



WORLD NEWS SCHOOL NEWS SPORTS ENTERTAINMENT INTERVIEWS PUZZLES COMPETITIONS

The next edition of *The Broughton By-line* is here! Thank you for taking the time to read this edition of our school newspaper—we hope you enjoy it.

AN INTERVIEW WITH CYNTHIA MURPHY

Author of 'Win Lose Kill Die' (Page 17)

THE PROCESSED PROTEST:

*SWAP UPFs FOR
HEALTHIER OPTIONS*

More on Page 5

WORDSEARCH AND QUIZ

ON PAGE 21 & 22

WHO IS THE GENIUS BEHIND THE ARTWORK? FIND
OUT MORE ABOUT OUR MAGNIFICENT MURAL.

Page 12 & 13



Meet the Team!

Our dedicated and talented team have been working hard since September; planning, researching, interviewing, writing, designing... the list goes on!

We have met every Wednesday after school to come together and collaborate our ideas and we thank you for taking the time to read it!

We hope you enjoy it.

- The Newspaper Team

My name is Sophie and I am in 10C. I like the TV show 'Friends', running and reading. I love cats – my cats are called Cookie and Coco.

My name is Arush and I am in 10B. I love the outdoors – I enjoy playing cricket, cycling and going for walks.

My name is Jasmine and I am in 10S. I really enjoy reading and writing and I am a passionate feminist!

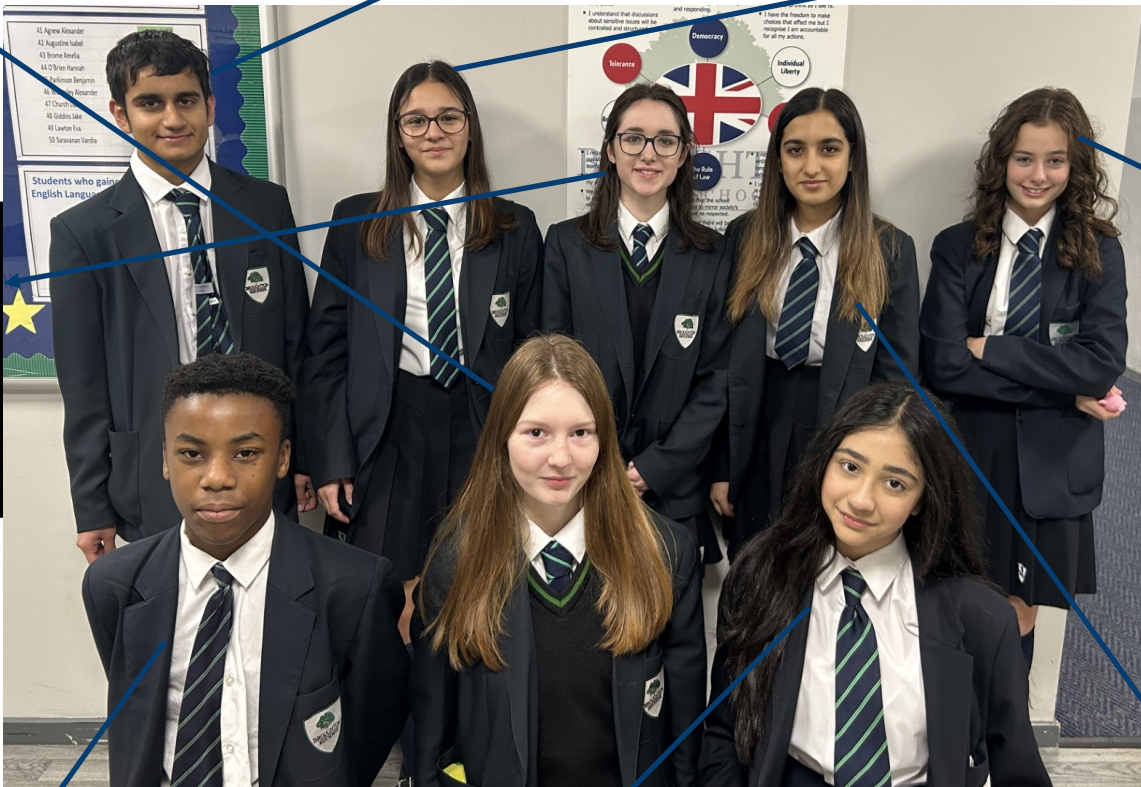
My name is Ellie and I am in 10S. I like reading books, drawing and running.

My name is Tamara, and I am in 10H. I love watching Casualty and listening to Taylor Swift.

My name is Tadiwa. I am in 10B. I like eating ramen and playing baseball. I am an excellent reader and I have a gold pass on Spax Reader.

My name is Safa and I am in 10R – I like reading. My favourite subject is art because I like drawing and being creative.

My name is Saira and I am in 10H. I like Lord of the Rings and Star Wars. When I am older, I want to be a lawyer or an author.



What's Inside?

Environment.....	4
Sports.....	6
General News.....	8
School Community.....	12
Interviews.....	17
Reviews.....	19
Food.....	20
Word Search and Quiz.....	21

The World is Getting Warmer

What is causing global warming?

