



# *The Gwyneth*



*Monday- 05/04/21 - Volume 1 - Issue 1 - Exclusive News*

## **Marvellous Makeovers and the school** **that must commence!**

### **Celebrating Mary Poppins - One Year On!**

**By Elliot Carpenter**



**( Photo Credit - Maria Tarrobal )**

With most performing arts activities nationwide shut off once again, the cast and crew of Mary Poppins have been reflecting on last year's rollercoaster of a production...

March 2020. Fear, confusion and uncertainty gripped the nation, the school - the performing arts department. Right from the first auditions in July 2019, the cast and staff have poured their blood, sweat and tears into every twist and turn the production pathway

sprung on them. From learning dance routines, to painting props, to putting a band together - the dedication throughout was unmatched. As the headlines became harder and harder to ignore, and social distancing and self-isolation was put into place, the production was set to be called off. Many tears were shed in the dressing rooms. Heartbreak in the production team. The feeling of despair and anger was simply too much.

But, when all hope was lost, Mary Poppins truly did boldly return. With a brilliant effort from all the crew and staff, a live stream of the production went out on the afternoon of Wednesday 18th March

2020, only 5 days before the country was plunged into full lockdown. Whilst the performing arts world collapsed, the sense of family within the cast, band, and crew pulled them closer together to pull off a brilliant live performance, with an online viewer count of over 1000, some of those even reaching Australia, Italy and Finland! The school could not have possibly been prouder of the performing arts department - they had risen against the odds and created not only a



**( Photo Credit - Maria Tarrobal )**



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spectacular musical, but a magical moment that will be remembered for years to come.

‘Twelve months have passed since "Mary" and much has changed for all of us. For me, what now matters in my life is radically different to what it was twelve months ago.

**- Mr Marsh, Head of Performing Arts**

For now, we can only wait and see when the curtains will rise again. After all, as Bert says, ‘All that it takes is a spark...’

My passion for musical theatre and my joy in sharing it with others has remained unchanged. However, it's now just one of many things which fill my days. I think that everyone in the NHGS community is very much looking forward to being able to take part in the vast and varied

extra-curricular programme we usually offer. As we have, as a country and a school community, come to learn how to live proactively with COVID, I hope for everyone, as it says on the Performing Arts display in the school foyer, "Mary Poppins returned...and so will we."





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### **Tech Corridor Gets a Makeover**

**By Elliot Carpenter**

Some of you may have noticed the recent changes to the Design & Technology Corridor!



Disguised in the chaos at the time, the refurbishment of the D&T Corridor began in the first lockdown, with teachers asked to clear out their rooms. With the work beginning in late summer, Head of the Design &

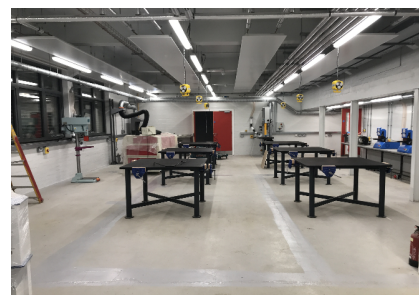
Technology Department, Ms Mumby, rewrote an exciting new unit of work for KS3, as the department became out of bounds and practical activities could not take place. The unit took students on a journey right from the Stone Age all the way into the future, exploring how products have evolved over time - I am told parts were greatly influenced by some Horrible Histories clips (I do not think that 'my name is, my name is, my name is Charles II' was most helpful in this case...).

As much as this unit was enjoyed, the more hands-on students will be eager to hear that Phase One of the refurbishment is complete! Staff began moving back into their rooms - which have all been renamed - in late February, describing them

as 'brilliant, airy, fresh and modern!'

An interview with a Year 10 student about their first impression of the new food technology room (DT6):

'I'm finding the new food tech room amazing. It feels much more modern and has a more organised feel to it, and I feel my learning experience is greatly improved by it!'





