



THE STUDENT VOICE

ISSUE 16

THE STUDENT VOICE

CONTENTS:

Visit to Ditton Park Academy	3
Year 8 Time2Act Workshop	4
Einstein's Theory Proven	4
Year 9 Careers Event	5
A Poem About Fishes	6
Slough Schools Rowing	7
How to Become Healthier	8
Fashion	9
Dreams	10
Keep Up With Me	11
Dear Fellow Peers	12

CONTRIBUTIONS:

Written By: Nuno Dias-Goncalves, Jeronimo Agrela, Hafsa Hamza, Kalliy Ali, Harpinder Kang, Munir Perveav, Wiktorina Piekarz, Alessia Awuah, Tanushka Ukidve, Tanya Barlow, Alara Chaudhery

Staff Supervisor: Mr O'Neil
Edited By: Junead Khan

GET INVOLVED...

WE'RE ALWAYS LOOKING FOR YOUR INPUT!

SUBMIT YOUR ARTICLES TO MR O'NEIL

THE STUDENT VOICE

VISIT TO DITTON PARK ACADEMY

By Nuno Dias-Goncalves

During this term, a few Year 10s and I were chosen to go to Ditton Park Academy to present to several Year 8s about our GCSE options and discuss how we felt during our own “choosing process.” I felt nervous about talking to Year 8s I’ve never met; but I was also excited – which oddly mirrored how I felt when I was choosing my GCSEs.



In the first half of the trip, two of the Year 10 students went up to the whole group of Year 8s and did an overview speech about GCSEs in general. They commented on how they felt whilst making their own choices, and what they chose as their GCSEs.

In the second half of the trip, we – the Year 10s - went to separate classrooms in groups and we all individually gave a speech on what we chose, and what our number one tip for choosing our GCSE was. My tip was to not judge the GCSE experience due to what you experienced during Year 7 and Year 8, as it can get worse or better. I told them that the teachers you have currently may change, and that you should choose a subject you’re interested in naturally.

After the introduction, we did this type of “speed dating” in which we Year 10s moved over to different tables and answered the Year 8s questions.

Overall, the day was excellent, and I think that trip taught me that it’s best to discuss GCSE options with your friends and families. Try to obtain a whole range of opinions before you choose, and then – whilst taking all these opinions and yours into account - decide for yourself what you want to be and what you want to do.



THE STUDENT VOICE

YEAR 8 TIME2ACT WORKSHOP

By Jeronimo Agrela



On the 11/02/2016 the Year 8s had a visit by Time2Act.

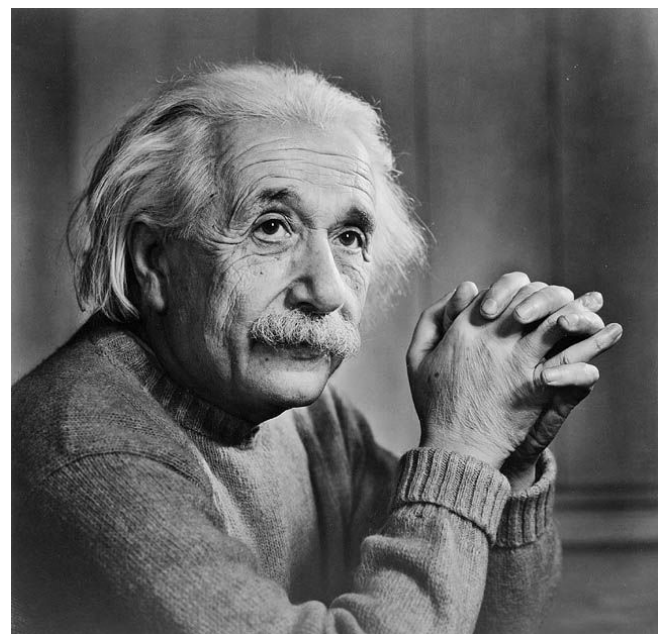
It was about us developing our social, teamwork and creativity skills. In our groups of eight we had to pick an island to create a new community on. Then we had lots of different things to do. For example we had to create a flag; name our island; make a national anthem; make a set of rules; trade resources with our islands; and many more but the hardest was possibly when we had to present our island to other people in our year. We all had fun and a big thank you to Ms.

