

SMRCHS GAZETTE

A NEWSPAPER BY STUDENTS, FOR STUDENTS

Newspaper Recruitment

During 2021, A SMRCHS Newspaper Club was formed. Through this club, a few talented individuals from many different years joined to partake in the after-school activity. After these two years of hard work, constant uploading and sharing of our school newspaper from the team we have lost a lot of members due to the past year elevens leaving, and now that the year tens are about to transition into year eleven and will be busier we fear that newspaper club may have to close its doors due to not having enough members. Because of this, we are looking to recruit new members for the next generation of young publishers who will continue the legacy that the current newspaper team will be leaving behind, as we say goodbye to our old members and welcome new ones with open arms.



Aimee is our lead editor for the Newspaper Team and has done a constant and amazing job at putting the articles of the newspaper together all this time.

“This is a good place to learn and make new friends.”

Daniella is one of our main article writers, and is very dedicated to her work and the book reviews that she enjoys making.

“It’s not just a club, It’s a family.”



Jesse is our main music connoisseur that always makes sure to get us the greatest new music hits.

“If you join us it will benefit your future.”



Cheryl is a newly added addition to our team and is constantly great at sharing creative ideas and article formats for the team.

“A good newspaper, I suppose, is a nation talking to itself.”



If you are interested in joining the club feel free to ask any of the members you see around school or email c.alexander@smrchs.com

Everyone makes their own articles about topics they have chosen, for example music, films and sports. We meet every Monday from 3-4pm in 7G1, to create articles and socialise!

What we are looking for is students who aren’t afraid to take time out of their week to get creative and write some killer articles. We need students who know how to work a camera, how to write in depth and edit their work to a high SMRCHS standard!

Poetry Live

BY DANIELLA

On Monday 27th February 2023, 100 Year 10 and 11 students took a trip to Bridgewater Hall for the Poetry Live event. During our time there, we got to meet a lot of Britain’s finest poets such as Carol Ann Duffy, who was the Poet Laureate of the UK 2009 – 2019, and Simon Armitage, who is the current Poet Laureate of the UK, who read their poems to us.

The students were a merit to our school, we sat on the front row and were easily the best-behaved school there; we asked a third of the questions!

Featuring:

- John Agard
- Imtiaz Dharker
- Owen Sheers
- Simon Armitage
- Carol Ann Duffy
- Daljit Nagra



Some of my favourite poems of the day were:

THEY’LL SAY: ‘SHE MUST BE FROM ANOTHER COUNTRY’ (EXTRACT)

When I can’t comprehend
 why they’re burning books
 or slashing paintings
 when they can’t bear to look
 at god’s own nakedness,
 when they ban the film
 and gut the seats to stop the play
 and I ask why
 they just smile and say,
 ‘She must be
 from another country.’

Her poem speaks of cultural exile and alienation and as the poem progresses her identity, race, sexuality all evoke the same response: “She must be from another country.” Dharker provides us with a community of those who do not fit in, those who are ‘outsiders.’ Her poem speaks about how cloistered she feels as she doesn’t perceive she fits in.

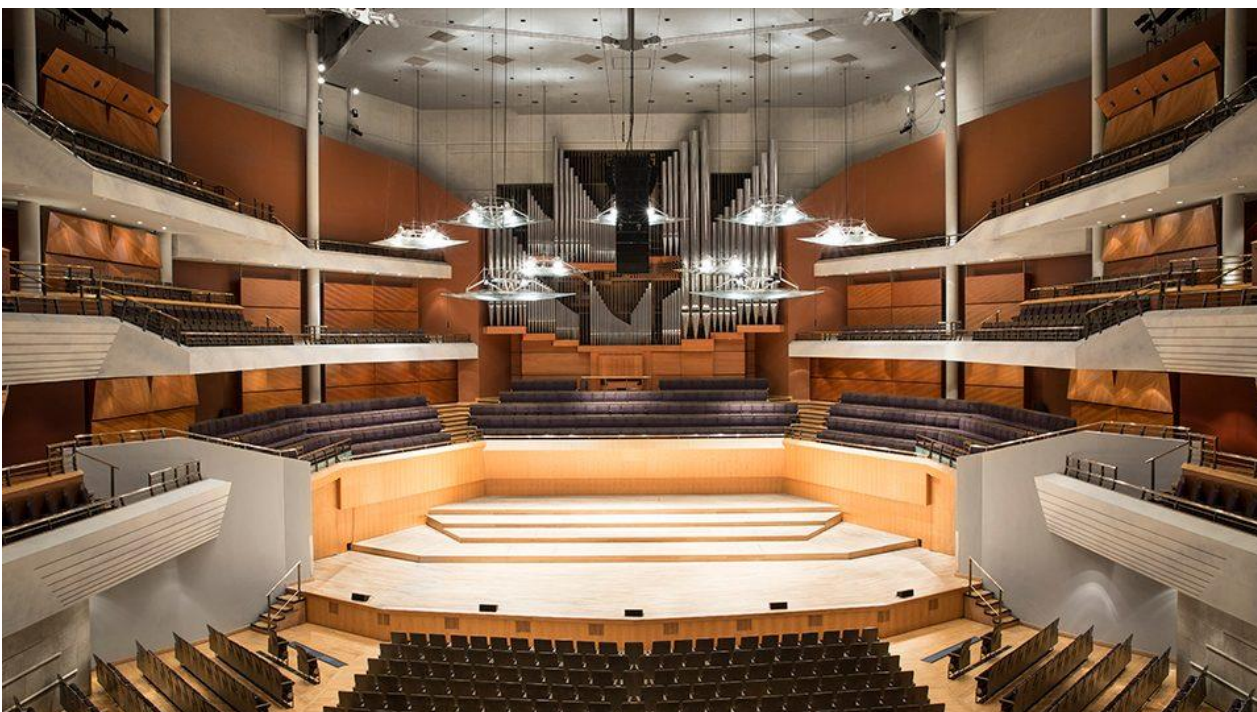
ADVICE FROM ALL THE POETS

- 1) “You can’t be a writer without being a reader, it’s impossible”
- 2) “Listen to another poet’s work”
- 3) “Find your personal preference”
- 4) “You just need to put pen to paper”

HALF CASTE (EXTRACT) By John Agard

Excuse me
 standing on one leg
 I’m half-caste.
 Explain yusef
 wha yu mean
 when yu say half-caste
 yu mean when picasso
 mix red an green
 is a half-caste canvas?
 explain yusef
 wha yu mean
 when yu say half-caste
 yu mean when light an shadow
 mix in de sky
 is a half-caste weather?
 well in dat case
 england weather
 nearly always half-caste
 in fact some o dem cloud
 half-caste till dem overcast
 so spiteful dem don’t want de sun pass
 ah rass?