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Alongside the more modern appearance, the refurbishment has also brought in some exciting equipment, including a new 3D printer! As well as a thermoforming machine (used for plastic forming processes), a machine to recycle and reuse plastic waste, new drills and new lathes. You might recall the dust coating your sleeves and trousers, regardless of the apron, after sanding down wood in the workshop - Not anymore! The brand new extraction system will take care of that.



It will be a while before Phase Two takes place, but we can expect an additional room, situated in between the Workshop and the Design Studio. The 'CAD/CAM Hub' will be separated from the other studios but students could work in any area in just one lesson. We can't wait to see it!

### **Sports at NHGS**

Due to COVID-19 restrictions, there is not any sporting news available at this time. For now, a message from the PE Department:

A huge well done to all students for the first few weeks back. It has been great to see you all back getting stuck into PE lessons with smiles on your faces. After Easter, we plan to move onto athletics, rounders, tennis and softball. We are sure that lots of you have

missed our extra-curricular programme that we usually run, therefore we are hoping to start some extracurriculars after school in the final half-term up to school finishing for the summer!

### **World News**

#### **By Shruti Hadimani**

**Australia:** The Australian flood that occurred on Monday led to 18,000 people being forced to evacuate due to severe floodings across new south wales, Australia (NSW). Days of copious rainfall have caused rivers and dams to overflow around Sydney and in the south of east Queensland. This tragedy is an extremely rare occurrence, being called "A one in 50-year event". Though dangerous incidents surrounding the





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flooded areas have been catastrophic, NSW Premier Gladys Berejiklian states that thankfully no deaths were reported as of late Monday. He described it as “a miracle given what



we have been through.”

**Germany, France & Poland** are reporting soaring infection and death rates with slow vaccine rollouts. European Governments have had to release many



warnings as their hospitals are being overwhelmed with Covid-19 cases. Leaders are struggling to get a grip on the pandemic after a week of “ill-conceived” lockdown measures taking place over the EU and recriminations of slow vaccine distribution for the public.

The German health authorities on Friday warned/announced that this third wave of coronavirus could be the worst yet.

**Myanmar:** airstrikes that sent villagers fleeing to the jungle are starting to show that the unfortunate situation is much worse than was expected!

The local news has reported that around 3,000 or so people from Myanmar's southeastern Karen state have left the country and crossed the

border to escape the violence.

Despite all the brutality, protesters have returned to the streets on Sunday 28th demanding a "return to democracy." More gunfire was reported and tragically 114 deaths have



been reported, so far.

### **An interview with... Mr Fisher!**

#### **By Edward Evans**

On Thursday, I conducted an interview with the principal of this school, evidently known by everyone, Mr Fisher. I asked him about the drastic changes, such as what the school has been like, how it has changed



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and what the lockdowns have been like for the few people in the school during these periods. He explains a lot of worries, and how things go on in the depths of the school as they try to “keep everyone as positive” as possible.



**“Has being principal become harder over the lockdowns?”**

“Yes, so many things aren’t normal, so many things have to be thought over again and again, like

thinking, what are the implications with Covid?, what are the implications with education? Lunches and canteens are a major thing at the moment, and we are thinking about how we can get school lunches back whenever we can, it just needs to be thought over so much, so we can keep the school safe.”

**“How do you think the attitude of the school has changed over lockdown?”**

“We have been trying to stay positive, but like the rest of the nation, it gradually gets harder and harder, and it is so easy to get fed up with things but we just keep going, and trying to keep everyone as positive as we can.”

**“What was school like during the periods of national lockdown?”**

“It never felt like a school, like often we would only have 20 students in at once, and they were at the other end of the school in the MFL block. It was so surreal for it to be so empty and quiet, completely the opposite of what we are used to before lockdowns.”

**“Are you worried that in the future the school may have to close?”**

“I’d hope not, because I think the measures we have already are strong enough, and the transmission seems to be low around the school. Buses and quicker spreading variants are a major concern, because if one person tests positive on one bubble of the bus, the whole bus has to isolate.”



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### **Policies and Pastoral** **Care**

**By Emily Cavanugh**

Lockdown has been an unusual experience for everyone, we find ourselves asking what is in place at school to keep students and staff feeling safe and happy, especially in this exceptional year?