Smith for arranging the day.

EINSTEIN'S THEORY PROVEN

By Kalliy Ali

A few weeks ago, scientists discovered evidence to one of Einstein's most famous theory, "relativity". They saw "gravitational waves" that had been caused by two black holes in the universe merging together- more than 1.3 billion years ago. The human eye cannot detect the waves. The scientist's work at LIGO, which stands for Laser Interferometer Gravitational-wave Observatory. "We did it" said David Reitze, the head of LIGO, at the press conference in Washington. They are said to be a bit like the ripples that happen when you throw a stone in a pond. Scientists all over the world are very excited about discovery.



THE STUDENT VOICE

YEAR 9 CAREERS EVENT

By Hafsa Hamza

Last term, the whole of year 9 went for a careers event. Firstly there was a speech and I think that it was really interesting and influential because it made me feel that I should work really hard in school every single day. This would help me to be very successful in the future and get a good job that I enjoy doing. It was a really good idea for this event to happen because it made the students think about their future careers. Some wouldn't have thought about it otherwise. Also in the middle of the speech, the lady who was talking to us brought in people from different jobs and we were allowed to talk to them and ask questions about what GCSEs you need to take; qualifications you need; and so on in order to get into that job/field. After the speech was over and everyone finished asking questions, we went into a different hall with different stations on different job opportunities to give us an inside knowledge of what each job gives. Furthermore, there were also a few stations on colleges and universities and what courses they do. Everyone got a chance to talk to them and ask questions relating to the job/college/university. I think that the school should do more of these events because it makes you think about your future and helps you to start planning it ahead and start thinking about what certain fields will enable you to get into the kind of job you would like to do when you get older and finish school. As they say "People who plan, Achieve."



A POEM ABOUT FISHES

By Harpinder Kang

Big fishy, small fishy, all kind of fishies,
They swim in the water like sploshy splishy,
Swimming in a group called a school,
They splishy sploshy in the water to keep themselves cool

To get food they eat varied plants,
Or sometimes other fishies if the sea grants,
With their bellies full, they splish all day,
With a warm heart, like the sun in May,

Sometimes there is danger, lurking in the deep,
A sharky fish gets angry and starts to creep,
It eats all the fish, devouring them all,
Until karma strikes back, with them in a ball.

The fishies are happy, splashing in the sea,
With the sun beaming off them, like a radiant glee,
Their tails are flipping, making little waves,
Until the sharks come back with their tummies craves.

Tropical fishy comes, with their colourful parade,
Even prettier to see than the Little Mermaid,
Queens of the sea and Kings of the deep
All swim together, like a flock of sheep.

Fishies own the sea, every different kind,
With more beauty then the prettiest person in your mind,
With bubbles galore, you can clearly see,
The fishies of the mysterious sea.

THE STUDENT VOICE

SLOUGH SCHOOLS ROWING

By Muniv Perveaz

On Friday 12th February 2016, The Langley Academy took part in the Slough Schools Indoor Rowing Championships. This event was held in the sports hall and many different schools around Slough arrived at the venue with great determination to win. These schools were: The Langley Academy, Langley Grammar, St Josephs, Long Close, Ditton Park, Slough and Eton and St Bernard's Grammar. All schools fought competitively throughout the competition and showed great skill when rowing. Our outstanding school competed very well and showed great strength and strategies when racing and they proved to be very useful. Our school strived hard and were focused on the goal of those shiny medals. All team players showed immense support of each other and showed great teamwork on the whole and made the teams great teams. After fighting long and hard, TLA finally won 16 GOLD medals in all 16 categories of the event and some of us beat some British records while racing. Well done to those individuals! Everyone who attended the event should feel very proud of themselves. All the students from Slough really enjoyed the afternoon and we all did too! This event was a memory to last...



THE STUDENT VOICE

HOW TO BECOME HEALTHIER?

By Wiktorja Piekarz

1: Fitness routine

Exercise or move everyday.

This could be dancing, walking for 10 minutes not mins, workouts, running, sports.

You don't need to do anything you don't like if you like to ride a bike then ride a bike to school

Weigh yourself everyday at the same time.

If you do this then you will know what your exact / approximate weight is. Reach your ideal weight if you want to. Don't make yourself feel uncomfortable if you're too skinny.

