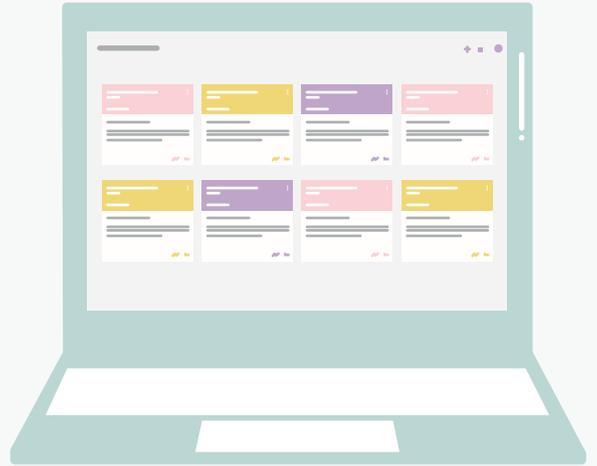


The Way

LOCKDOWN EDITION



WRITTEN BY STUDENTS, FOR STUDENTS



What's Inside

1

Introduction

2

Lockdown Support

8

Student Artwork

10

Short Stories

14

Student Articles

18

Recipes

22

Subject Interview

24

Subject Section

25

Student Poetry

26

Science Experiments

30

Puzzles



Introduction

Welcome to the 'Lockdown Edition' of MCA's The Way. A magazine written by students, for students.

Students and staff alike have come together to create this unique online edition of The Way to showcase student work, inspire you, make you laugh, and get you thinking. During this uncertain time, it's important we reflect on the positive, and something will remain forever positive is the MCA community we all contribute too.

Stay safe. Wash your hands. Read on.

Written by students, for students



Lockdown Support

Articles to help you with lockdown

Things to do during lockdown

Feeling bored? School work done? Netflix watched? Books read? Walks walked? Have a read of these top ten things to do in lockdown and see if inspiration hits.

- 1. Duo Lingo.** Learning a new language or brushing up on a language in progress is a great thing to do with a little extra time. Duo Lingo is a free language learning app for 15 minute language lessons to build up vocabulary and skills. From French to Hawaiian, you can learn almost any language. This app has inspired many a owl meme.
- 2. Postcard Writing.** This was a project started by writer Jan Carson. Write a postcard every day. Just a few lines. This could be diary style writing or a mini story each day. Eventually you'll have enough to fill a whole book!
- 3. Gardening** or perhaps we should call this 'trying to keep a plant alive for the whole of lockdown' Many have tried. Many have failed.
- 4. Stop Motion Film Making.** A film crew and cast are hard to find during these times. Luckily all you need to make a film is a phone, a stop motion app and an idea.
- 5. Science experiments.** Take a look at our home science experiments and try them out for yourself. You can probably do better. Ice cream anyone?
- 6. Tour Ancient Rome.** You may feel cut off from the rest of the world, but you can time travel. Current technology means that you can explore other cities and even other times online. The University of Reading have created an online version of ancient Rome which takes you through the forum, capitoline hill, and famous monuments.
- 7. Learn sign language.** Ever been curious about British Sign Language? How does it work? It is similar linguistically to spoken English or is it totally unique? YouTube is full of tutorial videos to watch and learn from to learn a new skill.

- 8. Paint with Bob Ross.** Have any paint and brushes lying around? You'll be pleased to know that 403 episodes of the timeless 'Joy of Painting' have been added to YouTube so you can listen to his soothing tones while you paint happy little trees and enjoy the beauty of imperfections.
- 9. Visit a virtual museum.** If you're still looking for galleries or museums to visit, Google's arts and culture collection has virtual tours of 500 top attractions around the world, including national galleries from around the world, individual artist museums, and even the Eiffel Tower.
- 10. Throw a house party.** Virtual house party we should say. Staying at home doesn't mean you still can't see friends and family. How many birthday parties have we missed so far? Never again. Zoom, google meet, FaceTime and the accurately named 'Houseparty' are all apps and online meeting platforms that can help you party with people from a distance.

Netflix Shows to Binge Watch During Isolation

Let's not pretend we haven't all spent a little too much time in front of the TV over the last weeks.

1. Umbrella Academy
2. Stranger Things
3. Derry Girls
4. The Chilling Adventures of Sabrina
5. Ann with an Eye
6. Alexa and Katie
7. Locke and Key
8. Queer Eye
9. A Series of Unfortunate Events
10. One Day at a Time

NETFLIX

How to Wash Your Hands

Sounds easy, but did you know there was an NHS approved way of hand washing?

You should wash your hands for the amount of time it takes to sing "Happy Birthday" twice (around 20 seconds)



There have been some slight deviations to the types of songs used. Head to washyourlyrics.com to create your own.

Is self-isolation For You?

I'm sure you can recall all the sleepless nights you've had trying to finish all your assignments before the dreaded deadline. Or perhaps the endless supply of exams that come week after week like clockwork. We've all dreamed of the holidays where we can at last have a break and rest our overworked brains. With the global outbreak of COVID-19, you'd think that we, as students, would finally be able to get a break from all this stress and anxiety. But no. Instead, we've become even more agitated and exasperated. We do not even know what will happen for our exams! All the hard work and all-nighters we've pulled to prepare ourselves for

these exams seem almost to taunt us as it could have all been for naught.

It is well known that students are put under far too much pressure in today's society. With the new curriculum that was implemented in 2016, exams are harder than ever before with some old A Level standards being placed in the GCSE category. Pupils are already finding school life difficult with 40% of students affected by emotional, behavioural and mental health disorders by the time they graduate Year 11. The Mental Health Foundation have quoted that: "10% of children and young people (aged 5-16 years) have a clinically diagnosable mental problem, yet 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age."

These numbers are startlingly high already but the pandemic of COVID-19 and the closure of schools had brought with it added stress and piles of assignments. The upcoming May and June exams have now been cancelled and yet it is still unclear as to what will happen to our results. Many of us are debating how we will receive our grades and if they will be based on our mocks. If so then what of those who had an off day and did not do as well as they could have during these mock exams? And what if a student was to do better in their official exams as they had had more time to prepare and fill in any holes they might have had. Never before have we been so perturbed!

What about the positives? With all these aggravating issues, you'd think that the lockdown and self-isolation that has flooded our country would not have any upsides to it. Wrong. COVID-19 may have caused students unnecessary apprehension, but it has also given us more free time in which we can finally do what we've been holding off on. Younger students especially have this once in a lifetime opportunity as they do not yet need to reduce their sleeping hours to study. Through these difficult times, I find that putting aside a few hours to read a book, to draw something or even catch up on lost sleep has done wonders for my mental and physical wellbeing. And my social life is not in the least bit lacking. With how advanced technology is,

all my friends are just a phone call or message away. However, I find that the most joyous thing this horrific event has brought me is that I have much more time to spend with my family. As students, we often find ourselves immersed in our studies with little time for anything else other than school, sleep and food. I know that I myself am guilty of not spending enough quality time with my family. This lockdown has granted me the time to devote to my family and it has only served to increase our familial bond. The Earth in itself has also benefited from the lockdowns issued. More people indoors means less travelling between places. This has decreased the pollution we produce and allowed



the Earth to gain a breather. Forests are thriving with animal life and the trees are not at risk of being chopped down. Even the weather these days seems to agree with me as we've finally seen the sun for almost a week on end.

I know that all this extra time has made me realise the importance of managing my time properly. Yes, it can be stifling being stuck indoors so often but I have managed to cope. In fact, I'd say that many of us miss the regularity of school and the comfort of knowing what is going on. I find that the best strategy to maintain my wellbeing and still be on top of everything is to plan my day. I will create a schedule setting aside time for study, online lessons, family, friends, food, sleep and free time. Even if you don't have a set timetable, having an idea of what you want and need to do as well as an estimate of the time you can allow for that activity can do wonders for you. All of this will even be beneficial to you in the long run as well!

