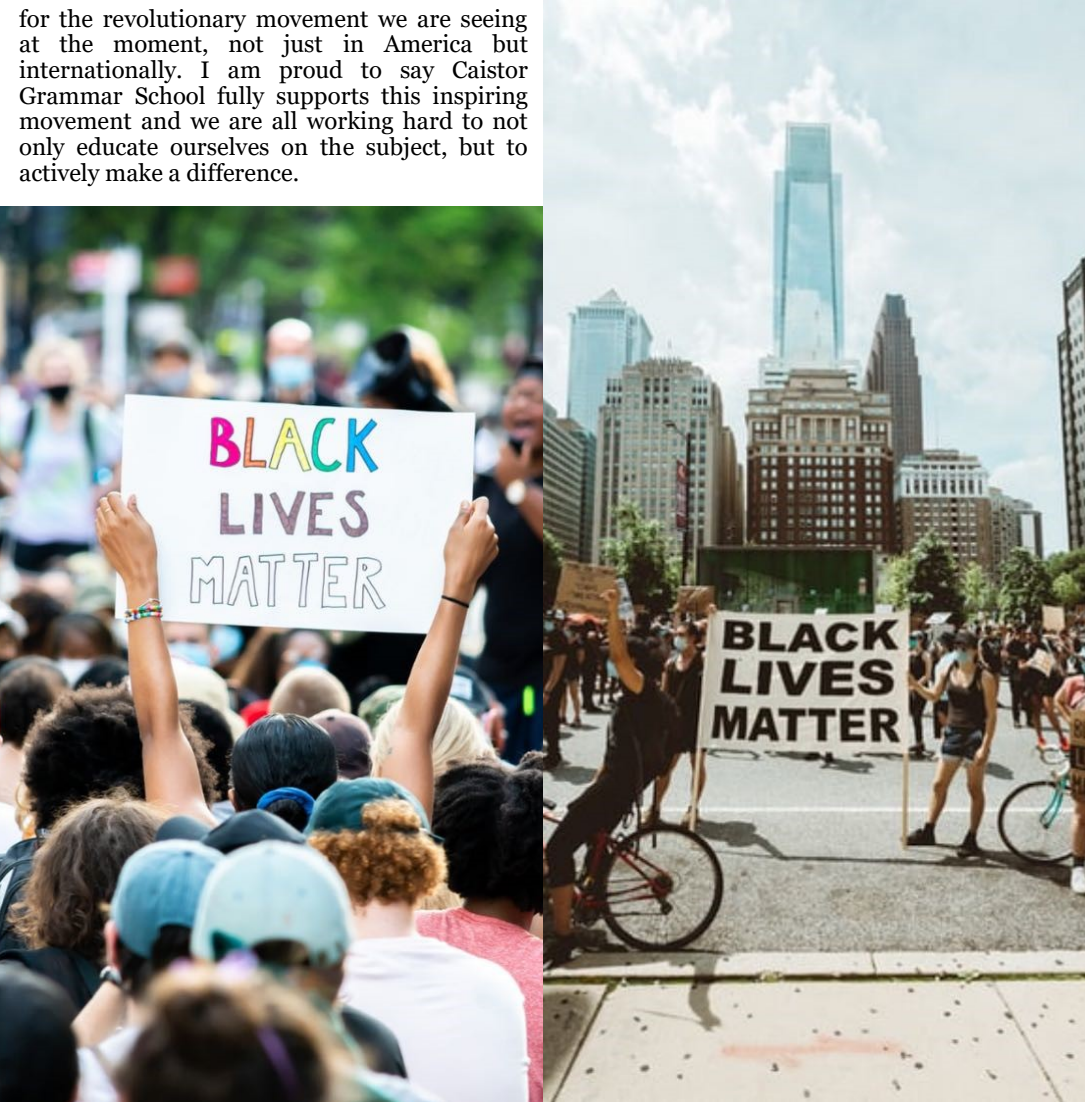
In times like these, unity and mutual support are extremely necessary virtues to maintain. We must remember that, while this movement has been particularly prominent recently, equality is a societal ideal that we must continue to strive for every day. Therefore, we must persist in ensuring that equality is maintained; why not focus primarily on our own communities? We’re often demotivated by the inability to make mass-scale contributions, but in times like these, every little helps. Ensuring we treat everyone equally ourselves regardless of race or ethnicity and treating everyone with respect, perhaps spreading awareness and discussing the matter (as well as contributing in ways listed further below) may seem insignificant in the bigger picture. However, a multitude of these amount to a much more potent change.

