



LANDAU  
FORTE  
ACADEMY  
TAMWORTH  
SIXTH FORM

# VOICE

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# PRINCIPAL'S COMMENTS



In the 1990s I used to enjoy a TV programme called “Bottom”, with Rik Mayall and Adrian Edmondson. In one episode Adrian Edmondson’s character was asked, “Eddie, you were born in Southampton. Why did you leave?” He replied, “I found the railway station.” Whilst this may seem disparaging to Southampton, (which I have visited many times and is a lovely city) it actually is more about the need for us all to develop and move on. I remember in 1981 when I decided that I wanted to go to University. None of my family had done so and both of my older brothers had got jobs in Swansea and were doing well, so why did I want to go? I think my feelings were best summed up by a line in the Tracey Chapman song ‘Fast Car’, “we leave tonight or live and die this way”. I wanted and needed to move on. “Why don’t you go to Swansea University?” I was asked. “Because they don’t do the course I want”, I replied. A total lie as I wanted to do Physics, but it got me out of that one. Leaving home and everything that is safe and familiar is a daunting experience. It is a time when you have to

grow up and take responsibility for yourself, but it should not be seen as frightening but as exciting. It is the next step in your development to fulfil your ambitions. I was lucky to have enough academic ability to move forward and make opportunities for myself, but I was never a high flyer and had to work hard to gain my qualifications. Nothing in life is easy and nobody has the right to be successful. “The harder I practise, the luckier I get” is a famous quote attributed to golfer Arnold Palmer, amongst others.

As we approach examination time pressures increase and people start to question if the hard work is worth it. The answer is simple. Yes. The world is full of people who could have, should have, would have, but didn’t! Grasp the challenge and be one of the people that did.

Mr P Morris





## MOTIVATION AND REVISION - MADELEINE READ & KLAUDIA HAINES

By now all of your tutors will be telling you how important your upcoming exams are and how vital it is to revise. Of course this is true, but education extends outside the classroom. It is equally important at this time to ensure you focus on yourself; gaining life lessons and experiences are also a part of 'living life'. IT IS acceptable to take time out of hard-core revision to de-stress and maintain a healthy lifestyle. This will allow you to achieve a calm and positive attitude to upcoming exams, without becoming overwhelmed.

Every person has different ways of revising effectively - the key is to find a way that works for you and ensure you use your time effectively. For some this will be to create strict revision timetables, whilst for others it will be going over past papers. No matter which way you choose to revise there are certain tips and tricks that everybody can use to SELF motivate.

Getting excited; thinking about why you want to achieve your goal and how it could change your life is a good way to motivate yourself. Look forward to the success you will feel after completing all of your exams and receiving the grades you have worked for.

Act on your inspiration, if there's a certain subject or topic that you particularly enjoy then come up with a fun and interesting way to revise for it. Furthermore you have to make sure that you balance out your revision, don't focus all of your attention on your strongest subject as

“Everything will work out in the end, if it hasn't worked out, then it isn't the end.”

otherwise you will become weaker in other areas. Use your best energy for your best results! A good way to do this is to join with other people who are working hard, such as a revision group for your class or get a group of friends together who will revise with you.

A healthy diet and looking after your body is beneficial during the revision period. Fruits such as bananas and apples help to protect against memory loss. Herbs are a healthy extra and vegetables, fish and nuts all help boost your energy and brain power. Also, taking a break between revision sessions and exercising is a great way to relax and also get fit at the same time.

The only way to reach your target is if you really want to, you are your own biggest motivator.

Remember there are always different ways of approaching situations and there are always other alternatives that can be considered. Sometimes it takes a fall to realise that maybe you weren't on the right path.

Finally, be YOUR best, find a way to compete with yourself and make it a game to outdo yourself. Even if you have high standards and work hard for them, you will have an increased chance of being successful when you reach a new personal best and break through barriers.

“Go and catch a train, then you'll always be going somewhere and guaranteed to be on the right track.”

# LEARNING RESOURCE CENTRE



As I write this it's snowing outside when just last week we were all wandering around in sun-cream and shorts. What's going on with this weird weather and is set to stay or even get worse?

**In Turned Out Nice: How the British Isles will Change as the World Heats Up,** science writer Mark Kohn examines the six different habitats of the UK and one city to see how life will change as the

world becomes hotter. His predications are stark; parks are blasted heaths, people are starved of shade and coolness will crowd into cities where water will be strictly rationed. Time to start stocking up on that sunscreen and bottled water.

To understand how we might have reached this point read *Revenge of Gaia*, which carries on from the work James Lovelock started over forty years ago. His theory that the Earth is a self-regulating biosphere dealing with the damage done by natural and manmade impact is even more persuasive and relevant now than it was in the early 1970s. It's not all bad news though and Lovelock offers a radical plan for

## OFF THE SHELF - MR GROSS

our survival on this planet.

If the worst comes to the worst you're going to need *How to Live Off-Grid* where Nick Rosen meets families who live without power, running water and even (whisper it) a Wi-Fi signal. This is a world of hydro electric pumps, self-sufficiency and pimped-out camper vans.