Policies at our school can be found on the NHGS website. There are many implementing rules to help students and staff feel welcome here. These include, the Child Protection Policy, the Homework Policy, etc. Each policy is reviewed after a certain period of time, for example the Mental Health Policy will next be reviewed this Autumn, to see if anything needs changing, removing, or adding. If you would like to read the

policies for our school, you can find them at <https://www.nhgs.co.uk/our-academy/policies>

During lockdown, many people have found their mental health has taken a kick, but at school, people are on-hand to help and support anyone struggling with work, stress, or anything else. I talked to Mr Wood (MW), Head of Pastoral Care at NHGS, to see what is being done to keep students smiling.



### **How have students' and staff' mental health been affected during lockdown?**

MW: There has been a wide range of reactions by both students and staff. Factors like home situation and personal outlook have influenced the effects of lockdown. I think most students have missed the social interaction. Some staff came into school throughout as they preferred some interaction however limited whilst others worked effectively from home for the large part.

### **How are students settling back into life at school?**

MW: I have been very impressed with the vast majority of students throughout this whole situation. Most have shown great resilience and have adapted to the new rules etc in school.



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Again, there is a large variation in how students have settled back in this time.

### **What is the school doing for those struggling with their mental health, especially during self-isolation?**

MW: Students who needed extra help were signposted to the pastoral and well-being teams. These students were offered extra support, including google meets and even face-to-face sessions with key members of staff. These students are also being picked up for one-to-one help now we are back in school.

### **What are your tips for keeping safe during lockdown?**

MW: I think it is very important to get outside and get some fresh air and exercise. Sleep can be an issue so having routines during lockdown which included keeping to reasonable times of sleep. Picking up new hobbies that can be done in and around home, sharing experiences with those at home, keeping in touch with friends and family on zoom etc. I think it is helpful to keep a balanced view of the situation, to try not to allow it to overwhelm you, to see that there will be an end to it. It is important to talk about your feelings with

family and friends. If your mental health is affected then you can seek advice from a professional source you would feel most comfortable with. This could be the well-being or pastoral teams in school; a teacher who you have a particularly good relationship with; your GP; online help is available 24 hours a day.

Do remember that if you are struggling with work, mental health, or anything else, there are people here to help. We are all in the same boat, and the NHGS family will do all they can to get you back on your feet.





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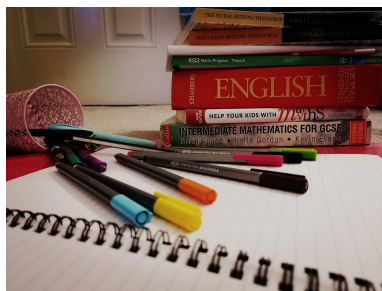
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### **Life in Lockdown**

**By Jasminde Heer**

The last year has been a challenge for everyone in many different ways, but how would you feel about moving from one school to another, moving from school to university or from school into the world of work; all whilst maintaining COVID regulations and staying 2 meters apart away from everyone.



As lockdown starts to lift, school life is slowly resuming. After 3 months of being taught in our bedrooms, how does everyone feel about the BIG RETURN?

I have been in contact with some of the Year 7's

to find out how they are coping with school, lockdowns and COVID.

In June 2020, the Lancet published a survey, they found that 83% of children in the UK, who had an existing mental health condition claimed that it worsened.

When speaking to the year 7s recently, 20% of them claimed that if they did have a worry or some form of anxiety, they wouldn't know how to get help. It is not all bad news however, many of them told me about how their stress levels had reduced since joining North Halifax Grammar School. All the students who spoke, agreed that the teachers and members of staff at NHGS were very supportive and encouraging. One student claimed "When I joined NHGS, the teachers were

very supportive and encouraged me to talk to others".

Throughout the year, we have been in and out of school. One week we are learning in the kitchen, the next in the classroom. So how have students coped with the constant changes? Some pupils have agreed that they find it easier to work in school with other pupils around, although they have managed to 'understand all the work especially when there are Google Meets'. Another pupil claimed "I enjoyed being back in school however our bubble burst even though we wear masks. COVID keeps disrupting our education, so it's hard adjusting to these changes constantly, but I know it will all be worth it when we can meet with family and friends".