By burning fossil fuels and cutting down forests we are increasingly influencing the climate and the earth's temperature. This adds enormous amounts of greenhouse gases to those naturally occurring in the atmosphere, increasing the greenhouse effect and global warming. The earth is slowly getting too hot for us!

What are the effects of global warming?

As the population increases so does the amount of fossil fuels being burned. Fossil fuels contain oil, coal and natural gas and burning causes the greenhouse gas effect which is killing the earth's atmosphere.

How could this affect the future?

Global warming is causing icebergs to melt and forests to burn. As the Earth continues to warm, crucial habitats for animals and plants will no longer be hospitable, putting them at risk.



What can we do to help?

Due to humans' activities such as drinking too many drinks from plastic cups, the world could start using recyclable cups but charge people another 50p to try to stop all the waste. As we all know paper straws are useless so swap them out for metal straws. We can also use less fuel and maybe cut down on how many aeroplane journeys or car journeys we take. If we all do our bit, we can reverse global warming.

We interviewed English Teacher, Mrs Smethurst, whose holiday was affected by the forest fires during the summer. Here is what she said:

Where did you go on holiday?

"I went to a small town called Trabia which is east of Palermo in Sicily."

How did the forest fires impact your holiday?

"I felt anxious. It was frightening when I found out about them because they were everywhere and the airports were cancelling flights. When I arrived on holiday, it was so hot that it was harder to relax. However, we still managed to enjoy our holiday to some extent!"

What are your opinions on forest fires?

"I think they are concerning as it shows the impact that global warming is having on the environment and more could be done to stop them. It takes something like this for people to realise how bad it is and to think about their impact".

Stop Plastic Pollution: Be Part of the Solution

Some people may not believe it but plastic pollution is killing animals. Marine wildlife are being seriously hurt by plastic. Sometimes, sea creatures think the waste is prey and end up eating it. They are dying of starvation as their bodies are filling up with plastic.

Marine plastic pollution has impacted at least 267 species worldwide, including 86% of all sea turtle species, 44% of all seabird species and 43% of all marine mammal species. As the amount of plastic in the ocean increases, it impacts more on the animals. It changes how



they live, it kills them, it gives them problems with digestion and even more. They don't know a difference between food and plastic, so we need to stop littering plastic as it ends up in the ocean. The ocean is now filled with around 75 to 199 tons of plastic. This is causing animals to go extinct. Plastic pollution has become one of the most pressing environmental issues, as rapidly increasing production of disposable plastic products overwhelms the world's ability to deal with them. The ocean is gorgeous so why destroy it? We need to cut back on our use of plastics and make sure we step up efforts to recycle it in our home.

What are 5 facts about plastic pollution?

1. Only 9% of all plastic produced is recycled.
2. A whopping 2 million plastic bags are used every minute worldwide.
3. Single-use plastics are illegal in some parts of the world.
4. Every minute of every day a truckload of plastic is dumped into the ocean.
5. 73% of beach litter worldwide is plastic.



The Top Tier Derby

By Tadiwa Chaparadza



Prior to a mouth-watering clash between two giants, the Top Tier Derby is one of the most important fixtures in the English football league as it determines who is in the running for the title race. Rodri's red card left a hole in Man City's hull which was soon to be determined their weak point and reason for defeat.

After a stalemate of 86 minutes, Kai Havertz and Gabriel Martinelli created the only and winning goal, and the Emirates erupted with a roar of celebration as they ended a 12-game losing streak to Man City and power on in chase for the title. As the final whistle went, Pep Guardiola deflated into his chair as he took the long-dejected walk down to the touchline.

As the last game before the international break, Arsenal should take this as an incentive and use it to aim for the top; and their rivals: Tottenham Hotspur. City have had a 3-game defeat streak and have been victorious over Arsenal in the past 12 Premier League fixtures, proving that today was all down to the match ban of Rodri.



Club	MP	W	D	L	GF	GA	GD	Pts	Last 5
1 Tottenham	8	6	2	0	18	8	10	20	✓✓✓✓✓
2 Arsenal	8	6	2	0	16	6	10	20	✓✓✓✓✓
3 Man City	8	6	0	2	17	6	11	18	✗✗✓✓✓
4 Liverpool	8	5	2	1	18	9	9	17	✓✗✓✓✓
5 Aston Villa	8	5	1	2	19	12	7	16	✓✓✓✓✗



Meanwhile on the other side of England, Manchester United went through a 93-minute struggle until Scott McTominay pulled a rabbit-out-the-hat moment for United. His injury time equaliser was not enough to take the weight off Ten Haag's shoulders as Brentford fans were singing: "You're getting sacked in the morning!" he may not have been in any imminent danger, but he knew how important getting a last-minute winner would be for his managerial role. And after a nervy VAR check, United stayed level and in with a chance.

After what was the last kick of the match, Scott made another beeline for the ball after Harry Maguire gave a header that floated into the box and found the angelic feet of United's saviour Scott McTominay to seal Manchester United's victory. As a spectator and supporter at Old Trafford that day I must comment personally that the performance that day was poor in terms of chances created and executing final products.