Be comfortable with the weight you want to achieve according to height and frame.

Try to exercise all your muscle groups

Aim for 75-150 minutes of moderate aerobic activity.

2: Evaluate your diet

Keep a food diary/ Journal

This will help you keep track of what you're eating and you will be amazed of how much or how little you ate.

Not all fats are bad for you like:

Oily fish like salmon, tuna, avocados, nuts and olive oil.- These are essential and to help the brain function properly.

3: Eating Healthily

Drink water

You should drink at least 8 glasses of water per day.

A good morning drink is hot water with lemon

Tea also counts as water.

Replace those sugary drinks like LUCOZADE

Sugary drinks are heavy on calories and low on nutrition.

If you don't enjoy the taste of plain water, drink decaffeinated tea or add a bit of 100% juice into your water

Eat at regular planned times

FASHION

By Alessia Awuah

Fashion is something I hold close to my heart it is also a way to express yourself.

Fashion is not about what's in or out but about being you and being bold. Fashion is a way to say who you are without having to speak. Everyday is a fashion show and the world is your runway.

People will stare. Make it worth their while. Stop worrying what people may think because it's not them wearing it, it's you. If you don't feel comfortable then what is the point.



DREAMS

By Tanushka Ukidve

Are dreams true?
We can never understand,
They take you to an enchanted land.

At night they creep into your head,
At the sight of dawn they fly away,
It's as if they are attached to your bed,
In which they sleep throughout the
day.

Good dream bad dream,
They are all the same,
All they do is eat your brain

GET INVOLVED...

WE'RE ALWAYS LOOKING FOR YOUR INPUT!

SUBMIT YOUR ARTICLES TO MR O'NEIL

THE STUDENT VOICE

KEEP UP WITH ME

By Tanya Barlow

Keep up with me
I mean it in all its definitions

keep up while it's still dark outside
or even when I can't take a midday nap
because there's too many incisions in my back and every
time I lay back down into my bed
the pressure between the sheets
and my wounds
remind me of those who created them

sometimes I feel like I could encase everything
and I have enough love in my heart
to choke every being around me

GET INVOLVED...

WE'RE ALWAYS LOOKING FOR YOUR INPUT!

SUBMIT YOUR ARTICLES TO MR O'NEIL

THE STUDENT VOICE

DEAR FELLOW PEERS,

By Alara Chaudhery

Dear Fellow Peers,

The other day, I was at my great grandmother's house babysitting five little brats who wanted nothing more than a bowl of smarties and to watch Mr. Peabody and Sherman over and over again, when I had overheard a conversation that all of the adults in my family were having. Being somewhat of an adult myself and the fact that if I watched more of the horrific kids movie that was on I would combust into a ball of fury and break the TV, I decided to listen in on the conversation. It was about how a group of children were swearing in the streets and how my uncle (who was in the car with a four year old at the time) decided to tell the kids off for swearing in public. They all replied with laughter and rolled eyes. My Family and I were shocked. We could not believe that some 11 year old children could swear out in public. Then my aunty said the worst thing possible: "Well, that's just how today's kids are." I'm not gonna lie, that hurt. The fact that all the adults in my family feel that our generation are hood rats. I don't know about any of you but I certainly don't go around swearing in the streets and to be honest I find it weird that anyone would do. However, it's not entirely our fault. Some adults have the gnawing idea at the back of their brain that all teenagers are part of a gang. There is a common misconception that since we are teenagers, we all fall into the same category for everything. They think that we all like the same music, wear the same clothes and watch the same things on TV. Its not fair. The fact that we are categorised into the same group is like saying that we are all the same person. There are some groups in school that have to do with what you like and who you decide to hang around with. However, you have to understand that it is also how you present yourself outside of school. If you go around Trelawney Avenue shops and swear at a little old lady, then that reflects badly on us. So the moral of this article/ letter/ rant is that if you present yourself badly, then other people will also look bad. Also, to any adult who may think that all teenagers are apart of some secret gang: NOT ALL OF US ARE LETHAL AND DANGEROUS, AND THERE IS NO GANG. WE ARE AS HARMLESS AS FLIES. PLEASE DON'T JUDGE US OFF OF OTHER PEOPLE.

Amazingly yours,
Alara Chaudhery.