The murder of George Floyd ignited the fire

**Learn more about Black Lives Matter and offer your support here:**

- [BlackLivesMatter.com](https://BlackLivesMatter.com)
- [BailProject.org](https://BailProject.org)
- [Libertyfund.nyc](https://Libertyfund.nyc)
- [StandUptoRacism.org.uk](https://StandUptoRacism.org.uk)
- [Kwanda.co](https://Kwanda.co)

for the revolutionary movement we are seeing at the moment, not just in America but internationally. I am proud to say Caistor Grammar School fully supports this inspiring movement and we are all working hard to not only educate ourselves on the subject, but to actively make a difference.



Led or leaderless?

By RIO Rawlings 12SM

On September 30th 2011, huge protests called the Occupy movement used a scarcely used method to draw attention: the human microphone. A speaker says a short phrase, then the protestors repeat in waves, thousands of people shouting a speaker’s message. Anyone can start it, no one has to repeat it: it is a unified voice against a cause. No one has any authority over anyone, they don’t have the privilege of a microphone. I experienced this myself at a protest in New York, and now with the power of social media, we see it happening on our Instagram feeds and Snapchat stories.

Climate activism has seen unprecedented growth in recent years. There’s undoubtedly many causes, but where it originated from, is the Swedish teen, Greta Thunberg, who, through the use of social media and a powerful image, inspired millions of young individuals to protest the inaction of governments around the world. Similarly, Martin Luther King Jr. became the face of the civil rights movement in the US, as with Millicent Fawcette, with the feminist movement in the UK. However, do movements need leaders, and more importantly, are they better without them?

Quite possibly. Leaders create room for misrepresentation, they lead a movement but may say something the majority disagree with, and it means I can fight for a cause with my own personal ideas, but others will assume my stance because of what a leader says. Furthermore, there becomes a danger that leaders become an authority. If leaders gain the ability to change the direction of a movement, the movement can lose sight of its original goal, and in wanting to help, those who disagree stay quiet or even change their views so as to avoid controversy. This phenomenon is called groupthink, and it’s what creates cults and harmful societal divisions. Meanwhile, we can see the impact that leaderless movements have had and how loud their voices became because of it. The Black Lives Matter, Hong Kong and Extinction Rebellion (XR) protests have generally been some of the loudest, most representative and effective; none of them have leaders.

However, it’s worth remembering the energy a leader like Thunberg can give to a

movement; similarly, that a martyr like George Floyd can give a cause. So what can movements do to create that energy? The Hong Kong Protests gave five demands. There was no confusion as to what they were protesting or what they wanted. XR was similar, one was successfully achieved: the UK government became the first national government to declare a climate emergency. XR is leaderless and based on communes where people would meet, no one is in charge. What leaderless movements also avoid is creating a target, while leaders give a movement an identity and a clear target for those opposed to attack (whether physically or verbally), however, in leaderless protests, the only thing to attack are the demands, which are harder to criticize than a person. Countering these kinds of protests becomes like punching water, it’s inefficient and limits harm on the individuals.

In times of great social movement, a leader can sometimes seem like the easy way out, but a leaderless movement allows everyone to take responsibility for themselves and to unify behind a cause rather than a person.



Dr Martin Luther King Jr.



Editorials

How to research

By RIO Rawlings 12SM

Learning from home can be tricky, especially when it comes to research. These tips will help you research faster and in a more targeted way.

As you move forward into your next year, whichever one that may be, you'll find yourself requiring more sophisticated skills to research your projects. It is a skill you will use well into the future, especially at university, where you'll most likely be writing long, complex essays on a weekly basis. Being able to research efficiently, accurately and in a focused manner will make learning at home and research projects far easier.