Finally snow is also good for building snowmen but the *Snowman* in Jo Nesbro's titular novel harbours a dark secret. This Scandinavian crime thriller is a sure bet to cool you down once the hot weather returns.

All of the books mentioned in 'Off the Shelf' are available to borrow from the LRC.



# HOUSES

## MARIE CURIE NON-UNIFORM DAY - NATASHA CROOK

The dress down day on February 24 2012 was to help raise money for Marie Curie Cancer Care. As an Academy we raised a total of £322.64. Landau Forte students all got excited about wearing what they wanted for the day and searching wardrobes for something yellow; nail varnish, jewellery, tee-shirts, shoes, make-up etc.

However, it is important to remember the meaning behind the day and the good the money will do: According to their website the Marie Curie organisation strive to provide helpful caring nurses for terminally ill cancer patients, they also run nine hospices in the U.K. They do amazing work around the country doing their

best for those in desperate need of treatment and care. Some people think that their pound will not go very far and that it is not much to give but one pound can support three different aspects of the charity:

- 73p on caring for people with terminal cancer and other illnesses
- 26p to generate future income
- 1p on publicity and governance

This day was very successful and the money will clearly go far, special thanks to Charlotte Barnes for her organisation of the event.

## WORLD CHALLENGE - NATALIE JONES

### What is it?

World Challenge is the original schools expedition company. They offer a range of expedition programmes focused 100% on the education of young people, stretching their comfort zones and expanding their minds outside of the classroom.

### Location and Price

Morocco expedition summary

Location: Morocco, North West Africa

Duration: 8 to 21 days

Flight Journey: around 4 hours

Ideal for: Teams looking for a popular short haul expedition. A blend of excellent trekking and culture perfect for younger Challengers.

Highlights: Treks in a variety of landscapes, rewarding volunteer work

Price: £1049 per student



### Doing the world challenge you will gain:

1. Leadership
2. Teamwork
3. Self-motivation
4. Communication
5. Confidence
6. Consideration towards others

### The benefits:

1. Boost your CV
2. Can get up to 70 UCAS points
3. Getting a place at university
4. School partnerships
5. The educational value of expeditions
6. Travel Safe course
7. World Challenge fundraising events
8. World Challenge gift vouchers

# TRIPS & EVENTS



## YR 12 GEOGRAPHY TRIP - INTERVIEW WITH MR BROUGH BY STUART NAGINGTON

### Where and when did you go?

On the 19 March, we went to the Peak District in Derbyshire and started at the source of the River Dove, ending up in Ashbourne.

### What was the aim of the trip?

The overall aim for the field trip was to prepare the year 12 students for their unit 2 geographical skills exam. The trip also gave the students an opportunity to look at land forms in the field, as it's critical for their exam.

“It was good to apply the different methods in practice and I enjoyed the experience”

**Jessica Adams**

### Did you and the students enjoy the field trip?

The trip was a success and was enjoyed by all the students. It was a great opportunity to assist with their exam preparation.

### How did the trip benefit the students?

I think that the students gained vital field work skills for their exam that are necessary for understanding certain processes.

“A big thank you to Mr Brough for a wonderful field trip. I gained lots of geographical skills such as measuring the velocity of rivers”

**Charles Sloan**



## LONDON ART TRIP - MISS SMART

On an unseasonably (but very welcome) bright, sunny day in February, the Landau Forte Art students visited the 'Big Smoke' for inspiration, information and some sightseeing! First stop, the Saatchi Gallery, nestled amongst the designer stores of Chelsea, to see an exhibition of contemporary art from Germany, and a selection of the Sunday Times' best photographs. There we saw vibrating mirrors, giant neon figures

and enormous, vibrant paintings. Next, a speedy tour around the famous London landmarks; Big Ben, Westminster Abbey, St. James' Park, Trafalgar Square and Piccadilly Circus, taking photographs and sketching.

A tiring, but exciting day!

# ENRICHMENT

The D of E Award is another of Landau Forte Academy Sixth Form's many enrichment activities. In this they prepare themselves for their upcoming expeditions. The D of E group, normally found inside the Academy, were outside physically preparing themselves by learning to cook food outside in the cold! Student Jess Fisher said, "We cook food, and take part in team building activities to build our skills". The group is made up of around fifteen students and three staff, amongst them, Mrs Birmingham and Dr Roberts.

The D of E team are currently preparing for an

## WORK EXPERIENCE - LAURA DOWLING & TONI HENDRICK

Work experience enrichment is run by Mrs Thompson, Mrs McCauley, Mrs Byrne, Mr Powell, Mr Hill and Mr Hollinshead.

Work experience gives the students the opportunity to experience the world of work and its challenges. It provides students the chance to develop their personal skills, problem solving abilities, working with others and helps with their decision making abilities. There are a wide range of placements available to the students, from working in bike shops to Maths and English mentoring in schools.

Emma Birbeck has volunteered to do her work experience at Peel Medical Practice. Emma's supervisor is very happy with her as she is polite and happy to get on with any task. Emma wants to pursue a career in medicine, so this has proven to be a beneficial experience.