Manchester City charged for breach of FA regulations

After an enthralling 94 minutes of football, Manchester City provided a fiasco that broke Fa regulation and offences towards referees. A number of City's players rushed towards referee Simon Hooper when he played advantage after a foul on City striker Erling Haaland in the closing stages, only to then stop play moments later when Jack Grealish was through on goal. Haaland, who was one of several players to remonstrate with Hooper about the call, later criticised the decision on social media.

The FA's statement read: "Manchester City have been charged with a breach of FA Rule E20.1 after their players surrounded the match official during the Premier League fixture against Tottenham Hotspur on Sunday 3 December 2023.

"It's alleged that, during the 94th minute of the fixture, the club failed to ensure their players do not behave in a way which is improper." City have been given until Thursday, December 7 to respond to the charge.



Tuesday 13th 2023

Manchester United hurtle out of UCL with an anti-climactic defeat

The pressure continues to mount on Manchester United boss Erik ten Hag after The Red Devils crashed out of Europe courtesy of a 1-0 defeat to Bayern Munich at Old Trafford.

United needed a victory coupled with a draw in the match between FC Copenhagen and Galatasaray to book a spot in the UEFA Champions League 16, but they came up well short on a do-or-die evening against the already-qualified Germans.

The hosts struggled to create clear-cut openings but did blow a great chance at the start of the second period when Bruno Fernandes flashed over from the edge of the area.

It proved costly as Harry Kane set up Kingsley Coman 20 minutes from time to ensure the Bavarians bounced back from their 5-1 Bundesliga hammering at Eintracht Frankfurt.

FC Copenhagen's victory over Galatasaray means United finish bottom of Group A and do not even have the consolation of a place in the UEFA Europa League. Bayern were already through as pool winners and will be joined by the second-placed Danes.

United will now switch focus to another crunch Premier League clash at leaders Liverpool on Sunday. Bayern host Stuttgart as second meet third in the Bundesliga.

Club	MP	W	D	L	GF	GA	GD	Pts	Last 5
1 Bayern	6	5	1	0	12	6	6	16	✓ - ✓ ✓ ✓
2 Copenhagen	6	2	2	2	8	8	0	8	✓ - ✓ ✗ ✗
3 Galatasaray	6	1	2	3	10	13	-3	5	✗ - ✗ ✗ ✓
4 Man United	6	1	1	4	12	15	-3	4	✗ - ✗ ✓ ✗

By Tadiwa Chaparadza

Where is the best place to holiday this Christmas?

Christmas comes every year on December 25th to commemorate the birth of Jesus Christ, it can be a blissful time for many and can also be an enjoyable time to take a break from the freezing weather. So, it raises the question: Where should you holiday this Christmas?

Iceland

One of the most exciting winter destinations this year is Iceland where you may have a strong chance of viewing Northern Lights. And, if things start to feel a bit chilly, there is no better time to take a warm dip in the Blue Lagoon's geothermal waters than when temperatures hit sub-zero.



Germany

The Christmas spirit in Germany starts with the famous Christmas markets, overflowing with profuse helpings of mulled wines (spicy cocktails) and shining Christmas lights. There is a high chance of snow: temperatures can slip well into minus figures in December and the average low is -1C.

Antalya (Turkey)

No jokes about eating turkey in Turkey please! Many of the resorts in the region will have stonking good deals on all-inclusive breaks, with gala dinners (party- sit down dinner) put on for Christmas day. The fact that Christmas is not a public holiday here enables you to roam the shops, dine out restaurants and visit attractions. There is a fair chance of sun, but it may be too chilly to think about swimming!

Tenerife

If you are hoping to escape the cold and catch some sun Tenerife in Spain may be for you! Tourism may have made itself prominent but the resorts in the south coast destinations of Costa Adeje and Playa de las Americas take up only a fraction of the island.

Singapore

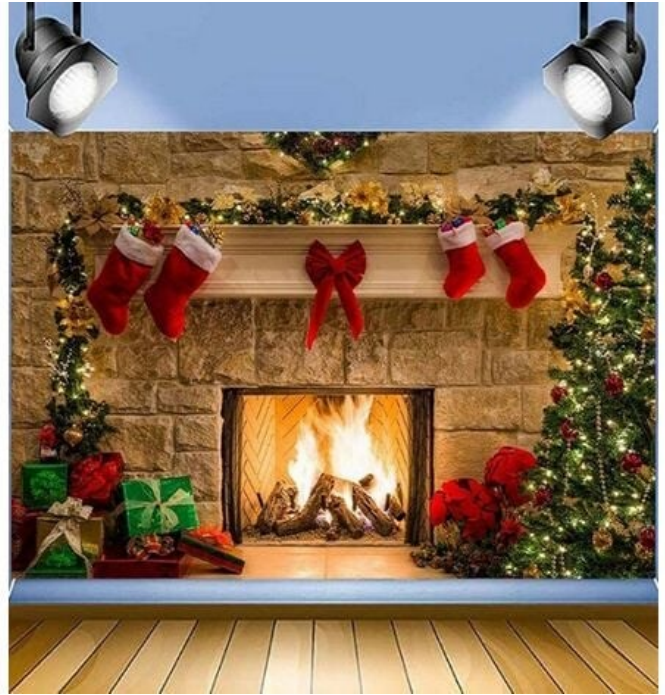
Singapore sums up the Christmas experience. Festivities start in mid-November when almost four kilometres of Christmas lights are switched on in the Orchard Road shopping area. Shortly after that, restaurants debut their festive menus and Christmas Wonderland opens at Gardens by the Bay. If you are worried about this all feeling a little too merry and bright, stay at one of the many beach hotels such as Capella Singapore on Sentosa Island.