Before you start doing any in-depth research, you must get to know your topic. We all love Google, and it's a great place to start; it will most likely lead you to articles on the topic, but you may find articles irrelevant or too complex. However, you can look on an online encyclopaedia which will give you concise, accurate information, three of your best sources you can use are encyclopedia.com, Encyclopaedia Britannica, and controversially - Wikipedia (which I will come back to).

Now you have some better knowledge of the project, you can start planning your research. You could create a mind-map, a list, or a mental image - the important thing is you have some sense of direction and enough prior knowledge to do focused, relevant research. Now with an idea of what to focus on, you can start to follow specific ideas, maybe an artist or scientist that you found during research. This is where you can make the most of Google's algorithms - string together relevant words (e.g. "avante-garde Warhol 1970's"), and don't be scared of the second page of results: often, some of the best pieces of information are hidden beneath hundreds of websites. You can also make the most of digital libraries like Google Scholar, which hosts hundreds of thousands of books,

scientific studies, and newspapers. These will give you specialised information that is likely to be accurate and extensive. This brings us onto reliability, because you want to be sure what you're using is accurate. You'll also want to look at government websites, the BBC and factually accurate newspapers like the Independent, the Times, the Guardian etc.

When evaluating a source, the question to ask is: "is it CRAP?" The CRAP (or CRAAP) test is a good way to figure out how safe it is to use. The five factors to question are:

- **Currency:** When was the information shared, and how has the topic evolved since then?
- **Relevance:** How relevant is it, is the information useful and appropriate?
- **Authority:** Who was the author? Do they have a history of posting unreliable information? If no authors are listed, it may not be trustworthy (unless it's an encyclopaedia).
- **Accuracy:** How correct is the information, to your knowledge? If you're uncertain about a claim, look for other articles (independent of your current) that may have an original source or agree with the claim, if you struggle to find one, treat the source with caution.
- **Purpose:** Why was this information shared by the publisher? Was there some hidden motivation/bias for posting it, affecting its accuracy?

One of the riskiest, but most useful of all is Wikipedia, however, like drugs, if you're going to use it, it's best to know how to use it safely. Wikipedia itself says "we do not expect you to trust Wikipedia." Anyone can edit the website,

though most of the false information is taken down within an hour. The website is patrolled by thousands of authoritarian fact checkers, who will request for sources of information and can flag any unreliable pages. If you go to the Wikipedia article: "the reliability of Wikipedia," at the bottom of the page, there are 263 links to articles, books and other publications. These links mean that if you find a certain piece of information interesting, you can explore the source, which will most likely have more information. You should always be aware of your sources; sometimes they may make a claim based on the author's knowledge of other books, which is unlikely but possible. Overall, Wikipedia is quite possibly one of the best research tools out there; it has been found to be similarly accurate to most professional encyclopaedias in many authoritative studies, with a much greater breadth of information having over 50 million articles (just don't use it on faith alone).

Another tool to be treated with similar caution, that can be highly effective, is the forum. Forums can be a great place to find information relevant to what you're doing, which (like Wikipedia) can jump-start research. Just remember: ask for sources of claims which can lead you to the most appropriate place. If your research is on a hobby, forums are a great place to discuss information, there are usually thousands of helpful, knowledgeable people out there who can help fast-track your project.

Now you're getting more information, it's starting to become too much to handle - you have dozens of tabs open and things are cluttered. Depending on the amount, you might like to copy and paste important facts from your sources into a scrap Word document, where you can have all the information you might need for up to a few pages. However, if your project is

bigger, you may want to consider using bookmarks or research organisation tools like Zotero where you can organise hundreds of websites, sparing you from an unnavigable number of open tabs. Now you've assembled all your reliable, focused and comprehensive research, you can conclude your project however fit.



Exist, persist, resist

By JESSICA Robinson 12SM & HEATHER Telfer 12SM

For the first time since pride parades began 50 years ago, something has come in the way of us all celebrating together. However, the spirit of pride can never truly be stopped. The first global pride took place on the 27<sup>th</sup> of June 2020, thanks to the wonders of technology and TikTok. Due to the incredible online presence of the LGBTQ+ community, everyone could still gather and share the experience together. Furthermore, it also gave the chance for people who normally wouldn't have access to pride (whether it be because they're closeted, live too out of the way, or are in a country where it's not even legal to be LGBTQ+) to be able to be a part of it. All you needed was an internet connection. Bringing people together to celebrate in this way as an alternative was hugely successful, especially as it aided the celebration's accessibility.