## DUKE OF EDINBURGH AWARD - LAURA DOWLING & TONI HENDRICK

upcoming weekend away in March, and from this they will gain the National Navigation Award. Not only do they get the NNA, as well as The Duke of Edinburgh Award, it also looks great on their CVs for potential jobs and when applying to University.

We asked them if you had to be mentally and physically fit to take part in these awards and Mrs Birmingham explained that "you have to be able to walk for up to six hours a day... But we can also cater for people with different needs, for example, some of the D of E can consist of kayaking or horse-riding"



Another student is Tom Coady, who volunteers with Steve Harrison, a sports' coach who works at Florendine Primary School. He helps with the year five and six students to engage them in sporting activities.

Mrs McCauley acknowledged that, "work experience would not happen without the tremendous support and mammoth amount of administration undertaken by both Mrs Byrne and Mrs Thompson. I would publically like to acknowledge their commitment to this programme".

It's a very worthwhile experience for the students of Landau Forte, as it enables them to make links to other schools, institutions and employers across Tamworth. The students are said to be proving to be great ambassadors for the Academy and helping Landau Forte to make their mark in Tamworth.



## SKI AND SNOW BOARDING - MISS SMART

Every Wednesday afternoon, a group of adrenaline junkies descend on the snowy slopes of Tamworth (ok, the Snowdome). Our beginners have become confident, and our pro's pull tricks off the kickers, rails and boxes. Come rain or shine, every week we hit up the snow and have a break from studying to have some fun.

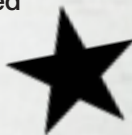
## LITERACY LEADERS - TONI HENDRICK & LAURA DOWLING

The literacy leaders is a nine week peer mentoring scheme to which the mentors help to inspire and enthuse reading into those who may be more reluctant to do so. It's run by Mr Cross, the manager of the LRC. Each mentor is paired with a student in years 7-8. The mentors recommend the students books to read and encourage them to read outside of their comfort zone, gaining the opportunity to reflect upon their own reading choices and habits. The students also benefit from a sustained peer relationship, as well as being exposed to different types of literacy and novels, including non-fiction, comics, magazines and online material.

Research has found that 43% of students will choose a book based upon a recommendation by a peer, such as their mentor, and as little as 10% when recommended by a teacher or adult.

At the end of the peer mentoring scheme, there will be a celebration event for the year 7-8 pupils, which includes certificates, speeches and a party!

Mr Cross explains that, "for some reluctant students, reading an entire book, comic or magazine will be a significant achievement and there is space built into the timetable to recognise that with a celebration". Mr



Cross also added that, "they will be encouraged to follow their own interests via their reading and be given immediate feedback to encourage them to explore and read more"



# UK & LOCAL NEWS

## OLYMPIC TORCH COMING TO TAMWORTH

The Olympic Torch route has been revealed and it is set to come to Tamworth. The torch will travel through the Castle Grounds on Saturday June 30 carried by Emma Farrell. Father Michael White, aged 53, of the parish of St John the Baptist Church, is also one of several runners from Staffordshire who will be bearing the flame through the town.

## UNEMPLOYMENT RATE NEAR 17 YEAR HIGH

The unemployment rate in the UK has increased to a 17 year high following another rise in job losses totalling almost 2.7million.

The total number of people claiming Jobseeker's Allowance increased for 12 months consecutively, up by 7,200 in February to 1.6 million, the worst figure since the end of 2009.

# WORLD NEWS

## TUNNEL BUS CRASH KILLS 28

A tour coach returning from a skiing holiday in Switzerland crashed into the side of an Alpine tunnel killing 28 people including 22 school children. Another 24 pupils were taken to hospital after being cut free from the mangled wreckage.

Police claimed there was no other vehicle involved in the accident which happened in the southern Swiss town of Sierré.



## GANG SMASHED DIGGER INTO WALL IN BID TO STEAL CASH MACHINE

Shameless thieves have severely damaged the wall of the Co-Op store in Wilnecote costing thousands of pounds worth of damage. Whilst trying to steal a cash machine, it is believed that the digger used was stolen and set on fire at the scene, triggering the store's fire alarm and alerting the emergency services.

## 400,000 PUPILS MISS ONE MONTH OF SCHOOL IN THE LAST ACADEMIC YEAR

New figures show that 400,000 children were persistently absent from England's schools in the past year resulting in them each missing around one month of school.

These statistics published by the Government show a small increase in the number of pupils skipping school without permission, but a drop in overall absence rates which fell from 6% to 5.8%. Around 62,000 pupils missed lessons without permission on a typical day in the last academic year.

## AFGHAN CIVILIANS ATTACKED AT US KILLING SITE

A US soldier is in custody after he shot dead sixteen Afghan civilians, including nine children near a US base in Afghanistan. A spokesman for the NATO-led International Security Assistance Force coalition has said that multiple civilians were also wounded in the attack. Witnesses have described the incident as a night time massacre. It is believed the soldier suffered a nervous breakdown, and surrendered himself to US military authorities after carrying out the killings.