Continued...

Where is the best place to holiday this Christmas?

New York City (USA)

New York is one of the best cities to visit for the Christmas – period. There is an abundance of movies, TV shows, and books set in New York for Christmas, and it is easy to see why. do not miss the magical displays at Macy's (*Miracle on 34th Street*); the steps of the Plaza Hotel (*Home Alone 2*); and the Rockefeller tree (*Elf*). The chance of snow is high, and it is possible temperatures could drop to a chilly -10 degrees Celsius.



Tokyo (Japan)

Around the illuminations, which are strung up on buildings, trees and anywhere else you can think of. Keep an eye out for the festive fairs and grab yourself a cute gift. A visit to Tokyo's Disneyland is necessary.

Dubai

Dubai is a delight every year, but it gets special during Christmas. It offers one-of-a-kind experiences for the festival that will keep you entertained throughout your visit to the city. Christmas in Dubai is not your average celebration. Dubai has numerous Christmas markets where you can do your festive shopping and take some souvenirs back home for your friends and family.

Costa Rica

Costa Rica's sunny season runs from December to April, so the Christmas period is an ideal time to catch some winter sun. The festive season is also the end of the school year in Costa Rica, so people really go all-out with their celebrations. Houses are decorated with tropical flowers, nativity scenes, and Christmas wreaths made of cypress branches and berries. Expect rum punch after midnight magic on Christmas Eve.



By Arush Kanwar

FEMINISM IN THE MODERN WORLD

By Jasmine Taylor-Ali

Feminism in the modern world is necessary as even though women have progressed through the years, and have gained to have equal rights to vote, equal rights to jobs, have equal opportunities for financial independence, through work or through setting up businesses, enjoy equal access to education and more, there is still a gap between men and women. This gap is represented through inequalities, such as women being underrepresented in leadership roles, earn less than men for the same job and have higher rates of violence and harassment against them.

We still see the need for modern feminism when we look at traditions that have been accepted by society. For example, in marriage, tradition shows that women would stereotypically take the name of the man, not the man take the woman's name. Furthermore, in marriage a woman would become Mrs to show that she is married, Miss to show that she is not married and even Ms if she does not want to specify it. However, a man is called Mr regardless of his marital status. This shows how women were given a title to portray if they were married or not and to show if they were 'single' or not. Alongside this, women were also traditionally made to take a man's last name when married to show how she is married and the same name as a man to display her being his 'property'; surely, it is time we abandoned these traditions. It is still rare for a man to take his wife's name after all!

Furthermore, modern feminism is also necessary because in football, the highest paid female players are still only making less than 1.2% of the highest earning male players. The highest Women's Super League player earn roughly £417,000 on average per year, and, although that is a lot, it is approximately 10,000 pounds less than what the average Premier League players earns in a week which equates to over three million per year. This equivalent shows how women earn less than what men do in a week. However, statistics show that 88% of players in the Women's Super League earn under £18,000 a year which when put into relation of what an average Premier League player earns is even bigger of a pay gap between the genders.

Modern Feminism also involves around eliminating gender stratification which refers to the social ranking of genders, where men typically inhabit higher statuses than women. It is the unequal power based on gender and a common example of this is the amount of women vs men in politics. Furthermore, gender-based stratifications have led to exploitation in society. Alongside this, in politics, women hold 35% of senior leadership positions, compared to men who hold 65% in ALL leadership positions, even though women account for over half of the workforce in the United States.



Controversy Online

Safa Murtza takes a look at online behaviour, explaining different types of harmful online behaviours and looking at cancel culture.

What is Online Controversy?

Online controversy mostly contains of online debates, Online bullying, Cancellation, Doxing (the act of searching for and publishing private material about a person, Negative reviews, threats and more. Online controversy is a very popular topic in today's society and the influence that the media and people have on each other.

Media Shaming – Bullying.

Media shaming is attacking an individual or organisation that is most likely to publicly embarrass the target for retribution, mainly, or for some other reason on social media, blogs or online communication. This can have large effects on the target, the target's friends/family, maybe even they have online followers who also have strong opinions and aren't afraid to share them unlike others and if this escalates like it does, and has before, online bullying can turn into threats and into way more that wasn't intended at the start. As a result of this, a small situation like a "harmless" hate comment can switch dramatically.

'Cancel Culture'

Nowadays, social media has become a dominant force in expressing public opinions negatively. With the click of a button, individuals can share their thoughts and views with the world, making it easier for people to hold others accountable for their actions. It is essentially the great democratiser allowing everyone to voice their opinion. Although it is wonderful that in today's day and age, everyone has a right to an opinion and their own viewpoints, is it really all that good if it leads to havoc? It is true that individuals are overly confident when online as no one knows who said what. Accounts are anonymous. So if you were to scroll on: Instagram, TikTok, Twitter even YouTube, it would be overwhelming on the amount of hate comments that are left to discriminate, bully and target the influencer. Ignoring the fact that services could be called and investigations could take place on who's spreading hate crimes, Most influencers, especially those on higher platforms don't want to have to deal with scandals that risk losing followers or shares or likes as that means less money is being made and their popularity goes downhill and one hate comment turns into thousands.