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Below are some websites if you are struggling with anything and the NHGS staff are always happy to help as well.

Kooth  
Young Minds  
(youngminds.org)  
Mind (mind.org)  
NHS (nhs.uk)

### **Harry Potter and the Philosopher's**

#### **Stone Book Review**

**By Seamy**

**Colvin-O'Carroll**

The Harry Potter book series.

A set of novels that have received international fame

and have a fanbase that has given the wizarding world created by J.K Rowling continued support in the nearly 24 years since Harry Potter and his mystical friends first hit the shelves.

A set of novels that, prior to this review, I had never read.

Somehow I managed to escape the Harry Potter

mania that runs rampant in every school in the UK. Until now that is.

For me personally, I always made an effort to avoid this series due to its reputation for breeding stereotypes in its characters and its, what can only be described as, a modern problematic author. However, over the past week, I picked up and read the first book set in the

whimsical world of wizardry, and was I pleasantly surprised?

I suppose I was, to some extent.

Let us start with the best things about this book, and the elements I imagine made it so popular after its release back in 1997.

I would argue that the thing this book did best was pacing. The events within the text all happen within a school year and in a very clear, yet relatively fast-paced, chronological order.



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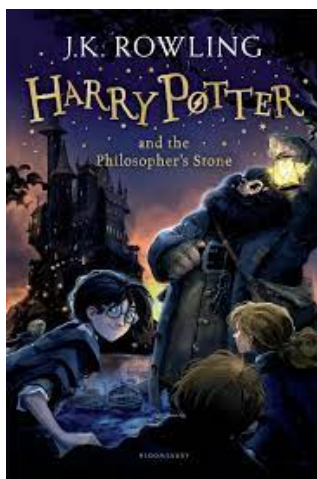
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While a fast pace may be a problem for other stories, I do not believe this is the case for the *Philosopher's Stone*. In fact, I think it made the book all the more enjoyable. It meant that there was little room for confusion and that most, if not all, readers within the target audience would be able to steam through the

novel without any problems and would have a good understanding of what is taking place. While it means the way in which the story is told is not at all complex or new, it also means that the book is an easy read, which makes it easier for the reader to wrap themselves up in the plot. Another thing J.K. Rowling did well was the three main characters. Harry Potter, Hermione

Granger, and Ron Weasley were all very



loveable and easy to associate with. In the past, Rowling has been criticised for making her characters much too simple. They all have largely predictable arcs and personalities that can be found in pretty much any young adult novel. However, while others may criticize her for these basic characters, I believe they actually work in this book's favour. Having simple characters in your debut novel makes them very easy to connect with

for the reader, and this is exactly the case for the Harry Potter series. Harry is the quiet new student, Hermione is the academic, and Ron is the quirky joker of the group. These tropes have been done over and over in books, but they are done so because the authors know that characters with stereotypical traits are easier for the masses to connect with. I will say I think Hermione had the most complex personality of the three. Whilst Harry and Ron are relatively one-dimensional, I appreciated the fact that Hermione's personality was made up of multiple layers. While she is definitely not the hardest character to predict, the possibilities of where her character can go are greater than that of Harry's and Ron's, who for the majority of the book fulfill the overdone



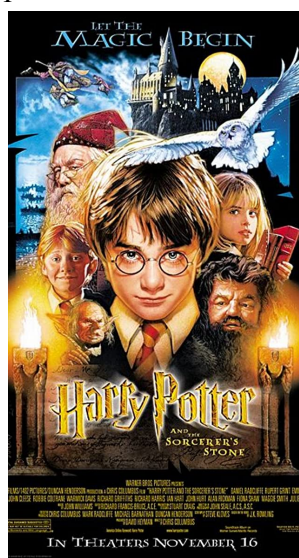
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role of the two heroic best friends with complimenting, yet completely opposite, personalities.