However, this also means that the threat of online attackers in particular has been greater than ever. For example, Pridefall, organised by groups of online trolls trying to disrupt pride celebrations, involved attempts to drown out Pride content in a sea of homophobic memes and commentary.

Furthermore, there's another controversy that's cropped up, in particular for the British LGBTQ+ community: the use of the pride flag for showing support to the NHS. Now, of course, we don't own rainbows, but the symbolism of the gay pride flag specifically goes much further than that. The flag that's been in use since 1979, with its distinct 6 colours, (each with their own specific meaning), is the internationally recognised symbol of the LGBTQ+ community. There have been many petitions to have this changed, with the wide-spread belief that the NHS should have their own symbol of support.

If you're reading this and don't understand the importance of pride, or think it's an overreaction, let's lay down some facts. Gay marriage is legal in only 15% of countries. However, in 36% of countries, homosexuality is criminalised in one form or another. Suicide rates among LGBTQ+ youth are significantly higher than the population's

average. Even here in the UK, where we consider ourselves so liberal and progressive, one in five LGBTQ+ people report having experienced a hate crime, and the number of LGB people who have experienced a hate crime or incident in the last year because of their sexual orientation has risen by 78% since 2013. As shocking, disgusting, upsetting as you might find these statistics, they're not something you can choose to turn a blind eye to. It's a reality, for millions across the globe, and that's what makes pride so important. We only got to where we are today because of those who had the courage to fight for freedom, even if it risked their lives. While maybe all you see is the rainbows and glitter, it is much deeper than that and it all stems from the ongoing battle that is the right to live and love freely, and without fear.

And yet, despite all this negativity that the LGBTQ+ community has been facing; both online recently and generally over the course of history, the positivity and love that has been shared and received across the world this month has created an overwhelming sense of togetherness and has been truly heart-warming to see. So, here's to hoping we can all find the courage to be ourselves, regardless of identity, even during these tough times.



The Pride Flag with its iconic 6 rainbow colours

Want to learn a new word?

- **Hitherto** (adverb) — up to this time; until now: *a fact hitherto unknown*
- **Repudiate** (verb) — 1) refuse to accept; reject: *she has repudiated the policies*  
2) deny the truth or validity of: *he repudiated the allegations*
- **Anchorite** (noun) — a religious recluse, hermit
- **Lugubrious** (adjective) — looking or sounding sad and dismal



# backofthenet

THE SPORTS SECTION OF CAISTOR FOCUS | LOCKDOWN 2020

## Students stay fit and healthy



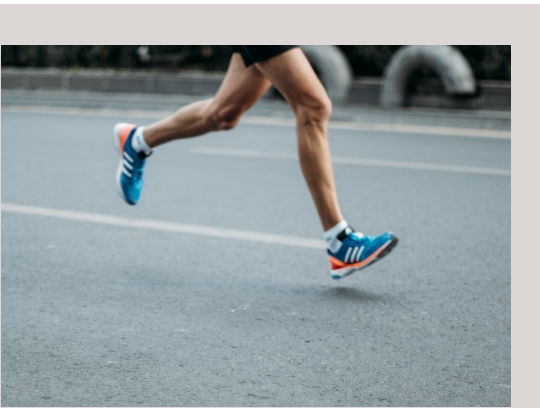
Students staying in school have enjoyed Joe Wicks' workouts

By Nisha Prabhakar 12DW

Lockdown has been a period where most people are sat inside unable to do their preferred method of exercise. This has led to everybody finding different ways to keep themselves active during lockdown, with the students in CGS participating in this. During lockdown, a running challenge was presented to the students and there were two amazing outcomes. Alice Fearn, Year 8, ran a monumental 33.5 miles while