The poem speaks about the discrimination against people who are ‘Half Caste’/mixed race. The speaker uses sarcasm to combat the bias against people of colour. During the event, Agard speaks about the negative connotations associated with darkness, he mentions that words have baggage and that dark is equated with sin. He says that “we are all subjected to our fears” and that for years people have always been afraid of darkness but it isn’t something to be feared. He declares that “language is inescapable, it empowers you and defines you”.



In the News

BY PRECIOUS

The Kahramanmaras Earthquake:

On the 12th February 2023, there was an earthquake that hit Turkey and Syria. They are calling it the Kahramanmaras earthquake. Its lasting impact has affected many lives. The earthquake unexpectedly hit both countries, causing despair and grief. The death toll has reached up to 52,700 by the date that this is currently being written and is still rapidly rising. Earthquakes like these severely affect low income countries as they don't have the resources to build stable buildings, causing them to tumble down in destruction. Fortunately, countries like the UK and America were there to help and donate to them in their time of need. There were a lot people trapped under rubble for days, homeless and starving, with no help from the other countries, they may not have had enough time to save all of them. Syria and Turkey have tried their best to support their people and do as much as they can. This is a time to help those in need. We can also be like the major countries and contribute to restoring the two countries. It may not seem like a lot but it could really help one or two people.

There are a few charities you could donate to if you would like to play your part to help. Donating money is a more viable way than donating goods due to money being transferred instantly, meaning it can have some immediate effects. This is by no means to discourage anyone who wants to donate blankets, food, water etc... but money is a faster resource.

Some donations you can donate to:

<https://donate.redcross.org.uk/appeal/turkey-syria-earthquake-appeal>

<https://www.oxfam.org.uk/oxfam-in-action/current-emergencies/turkey-and-syria-earthquake-appeal>

<https://www.savethechildren.org/us/what-we-do/emergency-response/turkey-syria-earthquake>

French Riots

On Tuesday 27th June 2023, a young Algerian and Moroccan boy was fatally shot by a police officer. The shooting was racially charged and sent a wave of anger and disappointment through the people of France. In recent days, there have been many protests to help the family and other immigrants get justice: some peaceful, some violent.

What started as a peaceful protest has turned into a dangerously violent riot. People have been letting loose wild animals onto the streets and an assassination attempt on the mayor has turned this into something serious. The family of the boy has pleaded for everyone to stop yet the violence continues.

Whilst police brutality is a serious crime and a rampant problem in this society, fighting violence with violence only reaffirms the racist beliefs the system harnesses. To get justice, we have to be peaceful to be heard. We shouldn't give the justice system the right to categorise us in a negative box. The government of France is already trying to demonise and twist the situation. People are donating to the government instead of charities supporting immigrants due to these protests. As Nahel's grandmother said, "*We don't want them to smash things up. Nahel is dead, that's all there is.*"



Introduction:

If you are interested in having your career linking to the NHS, then this page is just for you! In here we will talk about ways you can help your future-self find the future you want, depending on what year you are in (year 7-9).

Year 7:

So, you have joined into St Matthew's, knowing that you would really like to join the NHS? Well, I wouldn't say it's too early for you, however you have just started your journey here. You never know if there is something more fun and exciting that you could choose! But for now, you should make sure you would still study in class to get smarter. Like I said, it's not too early to think about it.

Year 8:

In a year, it will soon be your turn to pick your GCSE options so you want to think about careers now? That's great because trust me, it will save you from stressing it in Year 9! Well then, let me tell you that it's not as easy as just saying you would join the NHS. There are many types of doctors from GPs to Surgeons so like I said, now it's a great time to study, research and revise for what exactly you would like to be. It would help ease stress from your future-self picking GCSE options.

Year 9:

Great! Now is the year to pick your GCSEs and just in time, you know you would like to be a part of the NHS. Well, all I would say is study and revise to look more into different NHS jobs (as you probably know there's many). If you would like a job in the NHS then you should also know you would need at least an A (7) in English, Maths and Science. Some Year 9s have seen the NHS visitors coming to St Matthew's and they have informed us about how you don't need Triple Science, as long as you pass Biology and Chemistry.

For more help, visit the link:

[Careers advice - job profiles, information and resources | National Careers Service](#)



Did you know?

BY ENOMAYO

Did you know that hot dogs are sandwiches?

The term sandwich originated in England, in 1762, and was invented by John Montagu, the 4th Earl of Sandwich.

Definitions-

Sandwich: An item of food consisting of two pieces of bread with a filling between them, eaten as a light meal.