BROUGHTON HIGH SCHOOL MURAL

A new mural has been painted on the walls opposite the bin stores. Artist STANLEY MASON created this wonderful piece of artwork that really brightens up the space. Our own Newspaper Club reporter Arush Kanwar asked some questions. If you want to know more about the artist, visit his website: www.stanleywmasonart.co.uk



What materials did you use to produce the mural?

Well for the paint I used outdoor masonry paint, I had a blue, a red, a yellow, a brown, a green, a black and a white in big cans. This is a challenge in mixing the colours because when I paint with oil paint on paper, I can have 20 separate colours on my palette at one time allowing me to mix any colour I want. However, with the masonry paint I have only the basics, so you'll notice there are not really any vivid blues or purples in the mural. I have several brushes at my disposal, from thick ones made for interior decorating to the tiniest brush made for watercolours, but as I start and move along with a project, I will usually settle on four or five that I stick to. For a palette I use a couple plastic roller trays. I also use some spoons to scoop out the paint from the paint tins, a metre ruler and some chalk for the sketching stage and various miscellaneous things like a sponge and gaffer tape.

How long did it take you to complete it?

The mural took about 15 6-hour days, 2 days for the turquoise background, one day per subject/vase and some more days to tweak and change various elements. With half an hour for lunch in AR1 at 12 and an apple at 11.

Why did you and the school choose that spot in school?

Mr Botes wanted to brighten the school up and create a quieter, calmer area outside away from the busyness and noise of other areas for kids to come at break and felt that this was an appropriate area. When I was at Broughton high, in this area the bins were out and against the wall and it was all very grey. Now the bins are kept behind a lovely wall of leaves and there is the mural there with some benches either there now or soon to be in front of it so Mr Botes has completely transformed the area.

What was your favourite subject at school and why?

In year 7 and 8 my favourite subject was drama, but in year 9 when I did not have the confidence for drama and I got Ms Smith as my Art teacher, art became my favourite, and it was for the rest of high school and college. I also liked RE with Miss Harris a lot and the creative writing part of English with Miss Winter.

Continued...

Which part of the mural is your favourite part?

My favourite part of the mural is the English vase and the business and computing vase. I like the colour scheme of the English vase and the pile of books, and I really like the pink computer on the business and computing vase. I am also very happy with the background colour and the general pastel colour scheme of the mural as a whole.

Why did you choose the images you chose for the mural?

Well, one day I was looking at a bouquet of flowers one and thought that a good idea for a school mural would be an elaborate bouquet in a vase representing each subject. So, when Mr Botes asked me to paint this mural that idea came to mind. Mr Botes loved the idea so I measured the wall and worked out I could fit 9 vases across the wall. In terms of deciding what would go in the vases it was just a case of finding objects that people used in the subject that would look good. I used photoshop to create the elaborate reference photo taking objects from all around the web, the reference looks a real mess, and I realized that I needed a soft pastel colour scheme in order to make it look less chaotic.

How did you get into art?

I used to paint for hours in the kitchen at home from age 1-4 and art was always my favourite subject in primary school. Then I really had a passion for it in year 9 and loved GCSE art while always drawing at home in my free time. When I was younger, it was an escape from the noise and busyness of school and really drifting off and focusing on one thing was great for that, and I've always loved to create things and the more I have the more it turned into a need.

What advice would you give to budding artists?

I would say don't get bogged down with all the rules people tell you, there are so many rules that artists will tell you, teachers will tell you, other students will tell you but there really are no rules. Try as many different mediums, techniques, subject matters as you can and pick out what works for you, you'll be happiest with your work if it's what you want to do. However, when starting out make sure to listen to as much advice as you can and try it! Another piece of advice for the GCSE artists would be to think outside the box. Don't paint the first thing that comes to mind when given a brief, because chances are someone else has had that come to mind. Really think through your ideas and avoid the cliché pictures that loads of students do like 'someone's face in a bath surrounded by flowers' or 'the earth melting'. Try and think of something new with your ideas, if you want to paint something simple like a little flower go for it, like I said there are no rules, but I would avoid the cliché pictures. Also, I would say to write your ideas down, try lots of different types of equipment and mediums to see what you like, look for artists you really like on Instagram and in galleries to inspire you and paint in an environment you're comfortable in.



The London Trip

Jasmine Taylor-Ali recounts her experience of travelling to London and visiting the Houses of Parliament as well as other London landmarks.

On the 29th September, students on the school council were given the opportunity to attend a trip to London and explore Parliament and the city of London, with a visit to Madame Tussauds and a ride on the London Eye. Pupils who attended had to wake up at 4-5 with the train leaving at 6am and arriving in London at 8:30.

When arriving, the first problem occurred – our train that took us back home to Preston had been cancelled! Although it was unsurprising, it was not what we had planned. However, luckily for us, we were able to avoid a disaster by transferring to the 4:30 train.