Imagine this, a world where global warming isn't such a major issue. A world where we students do not need to fear for the next deadline rush because we are already prepared. A world

where the sun actually reveals itself instead of hiding behind those rain clouds. Self-isolation has brought with it a number of uncertainties and panic. And yet, it has also allowed us time to reflect and grow. Time to learn, adapt and change. The struggles we have overcome and the difficult time we are yet to face are all experiences that will help shape and mold us.

So, is self-isolation for you?

Written by Jenny Luu, Y10

Thank You Letter to the NHS

Dear NHS workers,

I'd like to take this opportunity to thank you for standing by us all and working non-stop throughout this time.

I know it's not easy, and that's why I am writing to tell you all how much we appreciate every single one of you and what you're doing to help us. There have even been some of you that have come back from retirement to help the people that have unfortunately caught this virus and I'd like to say how heroic it is for you to do that, as you're in a weak position to catch it yourself.

What makes a hero is doing something difficult but worthy even though you're scared: it's being brave, and every single person who is currently working in hospitals fighting to save people's lives are doing just that and are amazing. YOU are a hero. Your work is incredible and I couldn't thank you enough.

Without all of you doctors, nurses, and health care workers I don't know what we would have done during this pandemic. I know that the number of deaths is still rising, but what makes it better is knowing that NHS staff did everything in their power to save everyone who was infected and sadly lost their lives.

Thank you for all that you're doing; your work isn't going unnoticed. Keep doing what you're doing. You're all HEROES!

Yours Sincerely,
Fidele Lungieki, Y10

A Letter to Tom Moore

Dear Tom More,

Firstly, I would like to say what an honor it is to write to you. I, and every other person in the UK, has heard about your sponsored walk which raised over £18 million for the NHS.

Not only will that money be a massive help to the NHS, supporting front line workers and providing important PPE, it has also given us hope. Hope that we have a chance of overcoming this virus. Without your act of pure charity our world would be where we were weeks ago.

This letter is being sent out by me, Fareehat (far-ee-hat) because I want you to know that what you did had a huge impact on me. At your noble age of 99, you had the determination to walk one hundred laps. At the start of lockdown, my 13 year old self did exercises everyday for five days then stopped. But if you can do one hundred laps, I can at least do some exercise to benefit myself. It's really easy to lose yourself during lockdown by just sitting in bed but I won't let that happen. Thank you! Thank you for raising money for the NHS and being a walking inspiration.

Yours,
Fareehat Adewunmi

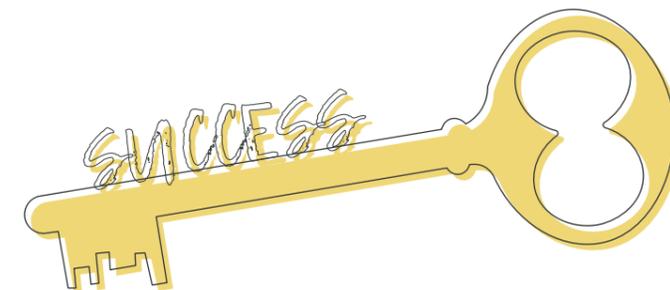
P.S You don't look a day over 25!



Dear 10

In this unusual and unprecedented moment, I would like to share some words with you. I can completely understand what you are going through: it's not easy to concentrate on your

studies when you are surrounded by stress and tensions but this is what life teaches us to check our ability to adapt with difficult situations. In studies, the pragmatic approach to problems is often more successful than an idealistic one.



Year 10 will soon turn into year 11 and you will be expected to deal with lots of pressure coming from mock exams and tests but your goal is to turn this pressure into passion for your studies and exams which will have a big impact on your future. Mock exams will prepare you best for your real GCSE exams so make sure you take them seriously and study in the same way you would for your real exams. Speaking from my own experience I've done my GCSE exams in one year so I can tell you that time management is the key to success; you have to be able to manage your time and decide what are your priorities. Often we students tend to have trouble managing time because we try to manage too many tasks at the same time so I believe every weekend we should make a timetable to follow to keep our mind clear and organised. There are frivolous students who just waste their time doing nothing because they think they have enough time ahead to revise but they are not aware that this time will just fly and suddenly they will realise that they are just left with a small amount of time so I strongly believe that you should start instantaneous revision at the start of September to achieve good output. Be aware that once you enter Year 11 every second spent in school counts towards your final grades. Time will become one of the pivotal tools to achieve success. Work to your timetable methodically and you will begin to realise how much you already know. Give yourself enough time to revise properly as well as breaks for relaxation.

Revise subjects and topics that make you feel insecure and anxious earlier on in the revision plan as this will help reduce anxiety because you will feel that you have more time to deal with

them. Revision is hard work, make sure that you get enough sleep and take time off to be with your friends and exercise a little. With the time you need to learn how to cope with upcoming exams, some questions and thoughts such as “what questions will be asked?”, “Will I be able to answer them?”, “have I done enough work to pass?”, “will I get a good grade?”, “I think I am going to fail!” Will try to put you off and decrease your confidence. Put all these thoughts behind because in the end these are just thoughts and not reality so don't make yourself deviate from your goals.

I feel very blessed that during my time coping with stress and anxiety I had my friend who was facing my same situation with me. We both learned how to not give up till the last minute. Friendship is what makes you feel that you are not alone, you have your friends with you keeping your confidence high and not letting you give up. Revising with your friends will make you realise how you two are getting reciprocal support and helping out each other. On one hand friends can be a great source of support during exam time but on the other hand they can also distract you from studying, they may even add to your stress level if they are not able to handle their own exam preparations well, they might have a different approach for revision than you.

All your progressive hard work will come back to you.

Once you are over with your exams you will realise how life has tried to push you back but you have overcome all obstacles. No matter how bad or good your final exams felt, remember that they are not the end of the world. Take care of your mind and body by relaxing in ways that will keep you healthy and safe.

Don't stop until you're proud!

Written by Savera Tahir, Y11.

How to Create a Productive Workspace at Home

Working from home is a big change for most

of us. Like a lot of people, you've probably discovered that there are far more distractions than you first thought. Be it the television or younger siblings. There's always something stopping you from working. Believe it or not, a dedicated home learning space can help develop your creativity, sharpen focus, and increase motivation to read and learn. While you might not have the same square footage as a school, there's still a few tricks to create a space that's just for you.

- 1. You don't have to have a desk.** When we think of working spaces we always imagine a desk with a drawer and a little desk lamp. Maybe a pot plant. Framed photo of the cat. But your workspace could be your bed, the sofa, or even an ironing board!
- 2. Keep your space clean.** If you're sitting in a messy area thinking about how messy your area is and how you should clean it, you're probably not getting a lot of work done. Take a few minutes every day to tidy up your workspace. You can do this by throwing out unnecessary items and maintaining whatever organisation system suits your style, so those extra distractions and clutter don't bother you. In addition to cleaning or organizing your workspace every day, create a to-do list as part of your organisation. At the end of the day, sit down and write what you need to get done tomorrow. Crossing things off a to-do list is an under appreciation emotion.
- 3. Fairy Lights.** If you're someone who likes a cosy space to study in then fairy lights are a must have for any workspace. Fairy lights are an inexpensive decorative feature that really adds some personality to a workspace. Make your space an area you want to be in. This



helps with motivation.

- 4. Playlists.** Music is good for the soul and the school work. Make a playlist to have on in the

background while you work. Take advantage of this new found freedom. Normally music isn't allowed in lessons (unless you've hacked into soundcloud during a base lesson. We can always tell) but here you're in control of your productivity. Science has proven that classical music is the best for studying but YouTube has playlists dedicated to more modern study music if Mozart doesn't quite



float your pencil case.