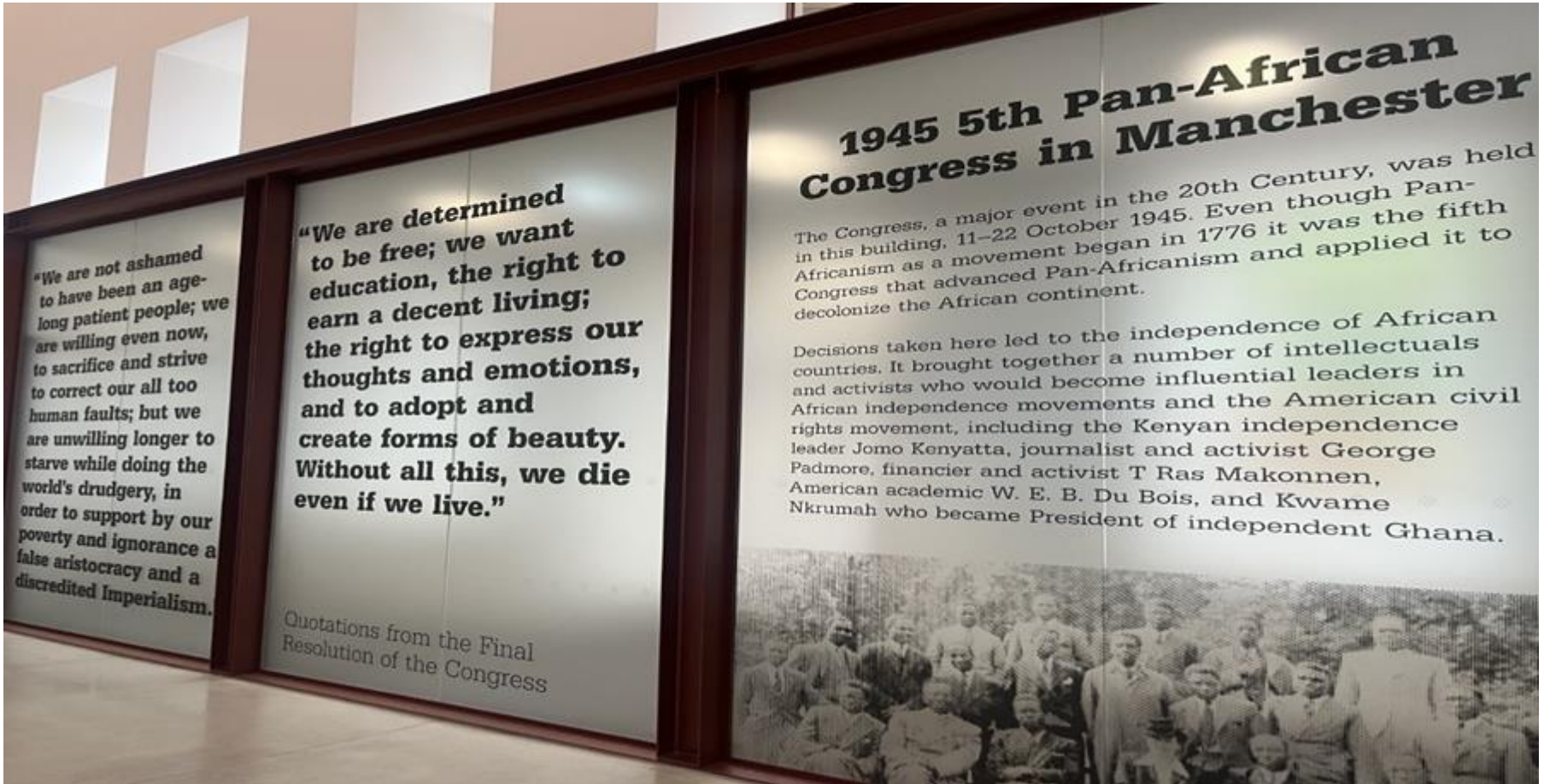
Hot dogs: A hot dog is a food consisting of a grilled or steamed sausage served in the slit of an almost sliced bun.

See the similarities?

Hot dogs consist of two slices of a form of bread with condiments and fillings inside that matches that of a 'true' sandwich.

Manchester Poetry Library trip

BY AIMEE



On Wednesday 28th June, 12 students and I went to the Manchester Poetry Library and had a tour of the famous library where many popular poets wrote their masterpieces. Carol Ann Duffy is a professor there, helping young people to become skillful poets like herself.

This was a wonderful trip and we all had so much fun exploring the different buildings. This was all made possible by Miss Mohamed, so thank you very much, we all greatly appreciate the trip you have organised for us.



Women's Independence Day

BY PRECIOUS

On March 8th 2023, it was Women's Day. This is a day to remember and cherish all the brilliant women in history and in our lives. It wasn't until 1928 that women were actually able to have equal votes with men. Women had to fight to be recognised by society, to be recognised as humans instead of accessories to their male counterparts.

There are many women in history that have changed society and combatted being in a patriarchal society.

A few to name are:

Emmeline Pankhurst (The leader of the suffragettes)

Maya Angelou (A poet and activist)

Amelia Earhart (An aviator and trail-blazer)

Jane Austen (A best-selling author)

There are many more women to be included onto this list due to the vast amount of influence they had on culture, lifestyle and civilisation. This day is also for the women in your current life due to them changing your history and helping to shape you as a person. They are just as important as Marie Curie and Michelle Obama, if not even more important as they are impacting your life each and every day. Make sure to make the women in your life feel appreciated today, as they helped carve your identity and got you to where you are today.



Loreto College trip

BY AIMEE

Four students from Year 10 went to Loreto College to participate in a chaplaincy event. The guides were very welcoming and kind, making sure we were all very comfortable.

We took part in many different versions of prayer, such as meditation. Loreto has a beautiful chapel which is extremely calming and relaxing. It contains an altar and huge stained windows across the room. We were even able to create our own Identity Card which contained a chosen statement from the Beatitudes. As the cards were getting laminated, we were provided with pizza and chips for lunch and to end the day, we had a whole group meditation.

Thanks to Mr Hall for organising this lovely trip for us, we really appreciate it!

Year Ten look forward to visiting Xavarian College later this week!

Chester Zoo trip

BY YORDANOS

On Thursday 6th July, we (the Year 7s) went to Chester Zoo and we saw many different animals such as:

- The Monkeys

The monkeys were swinging from branch to branch and going wild. They were putting on a show for us!