Now onto what the book did badly.

My main issue with this book, and the series in general, was the lack of diversity. All of the main characters were White British (though Rowling often tries to dispute this, using her lack of clarity with her characters as a way to feign ethnic diversity within her

books), and none of the characters represented any part of the LGBTQIA+ community (although again, this was changed after the main series of books, wherein a prequel to the Harry Potter series Dumbledore was revealed to be gay in his youth, then reverting to a life of celibacy after being betrayed by his lover). Even when looking at supporting characters, where there is a small pool of ethnic diversity, Rowling resorts to stereotypes and generalizations rather than putting in the same effort she put in with many of her White British characters to make them seem human.

Now you may be asking yourself why this is an issue? My answer to that lies with Rowling's target audience. These books are aimed towards children and teenagers, many of

whom suffer from a lack of confidence in their identity, to begin with. So when Rowling presents many of the aforementioned readers with the heteronormative and largely ethnocentric world that she has created, they may struggle with their identity even further. They are unable to see themselves in the pages unlike heterosexual white readers may be able to. They are reading a text which reinforces the old narrative that the few minor characters who do represent them in Rowling's books rely on the work of a heterosexual, white British man to aid them in their survival. While representation in media is important for people of all ages, children who are reading as an escape from the prejudiced world we live in should be able to open a book where they





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are made to feel valid, and not as an extra in someone else's story.

To conclude this week's book review, I would say that the Philosopher's Stone would be a good book to pick up. Overall, the plot is enjoyable, the characters are simple yet relatable and the pace makes it an easy-to-understand read.

Where this first volume falls short is its lack of diversity and its overdone and predictable skeleton of a plot. This makes it largely forgettable in the grand scheme of things, especially when compared to other more diverse and memorable series in the same genre, such as the 'Percy Jackson and the Olympians', 'The Kane Chronicles' and 'Artemis Fowl' book series. All of which I would strongly recommend, especially

when compared to the overhyped debut novel by J.K Rowling.

One can only hope that as the series continues, Rowling creates more complex plots and characters, as I can only expect considering how highly acclaimed this, what appears to be, lacklustre book series is.

Overall Rating: 2.75 / 5 stars

### **Grammys**

**By Grace Allsop**



This year's Grammys was like no other and hopefully the only one like it. With no audience

and the only way to watch being a stream on the Grammys website, you would imagine it to be an incredibly boring atmosphere. However from Harry styles feather boas to Beyonce breaking records, this year was as glamorous as all the others. It took place on Sunday March 14th 2021 and was presented by comedian and presenter Trevor Noah.



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### Top 10 Awards

- Record of the year "everything I wanted" Billie Eilish.
- Best album of the year "Folklore" by Taylor Swift.
- Best song of the year was "I Can't Breathe" by H.E.R
- Best new artist was Megan Thee Stallion.
- Best pop solo performance was Harry Styles for "watermelon sugar".
- Best pop duo was "rain on me" by Lady Gaga and Ariana Grande
- Best rap performance "savage" by Megan Thee Stallion ft Beyonce
- Best music video "Brown skin girl" by Beyoncé, Blue Ivy and WizKid
- Best rap album "Kings disease" by Nas
- Best country duo "10000 hours" by Dan+ Shay and Justin Bieber

### Best dressed

I think we can all agree that Grammy outfits never fail to impress. This year was no different, despite the unfortunate circumstances. Designers have thankfully been allowed to keep their jobs throughout covid just to bless our



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eyes on Sunday.  
The top two are  
Harry styles in  
Gucci for his  
performance outfit  
and Taylor swift  
in Oscar de la  
renta.

Speaking of Harry  
styles, he made his  
fans very happy at  
the grammys this  
year, because not  
only did he win  
best pop solo  
performance, he  
delighted  
everyone by  
performing for his  
first time at the  
Grammys with  
Watermelon  
Sugar. Harry  
Styles was also

nominated for best  
music video for  
his song Adore  
You and pop vocal  
album for Fine  
line.