- 5. Get Personal.** Personalizing your space – in moderation, of course – can increase your emotional connection to your work, but it's important to not let the personal touches become the clutter that can distract you. Some of you may be sharing workspaces with siblings or parents. But can you ask if they'd mind letting you put out some reminders of you around the space? Postcards, posters, photos or plants. Anything that makes it feel comfortable for you to be working in will be helpful to your productivity.

A Letter From Lockdown, by Michael Morpurgo

“Who needs swords when we have books?” BookTrust President Sir Michael Morpurgo writes to book lovers young and old in lockdown due to the COVID-19 virus.

Dear all of you book lovers, young and less young, and some who are, like me, old, and there's no getting away from it! Well this is a howdeedo, isn't it? Here am I, here are you, the inside of our homes our entire world, some of us alone, some with family, some

with friends. Most of us are missing something, work, friends, family, just going out, seeing people. We may have our phones, our iplayers. We can text, email, Skype. But it's not the same. Nothing is normal any more, nothing is as it was. It will be, but not yet, not for a while.

All of us have the virus in the back of our mind, and some of us are out there every day, doing all they can to look after us, to keep the monster at bay, this Grendel, as I call it. But we mustn't worry. There are heroes like Beowulf, out there defending us, fighting the monster. They may work in hospitals or care homes, they may drive buses or trains or lorries or collect our dustbins, or look after old folk in their homes. They, and others, like those who work in BookTrust, who have strengthened our spirit, brought books to children, and children to books. They are all, these good people, the Beowulfs of our time, and Beowulf killed the monster, Grendel, remember. He used a sword. We have science, knowledge, understanding. Much of it brought to us through books. Who needs swords when we have books?

So let's read our way through these times, write our stories and diaries, sing our songs. Then we'll be ready afterwards to pick up our lives and go on, not as we were, but down a better road, arm in arm, in case we stumble, in case we lose our way.

I'm down in Devon where I live, doing what you're doing, making the best of each day, willing it to be over, and writing. I like writing. I like telling stories. It's what I do best. I'm retelling the tales of Shakespeare at the moment. Not easy, I promise you, but fun.

Love,

Michael Morpurgo,



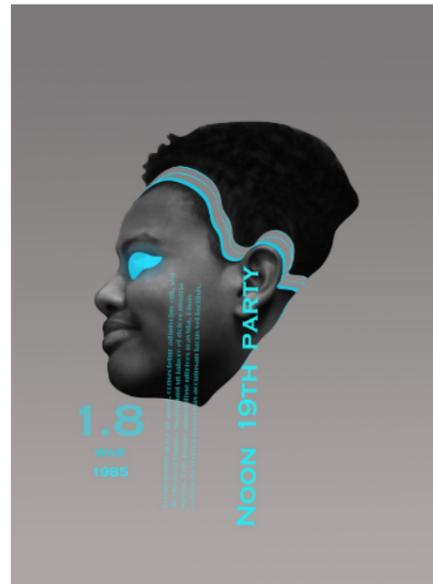
Student Artwork

Take a look at the fantastic work the MCA students have been creating



Created by Tayyab Nadeem, Y10

Tayyab enjoys 3D design because of the many practical aspects of the artform.



Created by Noman Yousafi, Y9

Noman wants to take his art talents into a career in graphic design.

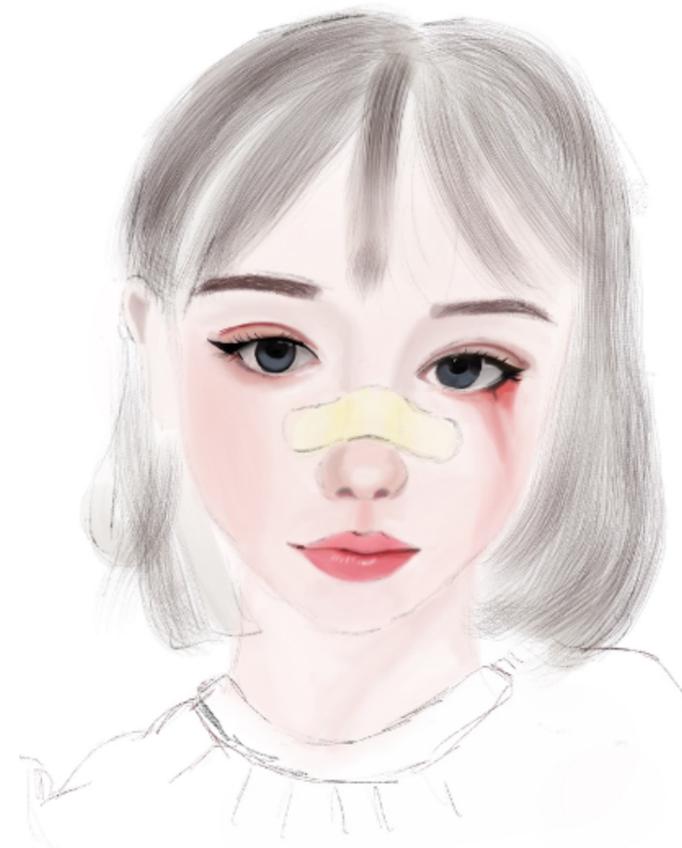


Created by Moiz Zaldi, Y10

Moiz's art is inspired by the illustrations of August Lamm.



Created by Charlotte Hulbert



Created by Abbey Weng, Y10



Created by Abdelfattah Elashhab, Y7

Abdel loves art and says the minute the pencil is in their hand they can focus on nothing else but the thing they are drawing.

Created by Mohaned Elkurdi, Y8

Mohaned says the secret to his art talents is his commitment. 'I don't stop creating until I'm finished. If I take breaks I lose focus'

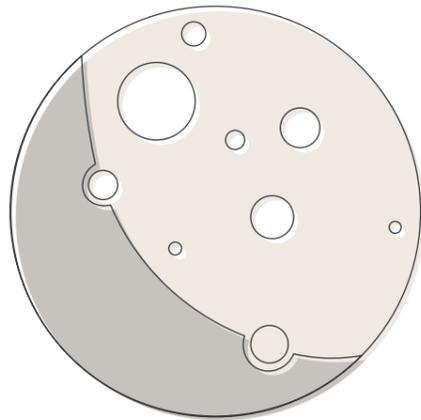


Short Stories

If you wish to be a writer, write

Moon Landing

The sky was unprepared to be astonished with greatness. The day of destiny, the day of glory. Finally, the moon landing was today.



The streets were crowded, a cheery yet anxious fog reigned firmly over the city and this was just the beginning. The smell was welcoming; the sights were overwhelming; my blood was bubbly and my soul no longer felt mine. There were two hundred of us. Some were strong minded mathematicians who would coordinate the ship to the right location; others simply for show. I was neither of them. Today I was the protagonist, and I would be written down in history as the first man to ever step out into the moon.

The rocket was a friendly monster. The roar let out of the ship was mighty and strong enough to turn the world upside down. Maybe it already had.

The ship was an angel, the inside looked even better than the outside. As I walked up to the station a view of the sky awaited me and before I knew I was ordered to strap onto my seat and get

ready for departure. Shock. Destiny. Action. The rocket had set off. The sky was now black and the crowd was merely a memory. I was in space. The moon became closer and closer as the stars became further and further away.

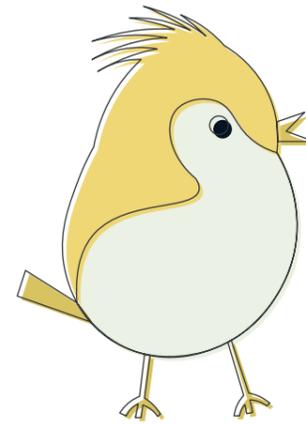
The job was done. I had set foot onto the moon. The surface was pale white like a vampire. The earth seemed so small and insignificant. Finally the job was done.

Written by Dellon Omoruyi, Y8

She Never Hated The Woman.