- The Snake

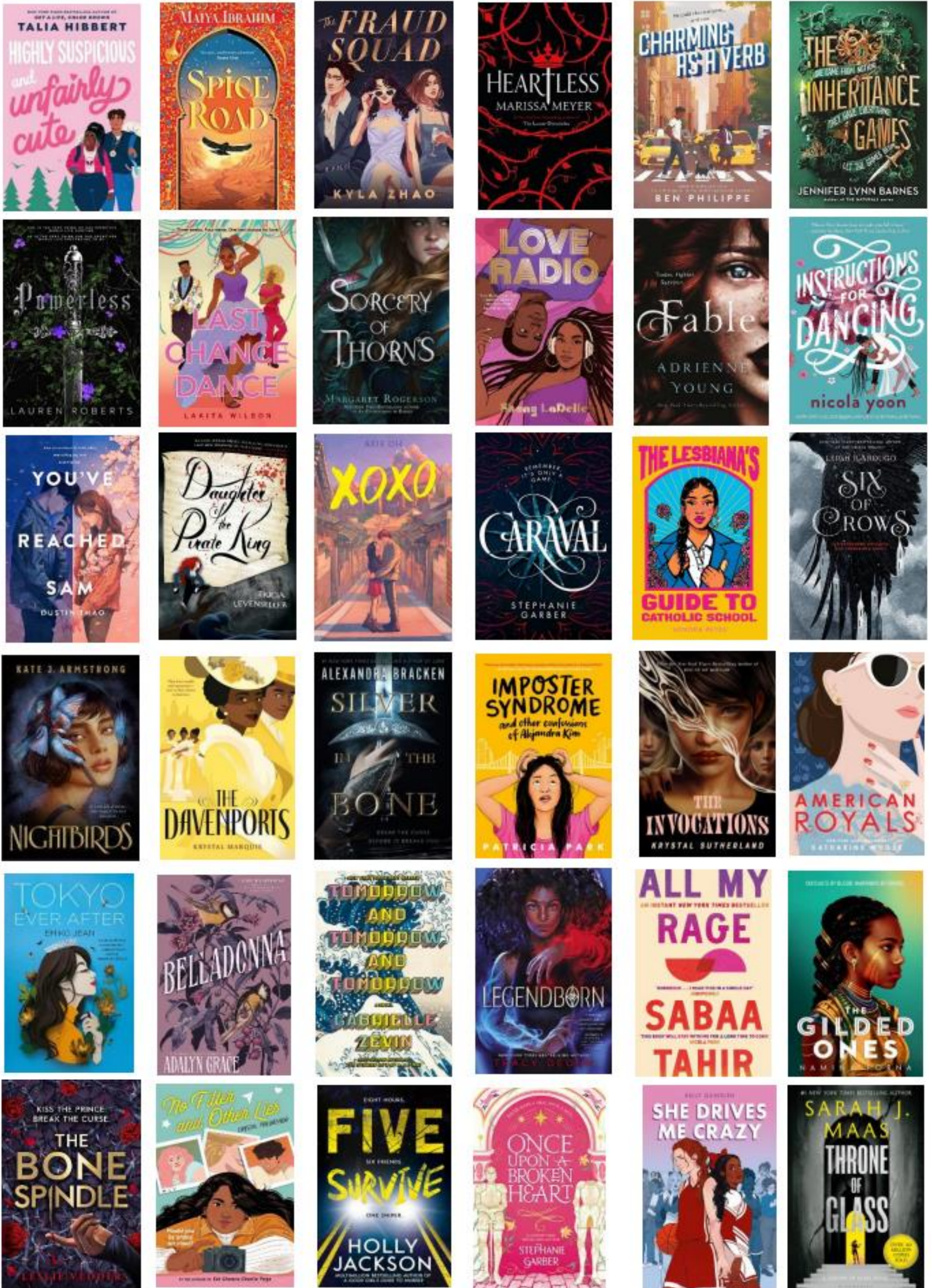
We saw the snake whilst it was being fed and we witnessed it eating a whole chicken. It must have been very hungry!

- The Capybara

When we saw the capybara, it was on the ground, laying down and relaxing. I never knew it was that big!

Book Recommendations

BY DANIELLA



Strikes

BY AIMEE



Many unions around the UK have been striking to get above-inflation increases, plus extra money to ensure that any pay rises do not come from the school funds. Most state school teachers in England had a 5% pay rise for the year 2022-23. The strike days started in late April, on Thursday 27th and still continue.

Teachers feel like they have been treated with a toxic mix of low pay and an excessive workload. Teachers are teaching the future generation of this country and they feel extremely mistreated, forcing them to have to go on strikes to get a better workplace. The struggles teachers go through every day, planning their next lessons and even staying after school for lessons sixes, and, in the end, they only get an underpaid wage.



Sixth Form and Colleges

BY ENOMAYO

These are classed as Further Education (FE) and are compulsory in England, Wales and Northern Ireland.

Sixth Form Colleges offer the same provisions as Sixth Form but are separate from secondary schools and offer more variety of opportunities. E.g. Apprenticeships, A-levels and Access courses.

Year 11 have finished their GCSEs now and are leaving school to gain knowledge about the outside world. We miss them all and wish them luck throughout their lives.

However, since Year 11 have left St Matthew's, Year 10 are now the senior pupils and will soon be completing their own GCSEs in a year's time. Even though the spotlight is on them, they have all grown up to become proud role models of St Matthew's and are ready to take care of the younger years.

Year 10 are now currently writing up their personal statements to get ready for colleges.

We wish them all the best of luck into getting into their dream colleges!