Maia Farnsworth, Year 9, completed an impressive 14.2 miles. We've also had Izzy Catley, Year 8, participate and then win the Coastal and Wolds virtual dance competition. Yash Vaddaram, Year 7, has also spent his time practising his dancing skills. We have also seen the students participating in sports with their animals and pets at home. Chloe Watson Brynes, Year 7, has been training her 6-month-old dog, to stand correctly for judges in

preparation for when dog shows restart after lockdown. We have all been isolated during this period, but that has not led to the decrease in sports and activities, Jasper Fox, Year 7, has used this time away from school to pursue his interest in motorbiking and push biking, while Jemima Spencer, Year 7, cycled 12 miles. The most important part is to celebrate every sports achievement, as it can be very difficult to



### Staying Active

By AVA Farnsworth 10Y

Exercise is important for both your physical and mental health. From the very start of lockdown, the UK went exercise crazy. Everyone took it upon themselves to get outside and use their one exercise per day limit wisely. Now, as lockdown rules have eased, what can you do to make your exercise as enjoyable as possible? Having the ability to exercise during lockdown has sent many on a path towards self-improvement. However, it isn't always that easy to find a safe and enjoyable way to exercise. Some live in more urban areas which are densely populated, meaning it could be dangerous to exercise every day. Those who partake in team sports, for example basketball, or sports with lots of equipment might not have access to these facilities. So how can you find the perfect method of exercise for you? Perfect means something different to everyone. For me, my perfect method of exercise is running. I don't particularly enjoy the sport, but I do enjoy getting outside and exploring the rural landscape. However, for someone who lives in an urban area, it might be quite difficult to go running because of traffic. How do you exercise if you live in an urban area? Indoor workouts seem to be the most popular. The internet is full of Joe Wicks-like session that you can enjoy with family or by yourself. Cycling is also a popular sport and is perfect for all ages. It doesn't matter how far or how often you go. Do what you enjoy and do it safely! convince yourself to get up and exercise. So, during the remainder of lockdown we encourage everybody to get up and participate in some form of exercise and sport.

## Football's coming home

By CHARLOTTE Morton 12SM

Fans were left without any action as the Coronavirus pandemic put a halt to English football in early March. However, after much debate and review, football made a comeback on June 17th with the Premier League getting back underway. After being given the green light by the government to resume, Manchester City played against Arsenal, resulting in win for Manchester City. The Premier League has carried on, with scores crowning Liverpool the champions giving the reds their first league title in 30 years. We have also seen the FA Cup resuming after its 3-month suspension, which is scheduled to see its winner on August 1st. Deliberation has resulted in a renaming of the Cup in honour of 'Heads Up', a campaign to change the conversation on mental health. It will strive to raise awareness around the nation so those in

need will hopefully get the help they need. Women's Football hasn't been able to start up their Super League yet, but we have seen the announcement of the hosts of the FIFA Women's World Cup 2023 which will be Australia/ New Zealand. As well as Japan announcing their own first professional women's league to start in 2021, this is a huge step to increase the number of female footballers and to inspire girls to get involved in the sport. As football gets back underway, we will continue to see how the pandemic has caused alterations and modifications to the game, but the return of the 'beautiful game' has truly lifted spirits during these hard times.

## County Success

By Rory Longcake 12JK

Two CGS students achieved gold in Active Lincolnshire's Virtual School Games this month. Isabelle Catley and Alice Fearn, Year 8, both came out on top after entering categories in June. Isabelle won the Dancing on Isolation competition with an outstanding score of 148 - Holly and Phil would be very proud! Meanwhile, Alice won the 5K running challenge with an exceptional time of 19:38 and beating the 2nd place athlete by over a minute. When asked why she entered the challenge, Alice responded, "I entered the 5K race as i was training for the East-Midlands London mini-marathon selection and I knew I needed a sub 20 time to qualify so it was a good opportunity to test my fitness". Alice is aiming to run a sub 19 minute 5k by the end of the year and she recommends this quote to anyone else trying to

achieve something big: "If it doesn't challenge you, it wont change you ". We wish you good luck, Alice! The Lincolnshire School Games is an annual event, "designed to keep competitive sport at the heart of schools and provide young people with the opportunity to compete and achieve their personal best". Like many events, it was held online this year and was planned specifically to allow as many people as possible to take part. The sports students could get involved in were Dance, Athletics, Boccia, Cricket, Running, Tennis, Netball, and Golf.

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