She never hated the woman. In fact, the sweet, tender little girl always looked up to her mother, as if she was the god above us all. Yet, she wasn't all that divine. She was slim, awfully pale and monstrously tall, barely being able to caress her daughters petite locks of gold. Her sharp demeanour made her merciless and wicked; never glancing her lizardly emerald eyes at those who needed her help most. She was full, so full of herself that even the king decided to break his ties with her years back, leaving her and their then unborn child to fend for themselves.

This role-model was all she had for most of her life. Her pure, angelic yet very naive heart only saw the good in the evil, no matter what the truth really exposed, that was, until her 18th birthday. Nothing was out of the ordinary at first, the sun shone bright as the clouds danced around in the early hours of the day. The girl sat at the stained glass window, watching the small bird-like pellets synchronize through the air, hearing their faint symphonies ring in her ears. She was a gorgeous young lady, always filled with laughter and cheer. She blossomed into someone of very high respect; spending her days handing out



spare apples to those less fortunate to herself. Overtime, her mother, however, became frail and unnerving, even she had to admit it. She wasn't the same person that towered over her long ago, now she was an elderly, callous woman, with no other thoughts in mind than the usual inhumane plans she conjured up in mere minutes. Her insanity became so clear, that at one point, she thought drinking a concoction of deers blood and sweet honey would bring her youth back to her, but as any sane person would expect, this was obviously not the case.

For weeks after she suffered with severe illnesses, due to the diseased blood. Her bright daughter was always there for her though- an aura dashed around the minute she entered any room. She was blessed; blessed with something her mother knew she'd never have. Her lively voice was a fire in the dark, her smooth features like the foundation to success. This was all the old hag wanted for years, that surreal youth. That's when she came up with "Plan Z", if she couldn't have her beloved eternal innocence, no one could, not even her own daughter.

The night before, she had taken it upon herself to conjure yet another stomach-churning liquid, one powerful enough to end a person's life. The clouds had now overpowered the sun, hues of grey spreading like wildfire throughout the great sky. As she saw the blinding aura bouncing off the window her daughter was staring out at, her anger boomed like the god of calamity. The tray with two seemingly similar drinks rattled frantically above her hands- her frustration showing through her rapid shakes of terror. With one last deep inhale, she sat down next to her precious prize and placed the tray right in front of the two of them, the drinks suspiciously perfect, both looking identical to one another.

The daughter glanced at her desperate mother, then gracefully picked up the drink farthest to her, showing her pure gratitude as she smiled, imaginary stars floating through the air around her.

The beldam couldn't take it no longer, her madness overpowering her morals, her teeth shuddering under her breath. She grasped the last drink on the tray and ferociously gulped it down, without taking a second thought as to what it exactly was. The taste of bitterness spread through her mouth, the subtle burn radiating through her taste-buds. She gently placed the now empty glass back down, and watched the blazing girl take her miniature sips. The frail woman lost consciousness, falling to the ground with an intense thud. It seems as though the woman wasn't very careful of what she was committing. She had in fact, taken the wrong liquid and her daughter knew all along. If only she had locked the door before she cackled and roared in the basement that night, things wouldn't have turned out the way they did, wouldn't they?

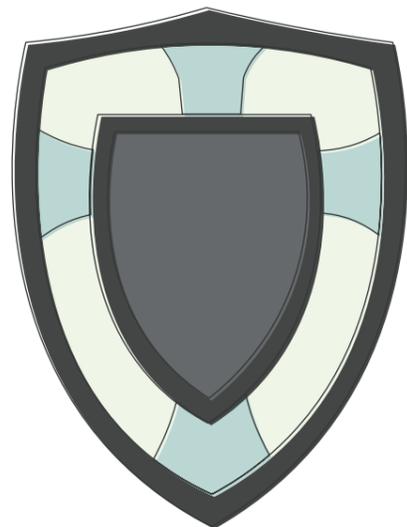
Written by Andreja Geceviciute, Y8



We Get What We Deserve

Darkness encases the room, wrapping an icy hand around our throats. It's broken by the attempts of the moon to stab through the glass of the stained windows, creating a hazy, spectral glow, illuminating the mosaiced figures like watching spirits. The dull colours drape themselves over our faces, providing air in the

darkness that chokes us. The tall glass offers unfair embellishment; beauty to those so undeserving of it, in a world so devoid of it. The sombre glow of a single candle breaks the grip of darkness too, held by a man in black robes. It illuminates the deep creases carved into his face, his glassy, hazy eyes, the white-collar across his throat. A declaration of faith. I wonder if he still believes in that that he bears.



I hate the darkness. I feel it swallowing me up, trapping me, in this holy house. But I wear it like a shield. The light, so enticing, is what holds the true horrors. I long for the caress of sunlight upon my face, or for the veil of moonlight to enshroud me. But if I were to, it would be the last thing I did. At the mercy of what I know hides outside, drowning in pale streams of moonlight. So instead I choose to be at the mercy of blessed stone walls. I sit, hands clasped and head bowed, next to the tall window, in the protection of the glass figures that stand within. I resist the temptation of the light and its belladonna kiss. Beautiful. Lovely. Deadly.

The wind howls outside, wailing a melancholy lament. We can hear it clawing at the walls, vengeful and wrathful, fighting to enter. I don't think it's the wind.

Across the pews, our hands are clasped as though shackled, as though nailed through, fingers intertwined; bones of knuckles straining against the skin. I can almost hear lips moving furiously, in silent prayer. Only ragged breaths escape their mouths. We pray to a God, although we know none has walked these floors in a long

time. We beg not to be forsaken while knowing it's far too late for that. All that we know to be true is the crimson that runs through our veins, fuelled by fear and ill-willed hope. The robed man at the front now clutches a large book to his chest marking the leather flesh with deep nail marks. I can hear the prayers running through his head. His whispers in the consuming silence.

I try to focus on my own prayers, my own thoughts. But I feel no need to beg. This is the path He has chosen for me. I have no power to change that. So I sit in precious silence, relishing every breath, the knowledge of my blood running through my veins, desperate as a dying breath, waiting out my fate.

I felt my mother's hands over mine, watched her lips move, heard the words fall out. She said my hands were red. She said I had to repent. Said we get what we deserve. She was right.

The sky opened up, and the ground split beneath my feet. The clouds turned to grey, as the sky turned to blood, and the world turned to black around us. The man in front of me fell backwards, and I caught his dead weight. His eyes stared up at me, devoid of life, as others around me succumbed. I didn't realize then that they had been saved. That I was the dead one. I realized when the first hand clawed its way from the gouges within the ground and dug its nails into the earth. A thunderous crack whipped across the sky. That's when I began running.

Now, we sit, awaiting the hounds, at the mercy of faith and stone. But its too late. We were given our chance.

The wind outside rages. It's deafening and forces us to cave into our whispers. I can feel the shaking of the bodies beside me, and I hear the beginnings of ragged sobs, and the praying gets louder, filling my ears, as people cling to the fragments of their lost morality. The wind continues to howl in torment, clawing to be let in, to join us, and we beg not to join it.

Then. It stops. The howling stops. And for a moment, in the salvaged silence, we think we may be saved. Maybe he's not forsaken us after all. Our prayers halt, and our breaths catch, and we dare to hope.

There is a knock at the door.

We gasp for breath, as our hope is ripped from our chests. My throat constricts as the sobs force their way up, ragged and raw. Knock. I gasp for air, desperately reiterating my prayers. Knock. My hands are shaking. I can't breathe. Knock. My breaths are ragged and shallow. The air is sweet, and I savour it. I close my eyes.

I hear the doors open. Feel the moonlight, as it slivers in, taking us into its poisonous folds. Beautiful. Lovely. Deadly. I hear wailing, begging and pleading; for forgiveness, salvation, a second chance. They didn't know. They'll do better. I sit in bowed silence, as the night enters, shrouded in light, and the flag of heaven. The screams begin.

I know where I'm going. I open my eyes. I hear the thud of a book. We get what we deserve.