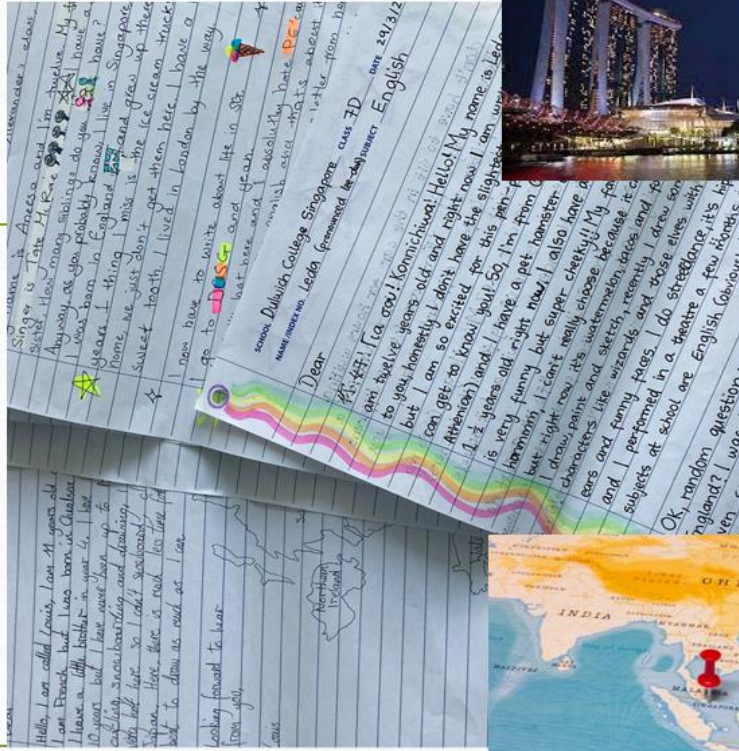
Pen Pals in Singapore

BY HARRY

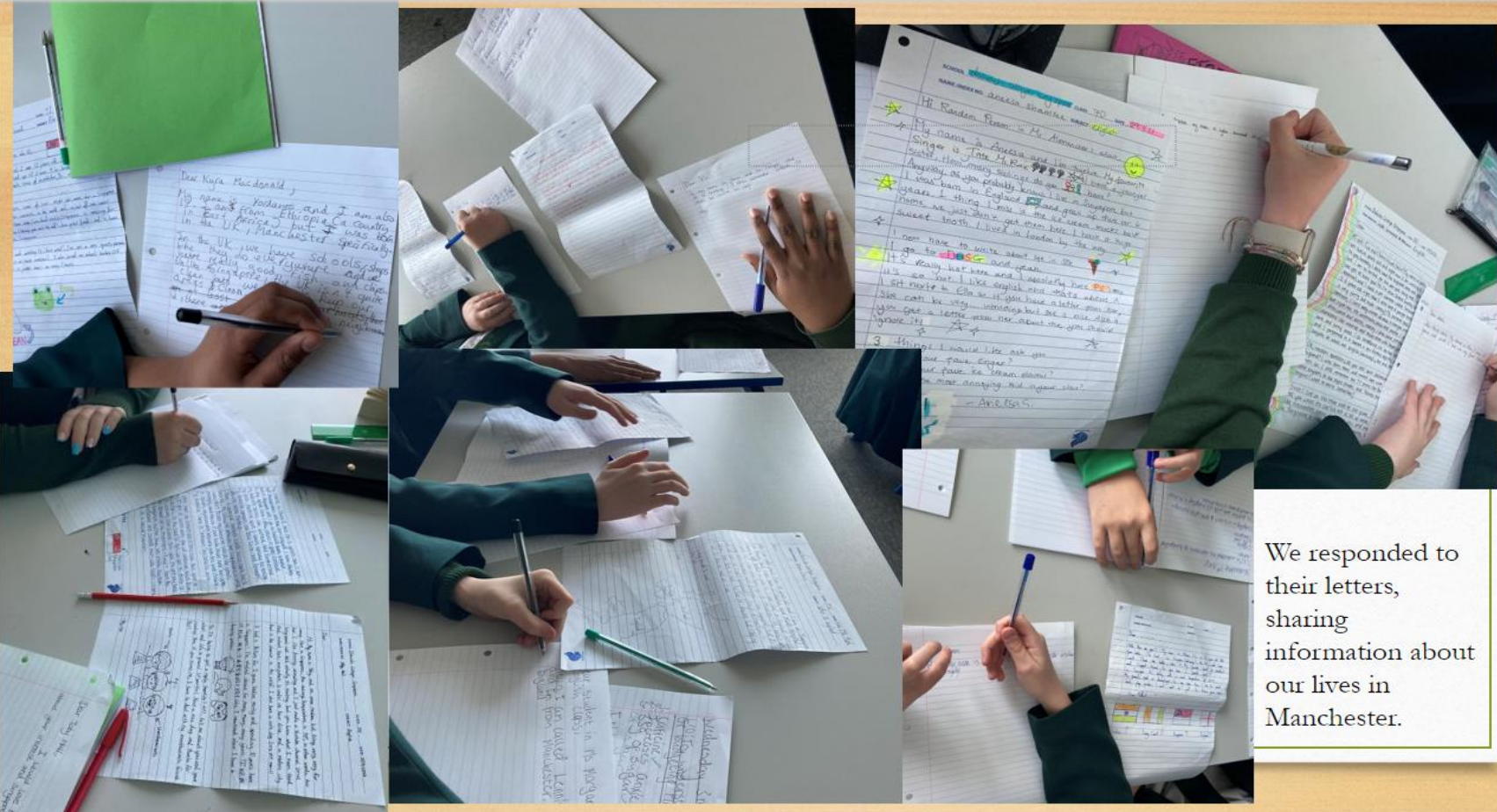


Year Seven pen pals in Singapore!