# SIXTH FORM SCOOP

## SPORT RELIEF - WHAT IS IT ABOUT AND WHY ARE WE SUPPORTING IT? - LAUREN BERRY

Sport Relief is a charity that was formed in 2002, and focuses on helping 'people living unimaginably tough lives' both here in the UK and around the world, especially in some of the world's poorest countries. In the UK they aim to help people who want to overcome challenges and live their lives their way after problems with alcohol, mental health, and those people who care for a family member from a young age. They also help older people 'continue to have their voices heard' and 'feel less alone' thanks to our generosity and Sport Relief's consistent drive and determination. Since it has been formed, the Sport Relief Mile has become an

## GOING THE EXTRA MILE FOR SPORT RELIEF - LAUREN BERRY

Friday 23 March was a day for the whole country to come together and do their bit for Sport Relief. Everyone at the Academy did the mile in their own way. Students took part by walking, running or treating the mile as a three legged race, as a mini football match, rugby scrum practice, walking in swimming trunks and also wheel barrowing. Mrs Beattie and I completed the mile in a way that some found inspirational. I took on the challenge of walking the mile with my Kaye Walker; the longest



event in Britain's sporting calendar. It takes place in March every year, and each year people come up with more inventive ideas to raise money and awareness. In 2011 David Walliams swam the 140 miles of the River Thames raising over a million pounds in the process. This year, famous celebrity money raising attempts include Freddie Flintoff trying to break 12 world record attempts in 12 hours. He actually managed to break 14 records, and gain Sport Relief some well-deserved publicity ahead of the mile and big fundraising festivities on Friday 23 March 2012.

distance I've walked with it without stopping in a long time. I welcomed Mrs Beattie into my crazy world by letting her use my manual chair to complete the mile. People at the Academy got behind the cause, and obviously saw the fun side to it and helped us to raise over £115 for Sport Relief. Mrs Beattie and I both found our experience a challenge that made us want to both laugh and cry, but it's one cause worth challenging yourself for. So far the Academy has raised £632.87 through all our Sport Relief efforts.





# POLITICS

## REPUBLICAN RACE APPROACHES THE END

As of the 28 March, Mitt Romney looks in pole position to take the Republican candidature for the upcoming U.S election in October. As a sort of preliminary election, Romney needs to gain 1144 delegates from the 50 states in America. Each state has a different number of delegates represented, and should Romney win a vote in one election, for example California, he would win 52 delegates, representing a total of over 37 million citizens. Right now, after 1026 delegates have been accounted for and voted, Romney has a large lead at 568 delegates, 295 more than the closest competitor, Rick Santorum, on 273. There are 2286 delegates in total.

The competition is not yet over. Recently, Rick Santorum has overtaken Newt Gingrich to become the

## DID YOU KNOW?

According to a law, created in the middle Ages, all English males over the age 14 are to carry out 2 hours of longbow practice a week supervised by the local clergy.

An old by-law in Carmel, California states men cannot leave the house if their jacket and trousers do not match.

In Hawaii, any resident who does not own a boat can be fined.

second most popular candidate. His popularity is owed much to his conservative views and strong Christian faith, which likens him to many Southern electorates living on the “Bible Belt”. His victory in Kansas was won by over 30% on Mitt Romney.

A close election campaign for the Republicans is a good thing for Obama, as not one candidate is a clear favourite. This election will come to a close on the 26 June, however, the likelihood is that the candidate will be selected by that point already. I fully expect Romney to be facing up to Obama this October, but winning the Presidential election is a much bigger challenge. He will have to be much stronger throughout the summer to stand any chance against Obama, who isn't guaranteed to be re-elected.

#### GALLUM VILLAGE



# THEATRE & LITERATURE

## RECOMMENDED BY YOU - JOSHUA KENNINGTON-CROWE

We asked around the Academy for books you would recommend your peers to read.

The Edge Chronicles by Paul Stewart and Chris Riddell

An interesting fantasy book split into multiple stories, following Twig (not the most unique name but it's a name) as he leaves his family of wood trolls and goes deeper into the Deepwoods, a barbaric forest where if a creature doesn't wish to kill you, it's still going to try

to harm you. Eventually Twig learns of his heritage as a sky pirate (pirates that travel on flying ships in the sky) and that the world he lives on is greater than the deep woods. This is the world of the edge (it's a giant overhang on the edge of a great cliff). The adventures of Twig are one that most people can enjoy. If you want a fantasy book with action, thrills and giant worms that can hover (that are brilliantly called hover worms), this is your type of book.