Written by Amber Adebuseyi, Y10



Nightmares

I still have nightmares about it...

I lay there wide awake while the city was asleep, stomach-churning, palms sweating, nothing more to do than worry that something bad is about to happen. I look at my family around me. Thinking the worst thoughts of what could happen to them, how I would feel if I didn't have them with me every step of the way. Our flat isn't very big but it's enough for me to live and I understand that it's the best they can do for me.

Right now, nothing matters more than the safety of my family.

As dawn awoke, I went outside. Trees. Buildings.

The beautiful city around me that I call home. I look up, squinting my eyes at the beaming rays of sunlight blinding me. A gust of salty wind went by following the waves of the ocean and I took a deep breath appreciating everything I had. That worry I had still lay somewhere in my body, but I mostly brushed it off thinking that I must just be overreacting because of what was happening in the world right now.

We used to live more centrally in the city but just recently, maybe about a year ago, we moved away from all the commotion, the traffic and the noisy people. We enjoy it more here but sometimes it's a bit hard since we always have to go back to buy the monthly shopping. Which is why I was home alone, just me to look after my little sister.

I was getting hungry at this point and decided to cook something to eat for my sister and I. People loved my signature pasta. I put the water on to boil and went to get the sauce when suddenly, I heard a bang. The sauce from the jar was all over the floor. I looked outside and shouted to my sister to stay exactly where she was. The smoke alarm went off. I opened all the windows and aired out the house to turn off the alarm. Everything was going wrong. I began to smell a burning, at first I thought it was from the pasta. I walked outside and... catastrophe struck. People everywhere screaming, fire burning everything in the distance.

My heart sank and my face was emotionless. My skin went as pale as chalk as I realised where it was coming from. I hurried with all my might back up to the flat to get my sister. In my mind I tried to think the best, but nothing seemed to pass my thoughts than, "are my parents okay?". These are the people that raised me. These are the people that cared for me. These are the two most important people in my life, but I don't know if I have them anymore. I needed to stop thinking like this: I still had my sister and her life now, to me, was more important than my own. I wasn't going to lose everyone. The fire was spreading tremendously fast but luckily enough it hadn't reached us yet. I still had time and barely any, but some hope left in my body that we will survive this and make it through the day...

Written by Hibah Zulfiqar, Y8

Student Articles

Written by students for students

Working Hard at School is the Key to Life's Future success.

Imagine a world where students miss a whole year of school to just stay at home and play video games. Complacent, lazy, uncommitted - is this the type of lifestyle parents want for their children? In my opinion, students are missing out far too much on education to just play on their consoles and watch TV at home. Will this benefit their life in the future?

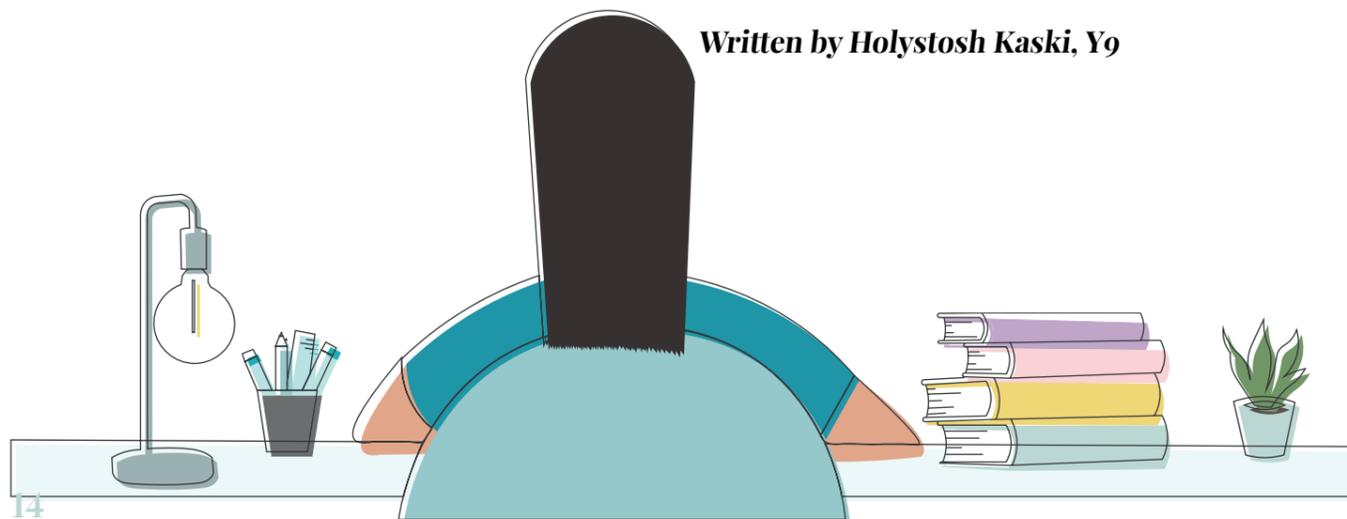
Importantly, education is very important if a child is to have a good career in the future. Students who miss weeks, months, or even a year of work will eventually start to struggle on a lot of work. This means that they have a 85% chance of failing in crucial exams. It isn't just about missing school, it is also about how they attain their attitude to learning in subjects. Students, who don't listen in lessons, are not putting their learning first. With this happening, teachers are left to provide these struggling students extra support. As children get older, they need to start becoming more mature. This is because by Year 10 and 11 it will get very serious to the point where students regret their actions from the past. Teachers are hard-working, therefore some students don't appreciate them enough. This is because due to many teachers strictness, students feel that

they are spiteful. They only do this to make students know how serious the education system is. An examiner quotes, "Students need a bare minimum of three steps of progress; otherwise they are likely to fail." This is important for students to know because supporting and attaining and managing success in your learning shows how dedicated you are and the good grades that you get in exams will prove that.

Although school is mostly about getting good grades, it is also about developing skills such as teamwork, communication, cooperation and hardwork. These skills will help students in their future career. These skills are also an added bonus to the hard work and resilience shown through education.

Imagine a world where students constantly stay after school to revise. Committed, hard-working and industrious - Are these the type of morals that we like to see? Ultimately having a good education and getting the best grades can get you the best career possible and even your dream job. This makes students reflect back from the past and make you feel proud that you went to them extra catch up sessions and always put your learning first in lessons by always listening to the teacher. It makes teachers and parents feel proud of students accomplishments. It is now up to teachers, parents and students to work together as a team.

Written by Holystosh Kaski, Y9



An Open Letter About Our Curriculum

I am writing to you to address the issue of the unfair representation of writers from different cultures in the texts that we read. Not only are writers from different cultures under represented in the literature that we read, but there is also an imbalance in the representation of protagonists from different cultures. I feel that it is very important that students are able to see their lives and cultures within the texts that we read as this will empower them.

The benefits of reading stories by writers from different backgrounds are you get to see what it is like in another person's perspective. The dangers of only reading one person's opinions or version of events might make you feel like a minority and hopeless. Reading about protagonists from different cultures make students feel empowered because they can really be connected with the protagonist and be inspired by their actions or ways. Cultural erasure is the act of not retaining the culture of a specific ethnic group of people, especially when there is reason to believe that the culture may be lost.

The writers under represented are different to white and male. The selection of books available on our bookshelves are mainly white male ethnicity and it is not fair. Mainly white male writers are on the key stage four curriculum because they are seen as more mature with more rights.

My cultural background is Caribbean and Dutch. The mix of cultures within our English class and within the school are hundreds. We have Nigeria, Syrian, English etc. I have learnt not to get misled by reading a newspaper this term. Also, I have learned some powerful keywords like stereotypes, prejudice and cultural erasure. I would like to know about everything. I think all cultures are accepted, understood and respected because in every little way everyone should know.

Do you want your reader to redress this imbalance? Yes, so people understand in depth. Everything will be peaceful and in harmony.