After that, we made straight for Parliament for our own special tour around it, allowing us to see what happens inside the infamous building. We visited the House of Commons and the House of Lords, as well as many other rooms – some full of paintings of royalty and historical figures. After that we made our way out of parliament and to the London Eye, where we had stopped to have lunch, and to explore souvenir shops! After looking through the souvenir shops, we queued up and quickly ran on to the London Eye, astounded by the impressive view of London that we got.

After that we made our way to Madame Tussauds, via a small bus ride, and quickly made our way through the wax museum, taking photos of our favourite celebrities, fictional characters and historical figures, such as – Zendaya, Queen Elizabeth II, Winston Churchill, Henry VIII, Eddie Redmayne and even some well-known criminals.

After spending an hour in Madame Tussauds, we then left straight to the Train Station, as our train back had been changed to an earlier time. So, we quickly found food to eat on the train back to Preston and made our way to the platform, only for our train to have been cancelled another time!

Suddenly, we were moved from one train to another, alongside other passengers from our train and others – all that had been cancelled. Luckily for us, we were allowed to board the train first, enabling the majority of us to find seats however, the carriages were crowded with people standing and half way through the exhausting ride to Preston, the driver announced that all stops after Preston had been cancelled!

Finally, after a 10-minute wait outside the Train Station, we arrived and rushed out of the train just to be stuck in a humongous crowd full of people trying to escape the station! After managing to escape the station, we were collected by our parents and went home after an exhausting day walking around London.



Well done 10C!

On the 16th and 17th of October 10C held a Bingo event to raise money for the healing little hearts charity. We raised £41.80 and will be raising more in the future. The money raised for 'Healing Little Hearts' goes to children are born with Congenital Heart Disease. A staggering 90% of these children will NEVER receive the lifesaving surgery they desperately need.

Well done, 10C, on raising money for a worthy cause!



Creative Writing

As part of their GCSE, pupils write a narrative under timed conditions based around a prompt.

The story below is shared with the permission of the year 11 pupil, who wrote it in their Year 10 examination in 45 minutes. The prompt was: write about a time things turned out unexpectedly. Enjoy!

“Mr Braithwaite?”

That's another name called before mine. It's like people come in here with some sort of fast pass.

They get here later than me and they are called up earlier, somehow. I know there's no use in complaining, but it's quite therapeutic.

“Ms. Schroeder?”

I've lost count.

To satisfy my complaining craving, I can't go on throwing jabs on my own, and to my newspaper. I notice there is a boy next to me. I think he's been here as long as I. His hair is brown, combed over to the right. Thin-rimmed glasses perch atop the plateau of his crooked nose. He looks young-ish, certainly younger than me, or anyone else in this room.

Most notably, he has a pair of crutches resting against his seat.

“Broken leg?”

He raises his brow before turning to me. I peer down past his cargo shorts and to his bare legs, unconcealed by any cast. “I was born like this.”

Must be why he's here.

I feel the need to tell him that he's probably in the wrong waiting room, but just because of that snarky brow raise, I'm not going to. He probably already knows, given that any one person in the room has more forehead wrinkles than he does on his whole body.

“That why you're here, then?” I look down my newspaper, Friday the 15th of April. “Friday checkup? I know the feeling, lad. I'd rather be watching the footy.”

There, it is again, the brow raise, as if I just said something daft. He twitches his lip, as if to say, “What are you on about?”

Must be a cricket fan. That's reason enough to come for a checkup.

“Not here about a checkup,” he says, not even turning to face me. Madman's come to a clinic just to sit around, miss the football, and not even get a checkup. “Then... Why come?” Boom, snarky face. He's got a real bad habit of doing that. It's a perfectly valid question, but I don't get a response.

“Seriously, why aren't you in the pub, watching the game? Have fun while you're still young. How old are you, 20 something?”

“29.” He looks quite upset. I hadn't considered that it mustn't be much fun getting drunk on crutches if you fancy staying upright.

“I'm 58, believe it or not.” This time, I don't even get the subtlety of a brow raise, he just outright lets out a snicker.

“In your dreams. 58? I mean, come on, don't-“

“I bloody well know my own age, lad.” Who does he think he is? “I should know, it was my birthday just yesterday, went out for Sunday roast!”

Perhaps I've exploded a bit too severely there. He won't look back to me. A single tear glimmers in the light from overhead, rolling down his cheek.

“Mr Smith?”

He begins to fumble with his crutches, and his shaky voice calls to me.

“Come on, dad,” he says.

If you want to submit a piece of creative writing for the next edition, please email it to alstonr@broughtonhigh.co.uk or meikleg@broughtonhigh.co.uk

An Interview with Cynthia Murphy

Two-time Lancashire Book of the year winner Cynthia Murphy recently visited our school to speak to pupils in year 9 about her life as a writer.

Cynthia is based in the North West of England and became TikTok famous because of her books including Win, Lose, Kill, Die and Last One to Die. Newspaper Club managed to get an exclusive interview with her after she finished signing books for the pupils!



What made you get into writing?

“I loved reading and I would love to read everything and could always guess the ending. I liked books with a good twist that’s why I wanted to write my own.”

Why did you want to write horror/thriller?