## LITERATURE WEEK - ABBIE PRICE

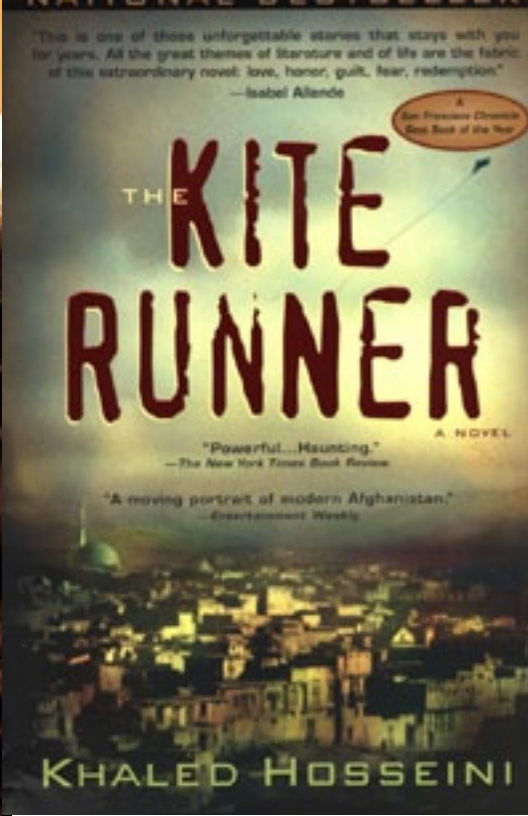
On the 26 March it was Literature week and we made the most of it with an array of activities throughout our tutor sessions. We discussed books that had influenced each student's life, the best one we have heard so far is 'The Hungry Caterpillar'.

Miss Smart's tutor group devised a little informative lesson splitting the class into groups to find an original, influential book that has inspired the world. Literature is a big part of our lives, and not to celebrate it would be a terrible waste. Through it, it gives us an identity and a chance to express ourselves through words, riddles or

even novels.

### Book List

- Lord of the Rings
- To Kill a Mockingbird
- The Lovely Bones
- The Kite Runner
- The Da Vinci Code
- The Vow
- One Day
- A Thousand Splendid Suns



# FASHION

## OUT WITH THE OLD - EMILY TROOD



So, it's that time of year when we start to get out our summer dresses and skirts and scout the shops for new summer clothes. Not wanting to get rid of old clothes, but wondering how you're going to fit the new ones in? Maybe these suggestions will help you make up your mind about what to do with old clothes:

### Give away your clothes

There are many charity shops in Tamworth that would love to have your old clothes donated. Not only do you find a place to offload your clothes, you can feel good about it and help other people who are in less fortunate positions. Alternatively, donate your clothes to our home-grown enterprise group 'Simply Vintage'.

### Sell your clothes

The selling price of textiles are high at the moment, so many companies out there are dying to get their hands on the clothes you no longer want. Check out:

**[www.oldclothesnewcash.co.uk](http://www.oldclothesnewcash.co.uk)** – they pay you 50p per kilo of clothing and sell clothes onto people in Eastern Europe or Africa.

**[www.preloved.co.uk](http://www.preloved.co.uk)** – Place private adverts on here for free to try and sell your old clothes to other people.

### Swap your clothes

Swapping clothes has become one of the biggest fashion trends in recent years. With swapping your old clothes, make someone else happy by giving them a piece of clothing they want, you get something in return! You could do this with your friends, or through these websites:

**[www.posh-swaps.com](http://www.posh-swaps.com)** – This eco-friendly idea helps you to swap, buy and sell all designer, high street and vintage clothing.

**[www.bigwardrobe.com](http://www.bigwardrobe.com)** – “Bigwardrobe.com is bursting with designer and high street fashion, shoes and accessories for SWAP and SALE direct from other fashion lovers wardrobes all over the world.”





**IN WITH THE NEW - 'SUMMERFY' YOUR WARDROBE!**



A crisp white shirt shouts summer with its brightness.

**George at Asda - £8.00**



A light grey blazer will absorb the heat less than a black blazer and its lighter shade will give a summer feel to your outfit.

**H&M - £24.99**



Get the summer look with a nice pencil skirt - smart, but will keep you cooler than trousers.

**New Look - £19.99**

Or get a summery bag to complete your summer look and give you a summer feel.



**Accessorize - £38.00**



**Matalan - £8.00**

# MUSIC

## LOOK OUT FOR

London based indie band Spector, have appeared in every one's 'to watch' list for their similarity to The Horrors and for recently supporting Florence + the Machine on her recent "Ceremonials" tour. So far they have released "Chevy Thunder" a fun indie anthem, and with UK tour dates coming up in May they are set to be the next biggest band of 2012. Spector do carry the indie genre through their music and with a mix of the dark 80's sound, such as The Cure they will surely be taking over the charts throughout this year. Their debut album will be released in the summer, but for now go to their Facebook page to find a free download of their single "Grey Shirt and Tie".



## Lonsdale Boys Club - 94

For a happier band to have on your iPod, Lonsdale Boys Club mix rock and pop to create everything needed for summer anthems. After supporting One Night Only, and then Olly Murs on their recent tours, LBC are building up a pretty big fan base with their talent successfully being presented in their lively support slots. Their first single to be released in May "Light Me Up" will be the feel good dance/pop single of the year, and with their own headline tour this April, their fan base is sure to grow even further.

## That Mozart Fact...

Studies have shown that people who listen to Mozart whilst working improved their learning and memory skills, which will be beneficial when you are revising for your upcoming exams.