Taylor Swift won  
best album for  
folklore and was  
nominated for an  
amazing 5 awards  
including best  
song for cardigan,  
best vocal pop  
album for  
folklore, best pop  
solo performance  
for cardigan, pop  
duo for exile and  
song written for  
visual media for  
'Beautiful ghosts'.  
Taylor broke  
records this year

as well as she  
became the first  
female artist to  
win album of the  
year three times!  
Safe to say it was  
a great start to  
2021 for her.



Finally to clear up  
any  
misconceptions,  
the Grammys  
dealt with covid  
very responsibly.



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Said to have some pre-recorded sets and the audience merely consisted of the artists. "It's a room of very incredible musicians all safely distanced and every 45 minutes a new four groups come in and the previous four go out" says Winston. Everyone was tested 48 hours before and had a one way system around the venue, PPE was required and food and drink prohibited.

So the most important event in any musician's calendar is over for this year. However we can all look forward to next year and hope it is more, well "interactive".

### **Netball - Leeds Rhinos!** **By Isabel Johnstone**

Lockdown this year and last has been hard for so many of us in many different ways, but now (hopefully), things are seeming to look up, and for me- and many other sports fans, the return of sport to our front rooms has been a lifeline. In particular, the return of the Netball Superleague (NSL) which was so rudely interrupted in

March last year, though for the life of me, I can't quite remember why.

Along with netball on the tv being canceled, so was training at clubs. Or rather, fun training was cancelled. Instead we had one hour fitness zoom sessions- hell on a screen. Genuinely, it was the worst hour of my week. I know there's supposed to be endorphins or whatever when you exercise, but all I really felt like doing was crying.

Despite the weekly torture, this year for many netball fans in West Yorkshire has been a big one. Leeds Rhinos netball, West Yorkshire's very own team, was finally entered into the superleague after four years in the making. Netball in West Yorkshire is really on the rise, and the amount of talent from





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the girls coming through the Leeds Rhinos pathway and the West Yorkshire pathway has been incredible, so the team in the Superleague has really given me and other netball girls a much needed boost of energy and enthusiasm which dropped over lockdown. While netball has always been a relatively popular sport in the UK, when England won the Commonwealth Games on the Gold Coast, Australia, in 2018, the amount of netball spectators and players really stepped up.



Donnell Wallams, goal shooter, Aussie netball player and one of Leeds Rhinos star signings joined us on the other side

of the world, along with Rhinos head coach, Dan Ryan. Ryan used to play for the Australian men's team, and offers very high quality coaching for the players at Leeds Rhinos. It's not often that you see men in netball (for some reason they all flock to football?), but Dan Ryan really knows what he's talking about- plus he's super fun and always has the most positive outlook on every match, so yes I completely adore him. So along with Donnell Wallams, the other star signing for Leeds Rhinos was Jade Clarke: netball legend. She's a centre/wing defence and is England's most capped player, with currently 179 caps under her belt. These two along with Dan Ryan's coaching and lot's of other talented players have made their way on court and have been

incredible to watch for us netball fans.

The Rhinos hit the court for the first time on the 12th of February against Celtic Dragons and came away with a phenomenal win: 65-35. Since then, this team has only grown stronger, learning from every game, won or lost. However, Rhinos certainly have not had an easy first year into the Superleague. In their second match against Saracens Mavericks, three of Rhinos star players were injured. Donnell Wallams fractured her radius bone, Fi Toner, co captain and wing defence (WD) injured her achilles and Tuaine Keenan, goal keeper (GK) her calf (now you understand why I have a little giggle when people tell me netball isn't physical). Because of the unexpected injuries, Rhinos have had



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to change up their whole game plan, suddenly having to replace three of Dan Ryan's core seven. Due to the sudden changes, players who weren't expecting to gain much court time this season have stepped up, most notably Sienna Rushton (GS) and Paige Kindred, typically a WD but also plays GK has had to step in for Keenan. They have both been playing fantastically, and I really rate Paige Kindred as a GK. Her movement around and off the body and the way she keeps hustling (aka, irritating her attacker- it's an art), despite her only being 5'7- which is considered short on court, especially for a defender- has been great to see. Kindred paired with Vicki Oyesola, goal defence (GD) has resulted in a strong, physical defensive circle for Rhinos. As a

GD myself, watching Vicki Oyesola pluck interceptions out of the air has had me jumping off my seat every match- which winds my mum up to no end.