“I hated Halloween attractions and it made me like it in a safe way. Once we went with my friends and I ended up grabbing her arm and throwing her I was that scared. But writing these books made me feel safe about it.

What are your top three books?

“My favourite books are The Historian by Elizabeth Kostova. Another is Dracula by Bram Stoker. My 3 favourite books is Pet Cemetery by Stephen King.”

What is your favourite book that you have written?

“My favourite book that I have written is always the book I’ve just finished because it’s always nice and shiny when it gets published. However, if I had to choose it would be Win Lose Kill Die because this was the book that made me become an amazing writer”.

How did it feel winning YA thriller book of the year?

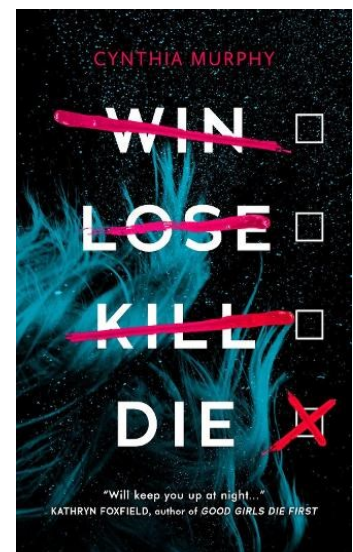
It felt amazing because I got to meet everyone. It was nice being nominated and I felt great because I was the first woman who got nominated twice. I was so ecstatic.

What would be your advice towards aspiring authors?

“I was 28 when I became an author. I wish I’d started writing younger but it is still amazing to have books published at 28 it felt like such an achievement. For aspiring writers, my advice would be to persevere and keep going, but be prepared for people to say no to you. In school, one of my teachers accused me of plagiarism because she thought I had copied my writing from somewhere else. When I published my first book, I wrote this story in my Amazon bio for my book description and someone showed it to my old teacher. She actually contacted me after that!”

What do you think the hardest thing is about being a teenager?

“When I was a teenager, I never felt fully sure of myself and I didn’t have much self-confidence. I would say that as a teenager it is so important to believe in yourself.”



Youth Speaks

Sophie White and Saira Ali interview our teams that competed in the Youth Speaks Public Speaking competition. The teams represented Broughton High School with pride and performed very well. The pupils representing Broughton High School were: Evie Eastham, Rohan Connelly, Alice Chapman, Aiysha Aslam, Hannah Wilcock, Aebha Bayliss. Below are their thoughts on the competition.

Why is it important that we ask people to do speeches like this?

"I think it is important because, it increases confidence and helps overcome nerves. It also gives people a chance to speak about something they love and are passionate about, and they can develop their researching skills too."

What was the best part?

"The best part of the day was that it was fun and very well organised. It was great to see what everyone else's arguments were – plus – we got free food!"

What was the most nerve-wracking part?

"The most nerve-wracking part was having to walk up to the stand and the waiting part before you stood up to begin speaking. There were also time limits when you are speaking which puts you under some pressure. There was also a worry that you would not know the answers to questions if they asked you something."

(Evie Eastham won Best Speaker in the competition). How did it feel when you won the award for best speaker and why do you think you won the award?

"I was very shocked to be honest as I was very nervous walking up, but I think I won because I didn't use any flash cards during my speech, and I memorised it – I think they were impressed" – Evie Eastham (10C)

How hard was the preparation?

"This was the hardest bit – we applied later so we had slightly less time to write our speeches. It was difficult thinking of ideas and you had to meet a specific criterion and try to get all the ideas into a two-minute time frame."

What were the challenges?

"The main challenges were acting like we had never heard your teammates' speeches before. You also could not repeat anything that was said so you had to be creative with your words."

Do you feel like you benefitted from the day overall?

"Yes – we now have much more confidence about speaking in front of people and it was an enjoyable experience. As a prize, we got a £10 Waterstones voucher, chocolates, and a pen!"

Tolkien Talk!

A book review of The Lord of the Rings by Saira Ali.

Tolkien created an entire unique world embedded with deep history, culture and geography, as well as eccentric yet relatable characters. Arcs of redemption, pain, triumph and optimism are viewed and experienced by many characters, giving them a deep and compulsive backstory, which shape a large part of the trilogy.

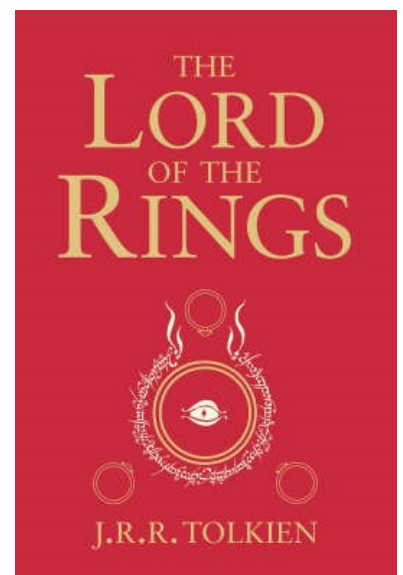
Novels or movies?