### Gotye – Making Mirrors-204

Gotye (whose real name is Wouter “Wally” De Backer) is an Australian singer who has stepped into the limelight this year with the single “Somebody that I used to know” featuring Kimbra. Gotye is known for his strange mixture of music styles, and his third album “Making Mirrors” is no different. Some may say the catchy “Somebody That I Used to Know” is misleading because of the eerie and slower tone of the remaining songs on the album. The album is a strange mix of music, with the fun single “I Feel Better”, whilst “Smoke and Mirrors”, “Giving Me a

Chance” and “Bronte” has an unfamiliar, moodier ambience to them. “State of the Art” is too strange for words, with a distorted voice that is quite startling to be near the end of an album and does not fit in with the other songs whatsoever. “Eyes Wide Open”, “Easy Way Out” and “Save Me” have a sense of normality to them, as they are quieter pop songs, but along with “Somebody That I Used to Know” are the winners of the record. Overall “Making Mirrors” is an unusual and interesting record that has a good mixture of music types to keep anyone entertained.



# FILMS

## THE BAFTA'S - LEWIS HALL

The British Film Academy was founded back in 1947 by some of the leading names in the film industry at the time, this then merged with the Guild of Television Producers and directors in 1958 and eventually became what we all know it to be now: The British Academy of Film and Television Arts. The 65th BAFTA awards ceremony took place on the 12 February 2012 which in itself shows how popular this awards ceremony still remains.

As usual there was a regular line up of stars. Those who were not nominated were simply there to present some of the awards alongside Stephen Fry.

The most coveted award (The Academy Fellowship) was awarded to Martin Scorsese for his continued contribution and creativity applied to film over the span of a career. Scorsese came onto the scene in the early



1970's with films such as *Mean Streets* and *Taxi Driver*. He went on to make many more films including *The Departed*, *Shutter Island* and most recently the box office hit *Hugo*.

The Outstanding British Contribution to Cinema was given to John Hurt for his continued outstanding performances over the years. Hurt has starred in classic film such *The Elephant Man*, *Nineteen Eighty Four*, *V for Vendetta* and the *Harry Potter* series. The silent film *The Artist* won best film while its actor Jean Dujardin won Best Leading Actor. Best Leading Actress went to Meryl Streep for her portrayal of Margaret Thatcher in *The Iron Lady*; her walk to the stage to collect the award however did not go smoothly as she lost her shoe on the steps to the stage, only to be collected by Colin Firth moments later. Finally Outstanding British Film was awarded to *Tinker Tailor Soldier Spy*.



## THE RAVEN REVIEW - LEWIS HALL

This modern interpretation of the last living days of Edgar Allan Poe is certainly an original idea, being enlisted as a detective aid to help solve a series of crimes based upon his own literature. John Cusack's portrayal of Poe was certainly dramatic and captured the clearly intuitive and troubled mind of the famous American mystery writer. However, when it came to helping solve the crimes he was enlisted to solve, he seemed to do little for the actual case. In terms of looks and setting, the film is quite bland. Admittedly this is what is to be expected from 19th Century thriller /

mystery; however, it does come across on occasion to be less atmospheric and instead just dull. That is not to say that the film was lacking in depth, although it did focus more on the development of Poe's character rather than engaging the audience in a gripping mystery. Aside from Cusack, the other actors gave a good performance but in comparison to Poe these characters lacked the same depth. They were pushed away from the limelight leaving Cusack to carry the film from beginning to end.



# TITANIC 100 YEARS



## TITANIC REVIEW - JAMIE-MAY HARTMAN

The film Titanic, a 12A certificate that combines romance, drama and history is based on the actual disaster that occurred in 1912. The film begins with Rose DeWitt Bukater (played by Kate Winslet) telling her story to her granddaughter 84 years after the disaster happened. She talks about what life was like back in 1912 when she boarded the ship with the upper class. Whilst Rose is boarding the ship, Jack Dawson (played by Leonardo DiCaprio) wins tickets for the ship through playing a game. They come to meet each other when Jack saves Rose's life after she attempts suicide as she does not want to marry her Fiancé. They end up falling in love. However, disaster strikes when the ship hits an iceberg and begins to sink. Jack and Rose fail to get on a rescue boat and are stranded in the freezing

cold sea clinging on to some debris. Jack cannot hold on any longer and passes away in the arms of Rose. Rose eventually gets rescued and is safe.

The film is undeniably a classic; it is visually captivating and regarded as one of James Cameron's best cinematic works.

Overall the film was a big hit with its audience although views on it have always been mixed. It is generally acknowledged that the best scene of the film is when Jack is teaching Rose to fly at the very front of the ship whilst the classic Titanic music is playing. It is famously quoted 'Some can forget the movie, but no one can forget this scene'. In fact the film was so popular it is now coming back to cinemas in 3D and a new television series on ITV has been made.

# GAMES

## REVISION WEBSITES

[www.revisionworld.co.uk](http://www.revisionworld.co.uk) is a great internet resource that is a very useful aid to revision for your subjects. The site has various resources for a wide variety of subjects which can be used to supplement your revision notes and so forth.