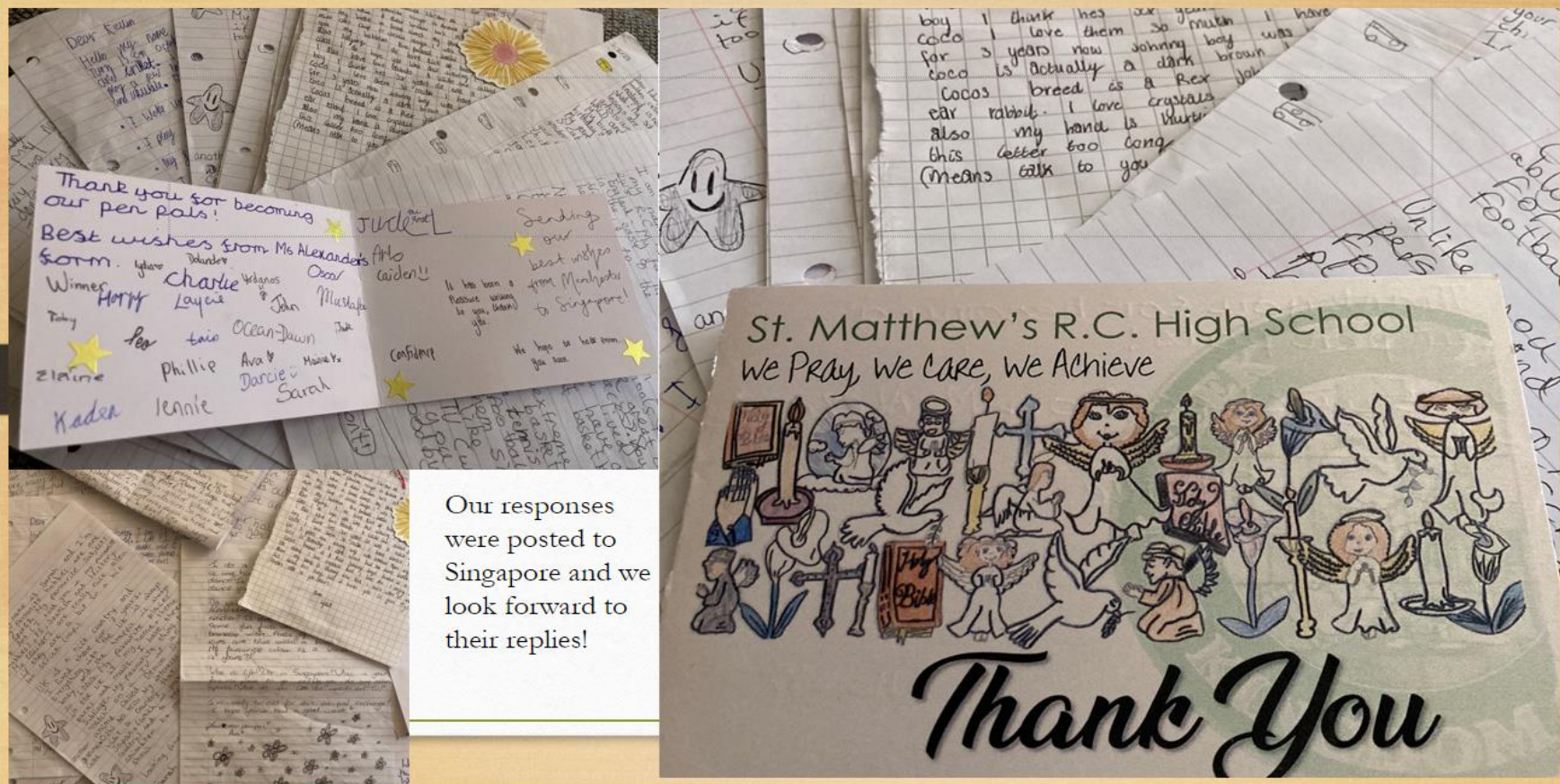
We received letters from Y7 students in Singapore. After researching Singapore and watching some videos about amazing things in the city, we read and responded to their letters.



Ms Morgan's English class at Dulwich International School and Miss Alexander's form at St Matthew's.



We responded to their letters, sharing information about our lives in Manchester.



Our responses were posted to Singapore and we look forward to their replies!

St. Matthew's R.C. High School
We Pray, We Care, We Achieve

Thank You

Welcome to our new headteacher!

BY ENOMAYO



Precious and Enomayo interviewed Mr. Nightingale to welcome him to our school and discover more about his background and intentions.

Mr. Nightingale was *'impressed by the students' desire to do well in school'* when he first arrived at St Matthew's. His plan for the school is to move forward to make it the very best it can be; his hopes and ambitions for St Matthew's are *'to assist students, get them to the next stage and complete the best course opportunities.'* He believes the St Matthew's community is *'a happy and vibrant community.'* However, he believes that we need to *'listen to both the students' and staffs' opinions more.'* Additionally, what Mr. Nightingale likes the most about the school, is that both students and staff are *'fabulous'* and *'everyone is committed to make it better.'*

Mr. Nightingale was inspired to become a headteacher because, according to him, *'it is the position with the most influence on the entire school.'* He has a *'good knowledge of Manchester schools,'* with 23 years of experience in five different schools. He graduated from the University of Liverpool and his favourite subjects from when he was still in school were: English, Maths, Geography, Science and P.E.

This is Mr. Nightingale's advice for the Year 11s:

'Don't let anyone tell you that you can't have ambitions; you shouldn't let anyone get in your way.'

Did you know?

Our school was founded in 1977 but rebuilt in 2007, to replace the old 1970s buildings. This rebuild took two years. Our 50th anniversary will be in 2027!

We have some notable students, including:

- Aitch (rapper)
- Brandon (footballer)
- Anthony (boxer)
- Terry Flanagan (boxer)
- Jonathan Macken (footballer)

WE PRAY, WE CARE, WE ACHIEVE

Summer Holiday Ideas

BY WINNER

Some new things that you could learn over the 6-week summer holidays are:

Cooking:

Cooking is an essential skill for human life. Cooking does some remarkable things for the human body. Cooking healthy meals can support your immune system and reduce the risk of illnesses such as heart disease, cancer, high blood pressure and diabetes. Cooking can also stabilize kids' energy and help them grow into healthy, confident adults. But all of this cannot just happen by just cooking you would have to eat the meals too.

Cleaning:

Cleaning is fundamental for being healthy. Cleaning helps you reduce your cortisol levels; helps you reduce stress and anxiety levels. A 2008 study in the British Journal of Sports Medicine stated, "Only 20 minutes of household cleaning reduces feelings of stress and risk of psychological difficulties." Cleaning can also help you focus on the things you need to do as no mess is in your way when you are trying to do something, improving your mood. Cleaning and organising the space you spend most of your time in can keep your immune system strong and offer a task that promotes focus.