A lot of controversy lies on the topic of novels or movies, when it comes to the intriguing trilogy; however, I personally believe that the novels are more interesting and detailed, compared to the movies. Each section of the novel contains vivid imagery, and there is also a spiritual element which is incorporated in the novels, yet barely touched on in the movies. The novels focus on the hobbits back stories, including Sam, whose point of view was seen often, and who played a huge role in taking the ring to destruction, yet in the movies, Sam's background, nature and character is not focused on as much. As much as Jackson's trilogies are some of the best fantasy movies made, they do not compare to the exciting, eventful novels.

Did the books lack female characters?

Many people argue that Tolkien didn't include enough important female characters, as there are only three in the Lord of the rings books. Despite others being mentioned, the novels lack significant women characters. This could be due to the fact that Tolkien spent most of his life in an all-male environment, and had conservative views about women. The following movies and shows based on the novels include many more important female characters, such as the side series; 'rings of power' which revolves around a younger version of the character Galadriel, who appears briefly in the hobbit films.

The Lord of the Rings continues to be a popular, traditional novel, read to many children, and the movies continue their legacy through famous characters.



The Processed Protest

Tamara Winter gives her thoughts on Ultra Processed Food and the effects it is having on us.

Since 2009, research into the food that we perceive as affordable and convenient has raised awareness that it can be dangerous to our health and manufactured to be highly profitable. Ultra Processed Fare designed to contain low-cost ingredients, have the convenience of a lengthy use by date and are cleverly branded to entice consumers. Recently, the truth has started to seep into headlines and has shocked people with the harrowing truths about what we put on our plates.

So, what are ultra-processed foods?

Ultra-Processed Foods are any food that is wrapped in plastic, contains one or more ingredient that a person wouldn't typically find in a domestic kitchen, and they typically contain 5 or more ingredients.

Dr Chris Van Tulleken (who has done extensive research into the matter) has described UPFs as "an emergency" whilst other medical professionals call for 'tobacco-style' campaigns and warnings for ultra processed foods.

A study at the Melbourne Collaborative Cohort involving over twenty-three thousand Australians proved that people consume more than 30% of their daily diets as Ultra-Processed Foods show a 23% increased depression risk. Furthermore, ZOE revealed that the top five causes of illness and early death consists of smoking and 4 other diet related factors.



The Effects of Ultra-Processed Foods

Some examples of UPFs include; French Fries, cake, cookie, sweets, white chocolate and ice cream. Health care professionals are also urging people to avoid hot dogs, pretzels, diet fizzy drinks, processed pastries and anything that is unnaturally orange. The low fibre content in these foods means people eat more before feeling full and the calories are becoming more concentrated. They are also proving to be highly addictive due to an unnaturally high amounts of neurologically rewarding ingredients that are absorbed quickly by your body due to additives; the food that parents often put on their children's plates are actually manufactured in the same way as drugs. This is why eating ultra processed foods has caused a pandemic of obesity, heart disease, high blood pressure, diabetes, depression and ovarian, brain and breast cancers. They are designed to be almost impossible to escape but the so called 'food' that is filling our cupboards and taking over the supermarkets is rapidly sending the worlds populations health into a vicious and calculated downwards spiral.

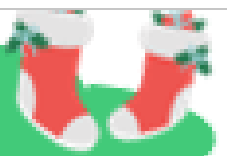
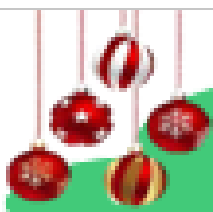
UPF Swaps!

Ultra processed foods appear to be inescapable; supermarkets have been consumed by the products. Consumers have begun to feel suffocated by fake news and temptation. however, making some easy swaps will not just benefit their physical health but a person's mindset and ability to make the best choices when it comes nutrition. Switching Ultra Processed for minimally processed foods can make a dramatic difference to the number of calories a person consumes in a day.

For example:

Swapping fizzy drinks for sparkling water, Crisps for homemade pita chips, instant coffee for cafetiere coffee, granola bars for homemade granola and energy drinks for fresh orange.





Christmas Word Search

S	Z	O	L	A	F	V	R	I	P
S	T	T	A	S	N	O	W	B	R
L	L	O	I	Z	E	X	Y	C	E
E	E	N	C	N	V	U	U	P	S
I	W	L	Y	K	S	O	L	U	E
G	V	D	F	M	I	E	E	R	N
H	M	Q	P	T	M	N	L	D	T
S	A	N	T	A	U	I	G	S	J



Present

Stocking

Santa

Snow

Sleigh

Yule

Tinsel

Elf

Quiz

All the answers are surnames of teachers at Broughton High School! How many can you get?

1. This village, located just outside of Preston, had postcodes starting PR5, _____ Bridge.
2. These two brothers are credited with inventing the airplane, Orville and Wilbur _____.
3. This Welsh singer has sold more than ten million records world wide, Charlotte _____.
4. This Coronation Street character, changed their surname from Seddon when she married Kevin, Sally _____.
5. England's World Cup winning goalkeeper, Gordon _____.
6. This astronaut is the first human being to step foot on the moon (or did he), Neil _____.
7. This famous inventor enjoys eating cheese with his best pal Gromit, _____.
8. This English cricketer was actually born in South Africa, Kevin _____.
9. This charity supplies impartial humanitarian aid across the world, British Red _____.
10. This is Ringo Starr's (drummer of The Beatles) real name, Richard _____.