Written by Jason Stint, Y9

An Interview with Max Storey

Max is 20 something creator of 'THE HUMDRUM CHRONICLES' a YouTube channel dedicated to documenting life in isolation during the coronavirus pandemic. In 'The Humdrum Chronicles', Max gives tips on coping in isolation, discussions on mental health and how to keep positive during a time with so much negativity.

Who are you?

My name is Max. I'm normally an interior designer from the North East. I'm in my early twenties and live by myself in a flat. I enjoy watching films and TV. I'm a great cook and I love socialising (I normally have a very active social life). I've just started learning how to play the keyboard. That's me pretty much summed up!

How would you describe your channel?

As a very honest conversation. I talk about life and mental health. I'm trying to start something that will help other people.

Why did you start the channel?

Well, I started the channel because I was feeling really lonely. I started to post small funny videos on social media and got some nice feedback. I had nothing else to do so I thought I'd give it a go!

Have you done anything like this before?

I've done interviews before and I've worked on online projects, but nothing this personal or confessional.

You've been isolating a little longer than most people. How has it been?

I'm past the 60 day mark now and it's been difficult. I won't lie. The first two weeks were a struggle. I rely so much on my social life, I see family and friends on a regular basis. At the start I couldn't leave my house for three weeks, due to having quite serious asthma, and it was tough being locked inside before the actual lockdown. However, talking to people on a regular basis, not ignoring messages or calls, and keeping

myself busy has been a real help.

Do you have any advice for young people?

Stick to a routine. This is easier said than done but once you're settled into a new way of working you start thinking and working on autopilot. Remembering to sleep and eat at normal times, going out for exercise first thing. Open the windows and let some air into your workspace. Your workspace needs to be a nice place for you to be. Fake plants, photographs, a glass of water, using a desk (this doesn't even have to be a desk, it could be an ironing board). Make the area you work in look different to the rest of your home makes such a difference, it makes you feel like you've left home. Taking breaks is important too, at school you'd have a break time and a lunch time. An hour in the middle of the day can break up the endlessness of it all. But just make sure you have earned the breaks, nothing's worse than feeling lazy.

Why do you think it's important to talk about mental health during this time?

It's so important because this is a new situation for us all. How are we meant to know what to do? We need to talk to each other and help each other. Why can't we turn these potentially horrible situations into something positive.

Any plans for your channel?

So far it's intended to be a ten episode anthology. The first episode was basically an introduction and it'll go on from there. I have guests coming



on, conversations about isolation, mental health. Episode three will all be about entertainment and what to watch during lockdown.

The reaction has been amazing so far, so I can see this potentially going on after the lockdown.

Who inspires you?

Oh that's difficult. I don't want to sound cheesy, but at the moment it's got to be front line workers. How can we not find these people inspiring?

The HumDrum Chronicles are available to view on YouTube.

Art Night Review

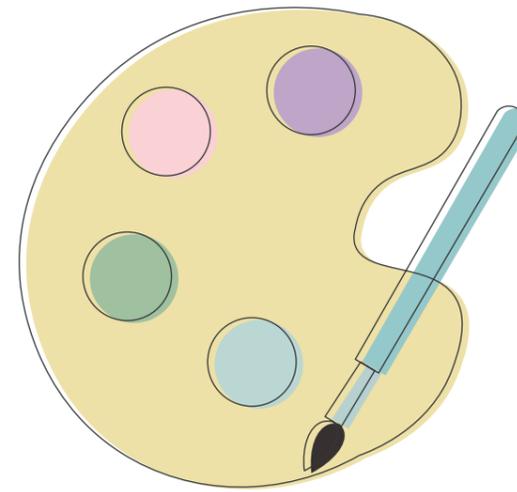
Lockdown, while a serious and unique time, also feels like the perfect time to acquire a new skill or brush up on an old one.

This is what led us down the path of Art Night. An online art class, perfect for those scared to put paint to canvas. Normally held in big spaces to groups of 50 to 80 people, the group structure changed to an online platform at the start of lockdown.

What did this mean? Well, a cheaper ticket price. The company normally provides the paint, canvas and brushes but this time we had to provide them ourselves. This led to a panicked runaround trying to find anything resembling usable materials. We were diving deep into cupboards and scrambling through make-up bags half an hour before the zoom meeting. We eventually found a set of long forgotten face paints, half used tubes of acrylic and some frayed brushes to get us through the two hour art class.

We sat down in front of the laptop, canvas in hand (why we had a set of canvases in the house is a mystery. Clearly this wasn't our first art rodeo. But also, the last mustn't have gone well for us to have thrown them into the back of the airing cupboard). We logged in to our zoom meeting to a large class, all of us looking a little

nervous, eyeing up each other's supplies. Some had obviously done this before, brand new paints and brushes that weren't shedding; others were just as inexperienced as us with paint by numbers pots and threadbare brushes.



The professional was already there, finished art on display that looked impossibly perfect. How were we ever going to copy that? It turns out, with ease. The artist took us through every brush move and paint dip and soon we had something we wouldn't have been ashamed to put on the wall (maybe not the living room wall but one that a handful of close relatives would be allowed to see). Each class paints the same picture, and this time it was a dancer with a spinning skirt of flowers. Last week it was Van Gogh's 'Starry Night'.

The artist had said we could experiment with different colours but the perfectionist in me was determined to copy her work stroke to stroke. The hardest part was 'blending' the colours. For a while my moon had looked like a plate someone had thrown up into the sky, and for a short time my dancer had a full on beard until a quick rescue job gave her the shading she needed.

After the two hour art class had finished we all lifted our canvases up to show off our paintings. It was a virtual see of flowers and dark blue skies. Turns out nobody had been brave enough to experiment with colour. The paintings ranged from professional to abstract but they were all beautiful.

We logged off having spent a couple of hours being creative while learning some new skills. It was nice having an expert there to keep us

on track and explain exactly how to progress through the painting. We missed the buzz of the community but an art class in the kitchen was the perfect lockdown evening.

An Art Night class ticket is available to buy from Art Night. Just google it or find them on the 'Meet Up' app.

Written by someone who definitely isn't an art teacher.

The Hobbit (trilogy) Review

Director: Peter Jackson

Rating: 9.6/10

Overall, the movie was very amazing and well planned out. It was very detailed and often led me to thinking about what could happen next. I noticed very little or small flaws. It was clear that this production had been a labour of love for those involved with the journey of the characters. From 'The Fellowship of the Ring' all the way to these three final adaptations.

It is rated PG 13. However I would advise not to watch alone as there are some scenes you may be shocked over. I really recommend to watch it as a family as it has so many intriguing and anticipating scenes that you would enjoy waiting for with other viewers.

Written by Ibrahim Ahmed, Y8



Lockdown Lemonade

A great refreshing drink for those warmer days



Just because we're in lockdown doesn't mean summer isn't happening. A social distanced BBQ is only 2 meters away and that lemonade can make itself.

INGREDIENTS

- 3 lemons, roughly chopped
- 140g caster sugar
- 1l cold water

DIRECTIONS

Tip the lemons, sugar and half the water into a food processor and blend until the lemon is finely chopped.

Pour the mixture into a sieve over a bowl, then press through as much juice as you can. Top up with the remaining water and serve with plain ice or frozen with slices of lemon and lime.

Good With

Crisp cookies, nuts, strawberry pie or tart, pretzels and muffins.



When life gives you lemons, make lemonade

Mug Cake

A quick and easy treat.

Baking is a science. Apparently. But someone quite clever figured out how to make a cake in a mug, making things a lot easier.

INGREDIENTS

- 4 tbsp self-raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable oil or sunflower oil
- A few drops of vanilla essence or other essence (orange or peppermint work well)
- 2 tbsp chocolate chips, nuts, or raisins etc (optional)

DIRECTIONS

Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the microwave) and mix.