Drawing:

Drawing enhances your creativity and activates your brain. Drawing actively opens your brain to creative thinking. Developing a sense of imagination helps stimulate the brain, creating new pathways allowing you to process new ideas and engage in creative problem-solving. Some benefits of drawing are that it reduces stress, boosts self-esteem, improves memory and increases emotional intelligence. Drawing forces you to pay attention and concentrate which mimics the experience of meditation.

Time Management:

The benefits of managing time are simple. Good time management allows you to accomplish bigger results in a shorter period which leads to more time for rest or doing what you want. Time management helps you focus better, allows you to be more productive, lowers your stress, and gives you more time to spend with the people that matter most. Managing your time reduces your stress and increases your confidence. From time management you will get higher levels of productivity, less procrastination and things seem simpler and easier with less distraction.



Support and Wellbeing Activities

BY JOHN

Make a list of all the things that you are grateful for. Could you show these on the petals of a flower drawing or the coloured stripes of a rainbow painting?

Listen to some relaxing sounds (*e.g., rainfall, beach sounds, rainforest soundtracks*). How do they make you feel?

The following YouTube channel has many relaxing soundtracks for you to try:

<https://www.youtube.com/channel/UCjzHeG1KWoonmf9d5KBvSiw>

Struggling with your mental health? Here are some activities/ideas to help you!

Good relationships are important for your mental wellbeing. They can help you feel a sense of belonging, share positive experiences and help others.

Drop the phone! Go outside, have fun and socialise!

Become physically active: have a jog in the morning; exercise and you will feel like the best!

Pay attention to the present, dwelling on the past makes the present dull: we all have a bright future!

Take back control of yourself: you cannot change who you are, but you change how you act.

As mentioned before, do not dwell on the things you cannot change but focus on the things you have control over!

***Wellbeing and getting support are important to your mental health.
Don't forget!***

Exercise and Fitness

BY YORDANOS

There are many different and free ways to stay active in the summer.

These include:

Playing football in the park: All you need is a ball, a net or even a wall!

Going for a nice relaxed jog: If you don't have a ball then you can take yourself on a jog around the park once or twice, depending on the park size.

Going on a walk: If you don't want to jog and want to take in the nature of the great outdoors, this is the thing for you.

Some links to exercise programs and exercise videos:

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Free places to go to:

- Manchester International Festival 2023
- Royal Exchange Theatre
- Abraham Moss Centre Theatre
- Anson Cabin Youth Project
- Manchester Art Gallery
- Manchester Library
- Manchester Museum
- Boggart Hole Clough
- Clayton Vale
- Mayfield Park
- Heaton Park
- Manchester Jewish Museum

[Places to Go in Manchester - Loads To Do](#)

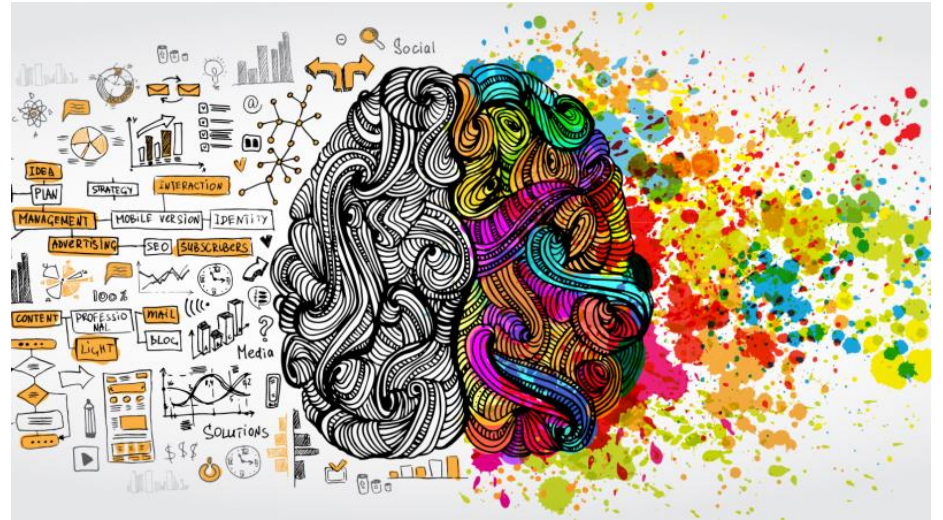


Summer holiday creative ideas

SUMMER IDEAS ACROSS THE YEARGROUPS!

We offer these activities for your amusement and delight. We believe that you are full of invention and possibility and each of these ideas helps to develop those qualities. Enjoy! We suggest you might like to make a book in which to record these activities!

- The Summer Holiday writes a 'Welcome note' to you. Write this note.
- Find a poem. Read it out loud. Record the time and place at which you read it and the title and author of the poem.
- Take part in the Manchester Summer Reading Challenge (<https://summerreadingchallenge.org.uk>)
- List as many words as possible which can be made from: Extravagantly
- Use a dictionary (/dictionary.com) and work out how to find the origin of the words (and their many synonyms):
 - a) House, home, abode, residence
 - b) Hut, shack, cave
 - c) Palace, castle
- List as many synonyms as possible for: Walk
- Write a definition of 'racism' and five ways we can challenge racism.
- Copy out the opening lines of two of Shakespeare's plays.
- Find the names of poets who were writing in:
 - a) 1620
 - b) 1720
 - c) 1820
- List the names of three towns and discover (and record) the origins of the names.
- Describe the scene from the windows of where you are right now.
- Write out, with speech punctuation, something you said today and then the reply you received.
- Read one of the books from the suggested [reading](#) list.
- List as many rhymes for butter as you can think of.
- Write a paragraph about the difference between dreams and nightmares.
- Create a recipe for something you have learned to make recently.
- List three persuasive things about the last advertisement you saw.
- Write a page for a history textbook for the future about the events of 2020-23.
- Listen to an audiobook. Audible books are free here: <https://stories.audible.com/start-listen>
- Write down the three things you are looking forward to about next year at school.