Registration for this site is free but not compulsory. If you do register you gain access to all features within the site; including revision power points, revision cards and discussion forums. These forums are a useful tool for revision as other students from around the country communicate and help each other in the revision process.

Other than a wide variety of revision websites and blog centres, you can also use the internet to set up or view revision blogs through Facebook for example, and arrange revision sessions with your friends.

The web, whilst being a great tool for revision, is also a great way to discover and learn additional information. The web can be used for background reading in a given subject, adding depth to answers. This is especially useful to grasp difficult concepts in a subject or to use examples in exam answers. The web can also be used to discover interesting extracurricular information. This can come from a huge variety of sources. From YouTube channels such as [www.youtube.com/scishow](http://www.youtube.com/scishow) and [www.youtube.com/crashcourse](http://www.youtube.com/crashcourse) which provide videos on science and history respectively; to websites such as [www.howstuffworks.com](http://www.howstuffworks.com) which provides information on various fascinating subjects using blogs, videos, quizzes and articles.







# HEALTH & FITNESS

## 10 SIGNS OF DEPRESSION - LAUREN BERRY

Feeling sad all the time or not yourself and worried it could be something as serious as depression? Here are the top 10 signs of depression, if you feel worried see how many apply to you at the moment and then go seek help.

1. Tiredness and loss of energy.
2. Sadness that doesn't go away.
3. Loss of self-confidence and self-esteem.
4. Difficulty concentrating- even more than usual.
5. Not being able to enjoy things that are usually interesting.
6. Feeling anxious all the time.
7. Avoiding other people, sometimes even your close friends.
8. Feelings of helplessness and hopelessness.
9. Sleeping problems - difficulties in getting off to sleep or waking up much earlier than usual.
10. Very strong feelings of guilt or worthlessness.

Depression if diagnosed early can be treated and you can lead the life you want to again. Life is sometimes meant to be stressful, but if you really feel like you can't

cope then see or contact Mrs Woollands or seek other help available.

**A thought for you about feeling alone.. a poem called Just Look Into My Eyes by Bryan Rankin.**

Look into my eyes  
Tell me what you see  
It won't be happy  
It won't be pretty

The way I act  
Makes me seem happy  
It makes me seem fine  
But look into my eyes  
There you will see  
See the hurt, See the hate  
In my eyes I will seem distant  
Look into my eyes  
There you will see everything  
Everything I hold inside  
There you will see me





## TOP 10 BRAIN FOODS - DANIELLE O'BRIEN & LAUREN BERRY

### Ever wished you were smarter?

Nearly everyone has but does not know how.

You also have exams don't you? If you wish to get the best out of your brain power, below are some suggestions for snacks during your revision. Even your brain needs help sometimes!

### FISH (SALMON ESPECIALLY)

Omega 3

Iodine – improves mental clarity

### TOMATOES

However you say it, tomatoes help to keep you healthy! Help protect against damage to cells

### BLACKCURRANT

Vitamin C, increases mental ability

### PUMPKIN SEEDS

Contains zinc for enhancing memory

### BROCCOLI

Those things you call 'trees' actually improve your brain power.

Contains vitamin K which improves brain power

### NUTS (MIXED)

Contains vitamin E which helps to prevent poor memory

### EGGS

Not just for Easter, if you want to have a good memory!

Rich in choline which improves memory function

### CHOCOLATE

Especially for the girls, this is a great excuse for finally eating chocolate – there is one!

Dark chocolate especially is antioxidant-rich which improves concentration

### COFFEE

May keep you awake but also reduces the risk of Alzheimer's, Dementia and other brain diseases.

### BLUEBERRIES

Improves mental function

Also decreases factors of age, such as poor co-ordination, poor balance and motor-function.