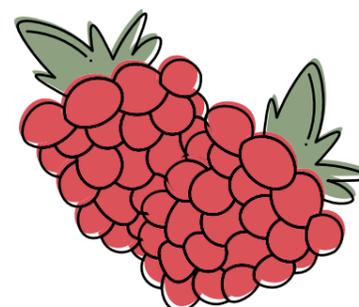
Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.

Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth, before adding 2 tbsp chocolate chips, nuts, or raisins, if using, and mix again.

Centre your mug in the middle of the microwave oven and cook on High for 1½ - 2 mins, or until it has stopped rising and is firm to the touch.

Good With

Ice cream, whipped cream and fruit such as strawberries or raspberries



Thai Noodle Soup

A yummy meal that will impress the family

This simple dish looks impressive when served and tastes like you spent hours standing over a hot pot.

INGREDIENTS

- 1 Tbsp vegetable oil
- 2 cloves garlic
- 1 Tbsp grated ginger (fresh or paste)
- 2 Tbsp Thai red curry paste
- 1 small sweet potato
- 4 cups vegetable or chicken broth
- 1 can coconut milk
- 1/2 Tbsp brown sugar
- Noodles (these can be rice noodles or ramen style noodles)

Garnishes (optional)

- 1/2 red onion
- 1 lime
- 1 handful fresh coriander
- Sriracha to taste

DIRECTIONS

Prepare the vegetables for the soup and garnishes first, so they're ready to go when needed. Mince the garlic and grate the ginger using a small-holed cheese grater.

Peel and dice the sweet potato into one-inch cubes.

Thinly slice the red onion and roughly chop the coriander

Add the cooking oil to a large soup pot along with the minced garlic, grated ginger, and Thai red curry paste. Sauté the garlic, ginger, and curry paste over medium heat for 1-2 minutes.

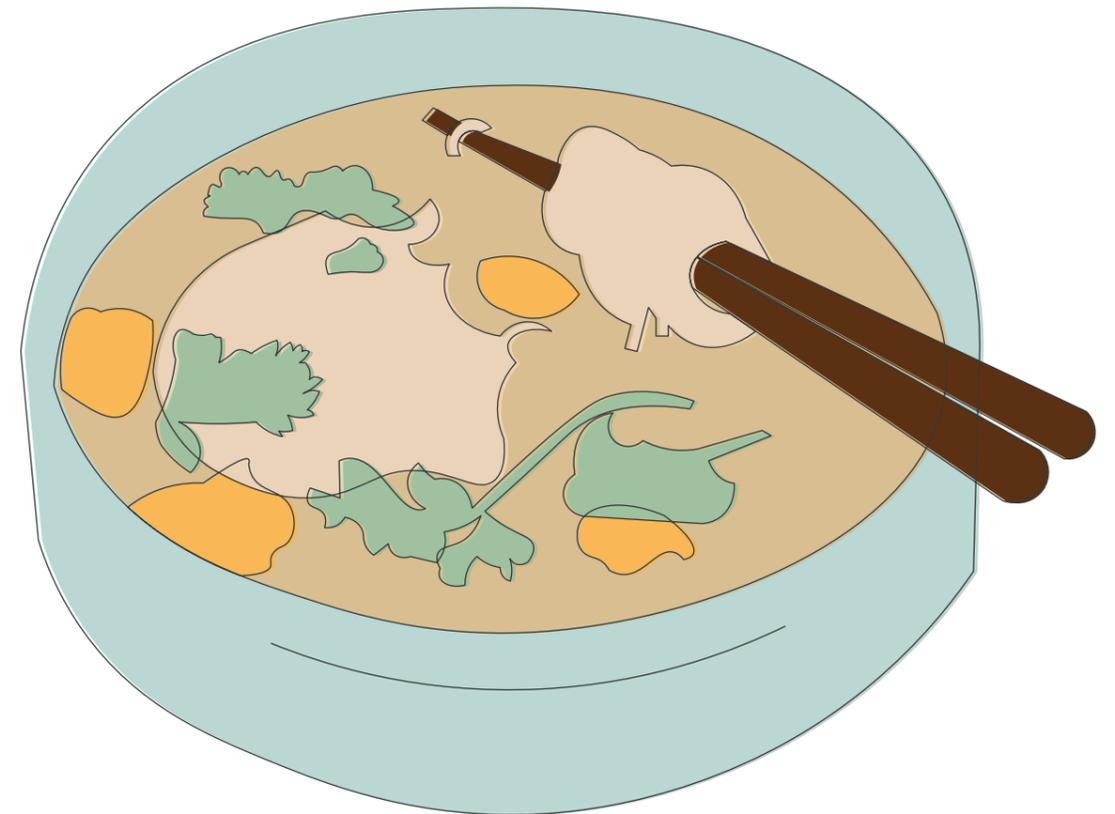
Add the diced sweet potato to the pot (save the leafy green ends for later) along with the chicken or vegetable broth. Bring the pot to a boil over medium-high heat, then reduce the heat to low and let simmer for 5-7 minutes, or until the sweet potatoes are tender.

While the soup is simmering, bring a small pot of water to a boil for the noodles. Once boiling, add the noodles and boil for 2-3 minutes, or just until tender. Drain the rice noodles in a colander and set aside.

Once the sweet potatoes are tender, add the coconut milk, and brown sugar to the soup. Stir, taste, and adjust the brown sugar if needed.

To serve, divide the rice vermicelli among four bowls. Ladle the soup and vegetables over the noodles, then top with red onion, coriander, a wedge or two of lime, and a drizzle of sriracha.

This recipe is vegan but can be made to suit any diet. For a meat based dish add chicken.



Subject Interview

An Interview with Molly Davis



An Interview with Molly Davis

Molly is a modern foreign language expert, teacher and enthusiast. Speaking six languages, living in three countries and sharing a love of all things MFL, Molly spoke to MCA's The Way on the importance of learning to speak beyond borders.

Who are you?

My name is Molly and I teach languages to all ages.

How did you become interested in languages?

I started learning Spanish in year 8 and I loved my Spanish teacher. I carried on Spanish at A-Level and at University I decided to also take up Italian. Studying a language at university only further inspired me. My tutors were passionate about their subject and I made friends from many different countries. Being able to speak to them in their own languages was (and continues to be) a treat!

What languages do you speak?

English, Spanish, Italian, French, Dutch and a little bit of German.

Do you have a favourite?

Oh, that's a difficult question. I love them all in a different way. I love to speak Spanish when I'm feeling sassy and Italian sounds great when you're excited. My partner speaks Dutch so I'm a little biased. It sounds so different to Spanish or Italian but equally as beautiful.

What was the biggest difficulty in reaching your level of fluency?

Once you get to the point of being able to have a general conversation, you can become quite complacent. You need to want to increase your vocabulary but this comes from wanting to be able to read, watch and discuss bigger topics. Television, politics, current affairs, culture etc. A big part of learning a language is gaining the confidence to use it. Ordering food in a

restaurant, buying things in a shop, meeting new people.

What plans do you have to make the best use of your language skills?

Teaching and travelling. I plan to live in many different countries at different points in my life and teach English abroad. Inspiring other people. Connecting the world.

What was it like living in different countries?

It was absolutely the best experience. For a year of my university degree I lived in Spain and Italy. Living in a different country is like a holiday, but times a hundred. You get to know things so well. After you complete all the tourist activities you start to really feel like you live there. It's so worldly different from your home that it starts to become your home.

Best experiences?

Making new friends. Playing rugby for a team in Malaga and being able to organise and work as a team while speaking Spanish. Experiencing different things with friends we wouldn't have back home. In Italy we lived in quite a rural area so experienced a side you wouldn't normally see. The food was just as amazing as you imagine. Visiting so many places.

Worst experiences?

I decided to visit friends in Alicante. I was in Malaga. I had to travel via coach at 1am alone. I go to take a seat at the back of the coach thinking I would be able to get some sleep for the 8 hours I'd be travelling. Unbeknownst to me, there was a man hiding under my seat. He was a hitchhiker who hadn't paid for his ticket.