The Museum Trip

BY YORDANOS, PRECIOUS AND DANIELLA

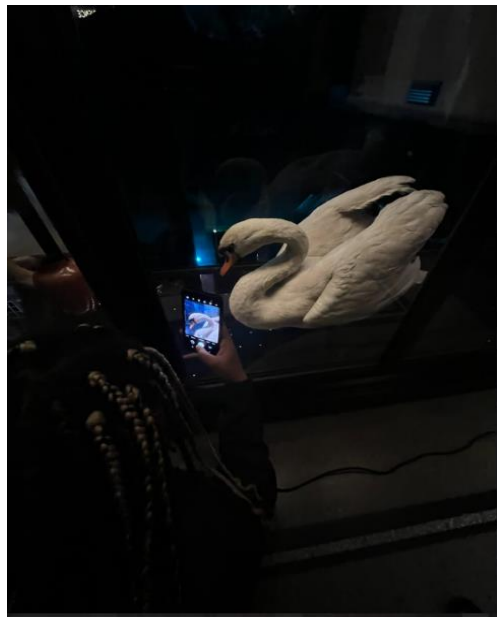
Present at the museum was the new Egyptian exhibition. There were many different real gold coffins and statues reflecting the status of the historical figure. Information was plastered across the display, giving us useful information about our ancient times.

Fossils, models and stuffed animals were mesmerising and captivating to see. Being able to see distinct animals in their accurate forms with an unreal amount of realism was so intriguing. There were many animals that we would never otherwise see in this lifetime, it's such a delight that we could at least see figures of them.

On Wednesday 10th May, Newspaper Club took a trip to the Manchester Museum to explore their newly refurbished museum. We explored various exhibits such as: the golden mummies, South Asia culture, wild life, dinosaurs and fossils. Our experience was further enhanced by the kind reception of the staff at the establishment. This is definitely an experience that I'm sure the team wasn't expecting to enjoy. We were constantly surprised by the realism of the statues and the history behind a few of the artefacts lying around. So much information was given to us, familiarising us with the cultures and time period. Not only was this trip fun, it was a great educational experience. The live animals were also a treat to see. The little treefrogs were a sight to behold as well as their toad relatives. The interesting and exotic fish were also awesome, adding onto the already cool experience.

On Thursday 13th July 55 Year Sevens will visit the museum, with further trips planned for the Autumn term!

You too can visit Manchester Museum for free over the holidays!



Music Recommendations ☆

BY JESSE

SMRCHS Gazette : Spring 2023

- XS – **RINA SAWAYAMA**
- Apple cider – **beabadoobee**
- Hype boy – **NewJeans**
- Tell me – **wonder girls**
- Be natural – **Red Velvet**
- More than a woman – **Aaliyah**
- My satisfaction – **Ive**
- Passion – **PinkPantheress**
- Princess Diana – **Ice Spice**
- Love war – **Yena**



ARTIST OF THE ISSUE (CHAPTER #2+3): PINKPANTHERESS+NEWJEANS☆

NewJeans is a fun new South Korean girl group formed last summer by ADOR, a HYBE entertainment sublabel. The group consists of five members: Minji(19), Hanni (18), Danielle (18), Haerin (17), and Hyein (15). They debuted seemingly out of nowhere with the single "Attention", followed by two other singles, "Hype Boy" and "Cookie" and the B-side. They received heavy praise due to the overall aesthetic of the group being reminiscent of the Y2K era. Over the last 11 months they've proved themselves as a force to be reckoned with worldwide. They will be making an album comeback this summer so look out for them.

PinkPantheress (22) is a British singer and songwriter. Her songs, which are quite infamously short and include samples of music from the late '90s and early '00s, span a wide range of genres, including bedroom pop, alt-pop, and 2-step garage. She was the lead singer in a My Chemical Romance cover band in her early teens. She gained popularity on the video-sharing app TikTok in early 2021 with the songs. Her most popular song so far is Boy's a Liar Pt.2, featuring Ice Spice. Her name was inspired by one of her favourite films, The Pink Panther. She regularly makes music at times like 3 am and claims to be terrible at naming her songs, she even had one of her fans name a song for her.



Puzzles

BY TAIWO



Summer Word Search



SUMMER	G	A	R	D	E	N	Y	S	M	B	M	T	O	L	S
SUNSHINE	N	I	A	R	M	E	L	E	S	E	E	R	W	O	U
SWIM	U	C	I	N	C	I	P	E	A	S	I	A	M	S	N
BOAT	L	M	L	I	N	O	I	T	A	C	A	V	R	P	S
CAMP	P	O	P	S	I	C	L	E	Q	L	D	E	K	I	H
HIKE	U	I	P	E	C	A	M	P	I	O	O	L	F	C	I
GARDEN	Y	T	N	S	R	E	T	L	M	D	N	T	R	E	N
PLAY	P	W	N	S	O	E	P	A	T	G	N	E	D	X	E
BEACH	A	U	G	R	I	A	D	Y	B	O	A	Y	A	T	E
JULY	R	L	J	U	L	Y	G	R	S	A	S	O	U	P	A
AUGUST	K	E	F	G	L	C	E	A	T	H	I	R	G	A	S
PARK	B	A	L	Y	P	A	E	N	O	C	R	E	U	R	D
PICNIC	S	H	O	R	T	S	O	O	H	A	E	H	S	H	R
POPSICLE	U	Y	P	E	M	N	O	S	A	E	S	S	T	D	E
ICE CREAM	C	H	E	T	A	M	C	L	Y	B	G	M	R	E	S
SHORTS	X	L	A	O	V	Z	R	C	O	J	B	R	I	N	S
DRESS	F	O	S	E	M	A	E	R	C	E	C	I	O	W	L
TRAVEL	B	L	O	S	S	U	M	M	E	R	W	B	M	O	S
VACATION															
SEASON															



Summer Sudoku

DIRECTIONS: Fill in the grid so that each column, row and box contains each of the letters in the word LIFEGUARD.

F	L			U	A	
		G	A	I	L	D
			L	U		R
A	U	R		G	E	F
D				R	F	
R	A		U	F	D	L
	G		I			R
						U