# SCIENCE

## GALILEO GALILEI - SOPHIE HAMMOND

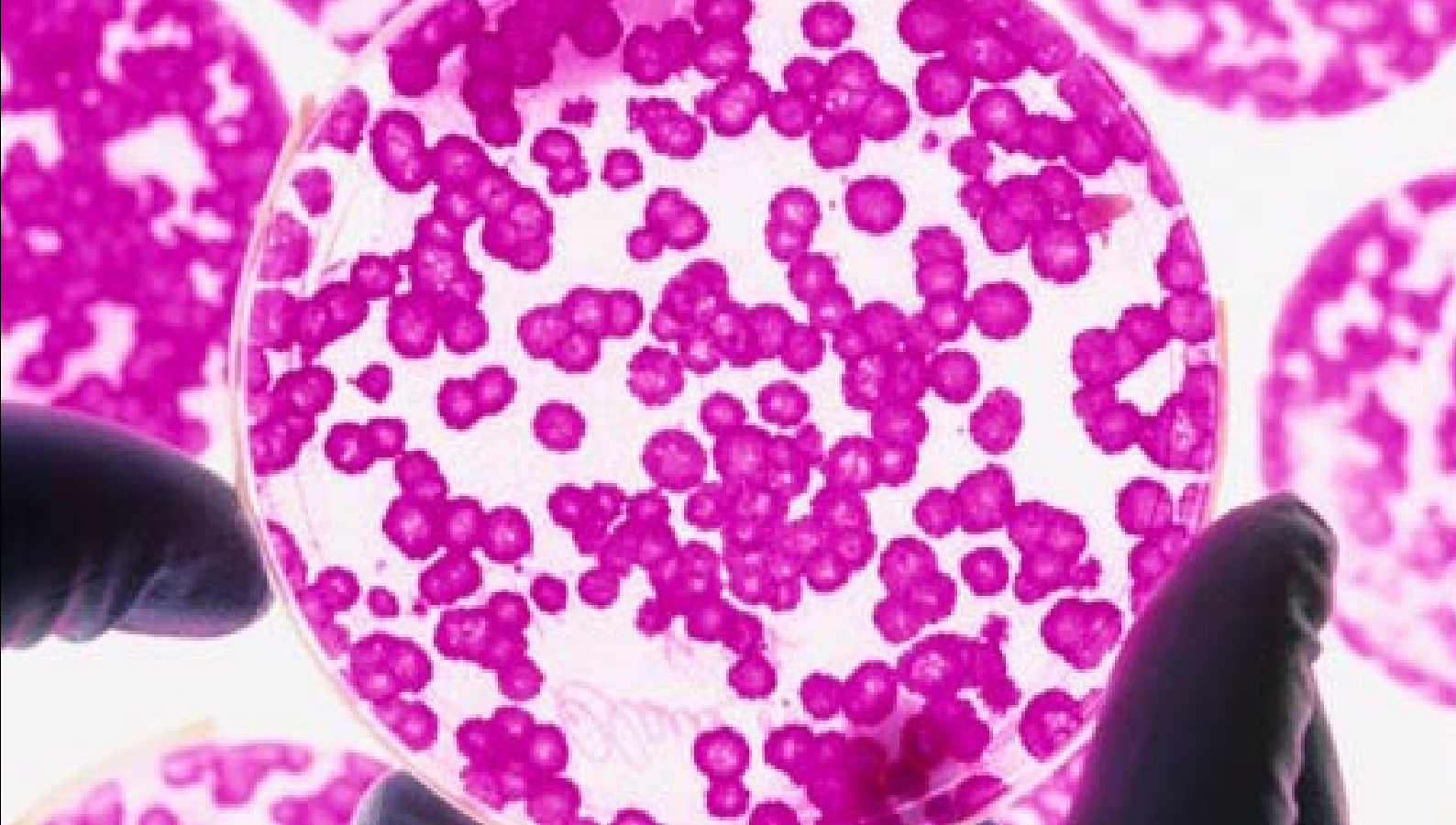
Galileo, born in 1564 was an Italian physicist, mathematician and astronomer. Despite originally planning to be a priest as a young man, he was persuaded by his father to study medicine at the University of Pisa due to doctors earning considerably more than scientists and mathematicians.

After making observations with his telescope Galileo became a champion for the controversial heliocentrism - the astronomical model which states the sun is stationary and orbited by planets, including the Earth. Galileo's support for this theory led to the inquisition,

finding him guilty of heresy. He was held under house arrest until his death in 1642, as heliocentrism directly contradicts the Bible which views the Earth as the centre of the solar system.

Galileo's notable achievements include building a telescope with 32x magnification, discovering four of Jupiter's moons, observing sunspots on the moons and stating that the laws of nature are mathematical. Galileo now rests in the Basilica of Santa Croce, where a monument has been erected in his honour.





## STEM CELLS - SOPHIE HAMMOND

After a decade of research and various trials, doctors in the US have found a treatment which uses stem cells from the patient's own heart. The treatment has been able to successfully repair damage caused by heart attacks, which halves the amount of scar tissue and leads to the formation of new muscle tissue.

The British Heart Foundation has said the "results are great news for heart attack patients". Stem cells are cells with the amazing ability to transform into any type of specialised cell and can be found both in embryos and adults. A month after a heart attack, the patients had a sample of heart tissue extracted via a vein in their neck. Next, the stem cells were extracted and allowed to multiply to produce the 25 million cells needed for

the procedure.

The BAMi project are currently preparing to begin the largest ever clinical trial involving the use of stem cells and damage to the heart, where they will inject 3000 patients with stem cells extracted from their own bone marrow, with a view to helping the thousands of people who face the painful and debilitating effects of heart damage.

Stem cells have also been in the news recently, when they were used to treat the injuries of Katie Piper, a model who was viciously attacked with acid, and help her regain sight in her left eye. With research continuing, these life-changing treatments are only the beginning.



7				4	6			
			1				8	3
1	9			8	5			4
	4		9					6
					8			
8				7		1	3	9
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							9	
			6	1				

Medium Sudoku

	8				7			
				3			6	
1	9					4		
7		2				9		4
							1	7
6					8		3	
8	5		1					2
				5				
		1					9	

Hard Sudoku

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