In the Netherlands it's common knowledge that shops don't give change under a certain amount. I didn't know this and spent a little too long waiting for my change in a shop before I realised I wasn't going to be given any change.

Why do you think it's important to learn another language?

You unlock so much. There's a phrase that goes

'the borders of my language are the borders of my world'. It takes more than just visiting a place to understand it.

What is your advice to young language learners?

Take advantage of learning a language at school. So many adults regret not learning a language at a young age and it's so hard to start as an adult.

It's also really useful to be able to order a great pizza.

Now that you've travelled, have you realised any English customs that other people would find weird?

Our uprightness is quite odd. Other countries are quite relaxed. It's not uncommon for neighbours to just walk into your house, or friends calling in without ringing you. Something I missed was queues. This isn't a thing in some countries. I've queued up for things before and three people have walked in and stood in front of me.

Any must know phrases we should learn?

A Dutch phrase is 'gezellig'. It's untranslatable but means the warm, cosy feeling you get when spending time with family and friends. In Italian a great word is 'pantofolaio'. Meaning a day where there is nothing to do. A lazy Sunday spent in pyjamas. 'Abbiocco' means food coma. When you've filled up on pizza. The Spanish word for carrot is 'zanahorias' which is possibly my favourite one of them all.

Who inspires you?

There's a young polyglot named Alex Rawlings on YouTube. He speaks over 30 languages. Whenever I feel unmotivated or uninspired I watch his videos.



Subject Section

Take a look at what's been happening in the different subjects

Maths Achievements

Some Y8, Y9 and Y10 students have achieved medals in their Maths Games Tasks.

Well done to the following:

- Khobaib (Y8)
- Oliver (Y8)
- Katie (Y8)
- Joshua (Y8)
- Tanisha (Y8)
- Owais (Y8)
- Armando (Y9)
- Fatima (Y9)
- Mayssae (Y9)
- Shermell (Y9)
- Rihanna (Y9)
- Abubakary (Y10)
- Zabraj (Y10)
- Morgan (Y10)

Anytime after finishing your maths weekly assignments, you want to challenge yourself to improve your maths skills further with fun and engaging activities, then browse the range of maths game resources in Mangahigh!

The maths games covers topics in both foundation and higher.

Certificates will be issued for all your achievements.

Eiffel Tower Challenge (French)

The MFL teachers at MCA want to inspire staff and students to recreate the Eiffel Tower with whatever objects they have at home.

Think you can do any better?



Student Poetry

'Poetry is the clear expression of mixed feelings' - W.H.Auden

Summer Begins

tea and toast
a sunday roast
lying under a tree
days by the sea
warm duvet
a week away
an amazing book
an encouraging look
days at school
a rest by the pool
terrific grins
summer begins

Written by Kieron Epton, Y9

Friends Forever

You are my helper when I need you,
You are my crutch when I am hurt,
When I am hurt you help me up,
And I will help you when you are hurt,
We stick together we stay together,
And that will go on forever and ever,
You are my glue to my paper
And you stick with me
Whatever you say it always be
You and me.
You are the only person that is true to me,
So I will help you if you help me.

Written by Tyler Whiteley Y7

Life Achievements

*Everything has its own ruler
We have our start and entrances,
But always come to an end.
Can be successful or strange
Have the same start line
but a different finish line
Starts as innocence, no awareness
You are the driver, not the passenger.
You control your life, not your life controls you.
Can't lose yourself, make something a moment.
Don't wait, do it yourself.
Don't wait until everything is too late.
Create eventful history, not criminal records.
Everything is late when you're old.
Don't regret your decision. You were the driver.
Sans friendship, sans family, sans yourself, sans
everything.*

Written by Marcus Wong, Y7

I Wonder

Born in Manchester
Lived here for quite a time
I remember when life was simple
And didn't have to rhyme.

Fast forward a decade and add in the rhyme.
Now my life is drowning in time,
I wonder about life nowadays

I wonder about humankind's indecent ways
I hear stories about plunder and blunder,
Stories about Earth closer to being six feet under

But who is to blame for the never ending
thunder?

Written by Chiza Nkosi, Y8

Ice Cream in a Bag

Lockdown got you craving a frozen treat?

Make your own in five minutes. Save your designated lockdown shopper time in the queue by making your own ice cream.



You will need:
Ice, Double cream,
Sugar, Salt, Vanilla
essence, Bowl,
Sandwich bag, a cone
and flake are optional



Add around 100g of
cream to a bowl (this is
a rough measurement).



Add a heaped
tablespoon of sugar to
the cream.



Add six tablespoons
of salt. You can use
normal table salt but
this may work better
with harder, bigger
pieces of salt. Rock salt
can work well.



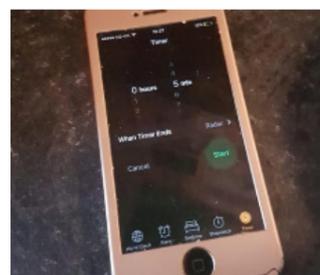
Add a few drops of
vanilla essence to the
mixture.



Pour the mixture into
a sandwich bag and
make sure it is sealed
tightly.



Fill a carrier bag with
ice. Put the bag of
mixture into the bag
and add more ice to
completely cover the
cream mixture.



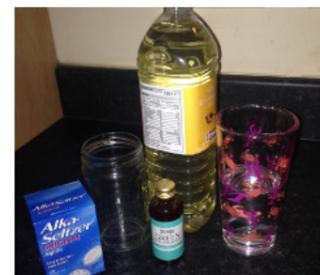
Shake the bag
vigorously for five
minutes. Pass the bag
around and share the
work. Just don't drop it!



Okay. So we failed this
one. Let's see if you can
do any better!

Homemade Lava Lamp

What's more groovy than a lava lamp? A homemade lava lamp



A glass jar, Oil
(vegetable oil is
recommended but we
only had sunflower oil.
Lockdown problems),
Food colouring, A glass
of water, Alka seltzer.



Fill $\frac{3}{4}$ of the jar with oil.
We used a small jar for
this reason.



Add the water to the
oil. Leave 2-3 inches of
space from the top of
the jar.



Wait a few seconds for
the water and oil to
settle. You should see
that the oil and water
have separated with
the oil above the water.
This is because the
molecules in water and
oil are opposites.



Add drops of food
colouring into the
mixture. 10 -15 should
be enough depending
on the size of your jar.
Wait for all the drops
to fall to the bottom of
the jar.



Drop in an alka-seltzer
tablet. And wait.



Lava Lamp!

Naked Egg

I cracked open an egg and all this yellow goo came out. I was like, is this some kind of yolk?!



- You will need:
- Dish soap
 - Cornflour
 - A bowl

Pour vinegar into the glass. You'll need quite a lot.

Place the egg into the glass. Be careful not to this too quickly, any cracks will ruin the experiment.

Leave the egg in the vinegar for 24 hours



You will start to see bubbles around the egg as the vinegar reacts. White froth should start to rise to the top of the liquid.

After 24 hours you should see the shell dissolving and coming away from the egg. Carefully take the egg out of the vinegar and put to one side.

Replace the vinegar with new, clean vinegar. Slowly drop the egg back in. Leave for another 24 hours

After the two days your egg should be deshelled and have a bouncy ball like feel and look. You may be able to see the yolk through the milky membrane. Shine a light through the egg to see the yolk in more detail. If it's still a little thick, leave for another day. Soon you'll have your naked egg.

Non Stick Slime

Slime was the craze a few years ago, and we're all for a throwback



- You will need:
- Dish soap
 - Cornflour
 - A bowl

Add 100g of four to a bowl

Add 100 ml of dish soap to the cornflour. This is a rough measurement, more soap will change the elasticity of the slime

Mix together until the mixture is combined. Use your hands to mold the mixture into the texture you want for your slime.



Slime time!

LOCKDOWN ISSUE 2020

The Way