The rest of Dan Ryan's starting seven consist of Emily Hollingworth, 5'8 at WD, Jade Clarke, 5'7 at centre, and Brie Grierson, 5'7 at wing attack (WA). Together, Dan Ryan has a tough midcourt unit, who are confident in their lateral swings around the circle edge to open up the angle and feed the two shooters in the circle. Brie Grierson has had some brilliant passes into the circle, the ball comfortably finding Sienna Rushton or Rhea Dixon. And of course, Jade Clarke can do no wrong, hustling for the ball, setting the pace for her team and securing an

accurate transition through court (moving from defence to attack).

The two shooters are Rhea Dixon, 5'8 at goal attack (GA) and Sienna Rushton, 6'1 at GS. These two have developed a solid partnership, despite Rushton not being expected to play much this season. They've managed to find a strategy that suits them, and what works really well for these two is that they share the workload. Other teams have one target shooter who will have stay one on one with the defender, and then the shooter will shove off the GK (conveniently the umpire never sees that... but I've been pulled up because I contacted an attacker on the foot, apparently) so they can take an overhead ball into the backspace directly



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under the post. Incredibly infuriating in defence.

Rushton typically moves in and out of the circle, moving off her defender and with Dixon working to split the defence. They also have almost equal shooting statistics, so they have around 50/50 of the shots while other teams with a target shooter may share around 90/10. This provides multiple options when attacking, so if the defence manages to shut one shooter down, another equally talented one is there. This was a big advantage for Rhinos in the game last Monday, as Severn Stars, who they were playing, had a target shooter in Georgia Rowe, standing at 6"5- towering over Paige Kindred, 5"7 and made an easy option for the Severn Stars attack. Though the tight work of the defensive unit further up the court from

Jade Clarke, Emily Hollingworth and Vicki Oyesola, managed to result in turnovers for Rhinos. The game was very tight, and could have gone either way at some points. The scores were: 1st Quarter- 10-9 to Rhinos, 2nd Quarter- 22-18 to Rhinos, 3rd Quarter 32-28 to Rhinos and full time ended in Rhinos fourth win, 42-38.

Speaking post match, Dan Ryan said it was an "ugly win", very physical, but it's a win. Rhinos are working on not only gaining that winning mentality that is vital for a competitive side, as all sports players will know, but learning how to win back to back games. Though what really won the game for Rhinos was their adaptability on court and how they managed to hold onto the ball in their attacking end, even

though Severn Stars GK (Herdman) kept appearing out of nowhere with those interceptions- but then, Rhinos changed up their game plan in their attacking end, showcasing their adaptability.

The games can be accessed on Sky Sports or if not, all NSL games are streamed live on youtube, along with previous World Cup, Commonwealth games and Quad series matches. I really recommend watching a game, the athleticism and strength will most likely surprise you and so will the physicality. I've had more injuries than my dad had when he played rugby, and we both played at the same level... although there are less concussions in netball, dislocations, broken fingers, and knee and ankle injuries are more common (I have



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three different braces I use when I'm playing, depending on which dodgy limb decides to play up). So have a quick look on youtube or sky, the matches are usually every Friday- Monday, and I promise you'll enjoy it more than you think. It's an intense, fast paced game that can swing really quickly depending on just one dodgy pass- which makes for a very exciting game, or completely terrifying if you're me!



**Social media -**  
**Advantageous or**  
**Addictive?**

### **Does social media** **purge on the youth?**

**By Momnah Shahnaz**

“It can be negative... pressuring...obsessive.”

Social media has been a growing ideology over the past decade, now, it has become an integral part of our lives. It is consuming and regardless of the benefits that are experienced via the use of social media, its harmful effects still linger like a dark shadow. This dark side of social media affects us like a slow poison. Negatives are embedded and instilled with its continuous use, causing our technology fervent generation to bulk the worst of these drawbacks.

