



Pentrehafod School

Newspaper

5/05/2023

INTRODUCTION

HELLO ALL, THIS IS OUR BRAND NEW SCHOOL NEWSPAPER! EVERY HALF TERM WE WILL BE INFORMING YOU ABOUT IMPORTANT INFORMATION ACROSS THE SCHOOL, SUCH AS EXAM DATES, SPORTING EVENTS AND CELEBRATING YOUR AMAZING WORK. BROUGHT TO YOU BY A HARD WORKING TEAM OF PUPILS FROM ALL YEAR GROUPS, WE ARE EXCITED TO SHARE ALL THINGS PENTREHAFOD.



JESSIE-MAY
9.2

KEERA WILLIAMS
10.2

ALESHA WILLIAMS
7.9

ANAYA AHMED
10.4

MOLLY OWEN
7.4

TAMMY GREY
10.6

MADDISON LLOYD
10.7

KIAN HALL
10.6





Healthy food recipes

one-layer lasagne

Tammy Grey

After researching the prices in all available supermarkets, we recommend shopping at Tesco for this recipe. With the cost of living crisis, we wanted to try make the recipes in this section as budget friendly as possible as well as being healthy. For our first edition, we have found a lasagne

that's layered with so many great flavours and textures that you'd never notice that there's absolutely no pasta. The courgette and tomato's make a great substitute! As I have tried this recipe myself as a very picky eater, I can confidently say that everyone will love it!

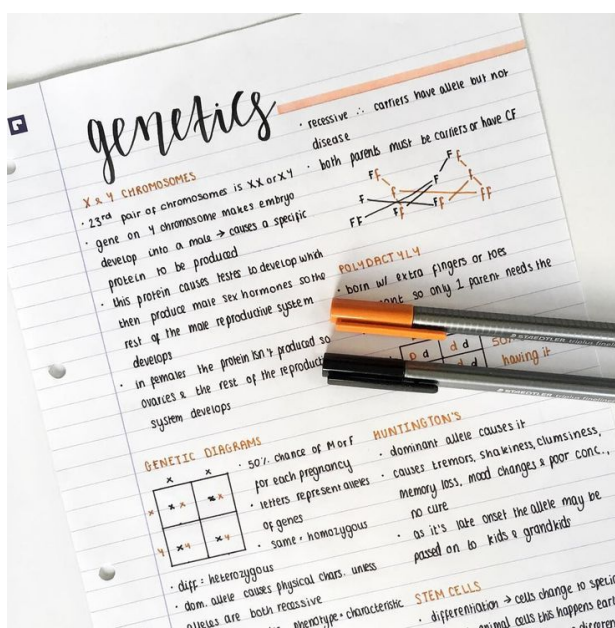
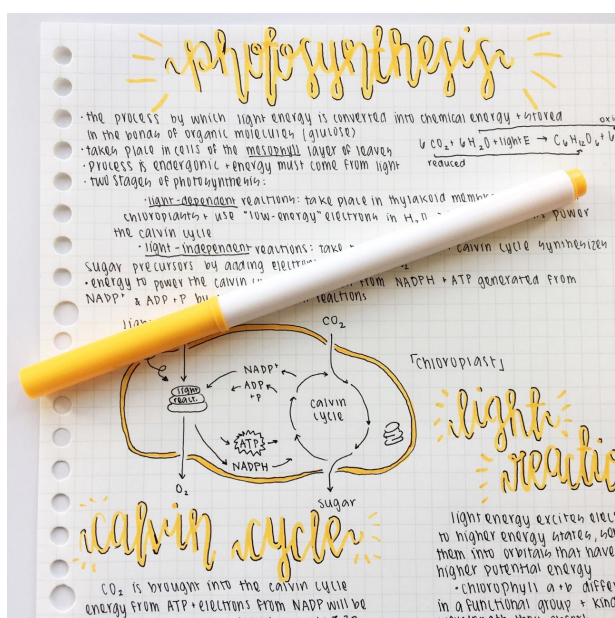




Exam dates and revision material

Pomodoro technique

Tammy Grey



The Pomodoro technique is extremely useful for those who find studying for a long time to be boring and monotonous. It minimises the chance for distractions that disrupt the flow of studying. It works by splitting your studying session up into manageable, 25 minute chunks and giving you a rewarding 5 minute break at the end to keep you motivated. Also, one 25 minute revision segment is called a Pomodoro (a type of tomato) because of the tomato shaped timer that the creator used when he first tried out the technique. So here's how to do it:

1. Plan out exactly what you're going to revise so you don't waste your break planning what to revise next.
2. Set yourself a task that can easily be completed in 25 minutes. For example, you could revise one small sub-topic from one of your subjects or write a practice paragraph so you're prepared for exam style questions.
3. Start your timer and knuckle down. don't be too stressed out by the time pressure, if you don't finish your task then you can just continue it in the next Pomodoro.
4. Give yourself a break and spend it wisely. make sure you do something you love so you feel properly rewarded for your work and will be motivated to carry on.
5. Don't put too much pressure on yourself. you learn things by properly taking in information so cramming won't work. Just revise little and often and you'll do fine.