A trustworthy source claims that it feels like you “have to fit into a

certain stereotype” when using social media; which is something that is extremely harmful and “pressurising”. Narrow expectations are built, and seen as idyllic, encouraging teenagers to chase unattainable standards. Almost 25% of teens believe that social media has a negative effect on their health.



Addictive. Obsessive. Compulsive. Social media can become addictive, intensifying its harmful effects. It is majorly the cause of social media that people discuss themselves 80% of the time. Emphasising the dopamine effect when you are complimented or get ‘likes’. Positive feedback stimulates the





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release of dopamine acting as a reward when using social media. Dopamine released in the brain will also give the receiver a confidence boost, however, after becoming addicted, the lack of 'likes' and praises will induce a 'sugar crash' like state. The motivational aspects of dopamine play a key part in addiction.

On the other hand, social media allows you to "express yourself" and "communicate with people" which can be extremely beneficial for the youth. Friendships are built and secured as you can consistently keep in touch with friends and family. In addition, you are able to show the reality of yourself through social media, whether that is creatively or academically etc. Freedom of expression is

important, because the youth deserves to be heard and shown that their opinions and perspectives are considered and valued.

There are lots of ups and downs regarding social media. Pain can be inflicted, however the positive aspects are overwhelming and enjoyable to experience. Although social media has its advantages, limited time should be spent in order to ensure the prevention of the negatives. A tip in case you're experiencing the pressure of social media is sleep; a trusty way to rewind and unfold because it is something that fixes almost everything! What are your opinions on social media?

### **Zainy's Bakery Review**

**By Haniyah Asad**

#### **How they opened**

Zainy's Bakery : a recently started small business that creates amazing desserts. Starting with two sisters who loved baking - a hobby taken up within the depths of lockdown - idyllic delights are their forte. They practiced baking cakes and cookies for friends and family. You can find them on instagram at @Zainy'sbakery.



#### **About them**

Amna Shahnaz and Shaista Shahnaz are the two sisters who delved into their passion and began their baking business, with aims to develop their career further. Shaista is a full time solicitor and Amna is a



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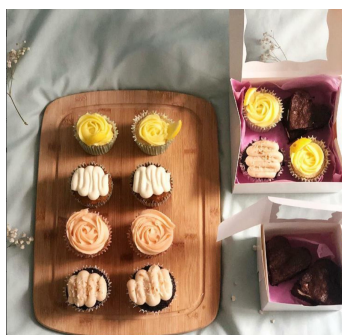
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second year law student. Inspiration for the name roots down to their nephew Azain, however they call him Zainy, hence the name, and therefore all that is baked is baked with love! Their goal is to get as many followers and orders as possible.

### **Advice**

If you ever want to start a career, just do it! Don't hesitate if you really want to do something and you enjoy it doing it. Make sure you try to order some given the chance! Advice given by them personally is to dive straight into a prospective career if that is what you desire, because hesitation prevents you from achieving your goals. If you've got a motivated mindset and a goal you can do anything.



### **Reviews**

Their brownies were delicious. The services provided were extremely great due to the friendly nature. Decorations are always key and the package that you order from was simply beautiful. The orders are always warm and tasty! Overall, looking closely at the facts, I would rate their food...



### **Poetry By Heart By Mrs Kent**

Every year we encourage students to take part in the Poetry By Heart competition. This year, although some classes had some class experience of performing, we had to take the bulk of the competition online and ask students to record themselves during lockdown. The standard of submissions was extremely high with some

wonderful performances including umbrellas and all sorts. The winner for this year's school Classic Competition was Anirudhan Deivasikamani. The Celebration Competition winner was Punyashlok Purohit. Our runners up were Emily McNaughton, Jasminde Heer and Hassan Naveed. We really wished that we could enter all of you into the National Competition and we hope next year we can do more of the performances live.

**( Credit - Managing editor  
- Valeria Wilding )**