Interview with a teacher

Mr Hughes Molly Owen and Alesha Williams

Alesha: What is your favourite thing about teaching your subject?

Mr Hughes: My favourite part about teaching my subject (media and English) is definitely meeting and talking to the children. I love creating positive relationships with the students that I teach, even the ones that are a nightmare. Everyone is unique and I absolutely love standing in front of a class and getting to know everyone and them getting to know me and all my weirdness and quirks.

Molly: Thank you. What's your favourite film to teach about in media?

Mr Hughes: Definitely "The Grand Budapest Hotel". However it is a 15 so I can only teach it to my year tens and elevens, but as soon as they get to media studies year eleven that's all I talk about how much I love that film and how amazing it is to study.

Alesha: Interesting! What do you rather, media studies or English?

Mr Hughes: I love them both equally, my background is in media studies so I have more experience with media studies but I love the English department here at the school, so it would be impossible for me to choose but I do love them both equally.

Molly: Any tips for GCSE students taking exams this year?

Mr Hughes: My biggest advice to these students would be to make a timetable of when they can revise. I think it's really important to manage your time, you can spend an hour here or there actually revising your subjects, it is really important to make the most of your time because when you get to year eleven it's a shorter year than most so every lesson counts. You need to be here, on time and you need to be engaged in every single lesson because every second really does count and every second is closer to getting those GCSE results. There's nothing worse than seeing the students on results day who have so many regrets about not putting the effort in throughout the year. That would be my biggest advice.

Alesha: Is there a specific topic you think is most important for students in media?



Interview with a teacher

Mr Hughes Molly Owen and Alesha Williams

Mr Hughes: Media studies is a very special GCSE because you have to spend an entire year on coursework. So you have to research, plan and create your own production. So I think you have to be very conscious of the time that you have. I think my favorite topic I love teaching has to be the Hollywood film topic where they get to study Avengers Endgame. Or Gavin and Stacey that's a really fun one as well.

Molly: What do you think is the most important topic in English?

Mr Hughes: In English? That's a very tricky question because the GCSE in English you have two, so you get an English literature GCSE, and an English language GCSE. They are both very different, so literature is all about reading novels, poems and needing to understand them, analyze them and talk about them and about why the writer has made the decision that they have. The language GCSE is similar in that respect as you have to look at why the writers chosen that particular way. It's a very different skill (language). So I'd say the skill you need when you get to English is to adapt and be able to change and know what you have to do for certain questions and certain topics.

Alesha: If you didn't teach media or English what other subject would you teach instead?

Mr Hughes: That's a very good question, I'm a massive history nerd, so I think I'd do a really good job at teaching history but I'm also really into sports as well so I think PE could've been an option. I used to coach football to primary school kids so I think that's something that I could've done but English and media is where I'm at.

Molly: If you didn't become a teacher what other job would you have liked to have?

Mr Hughes: I'd love to be a film critic or journalist. So what that means is they'd have to pay me to go and watch films early, and then I'd go and write up my thoughts on that film, so I'd get paid to watch films and that for me is like heaven. That would be my favorite job if I had to choose one.

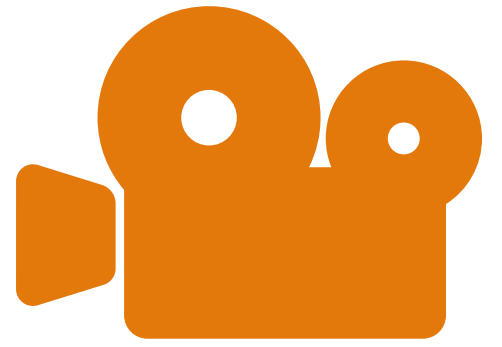
Alesha: Cool! Last question... if you could change anything about the school what would it be?

Mr Hughes: I'd like to see a little bit more resilience, especially among GCSE students. I think it's a very hard time (doing GCSES) and being able to go "right I'm really struggling so I'm gonna put the effort in and try to get better" is a good mindset to have. Certain students do that and they are the ones with the best results. So if I had to say one thing I'd like to be improved I'd like students to be more resilient and to challenge problems head on and try their best. But we are getting there, definitely.

Molly: Thank you very much!

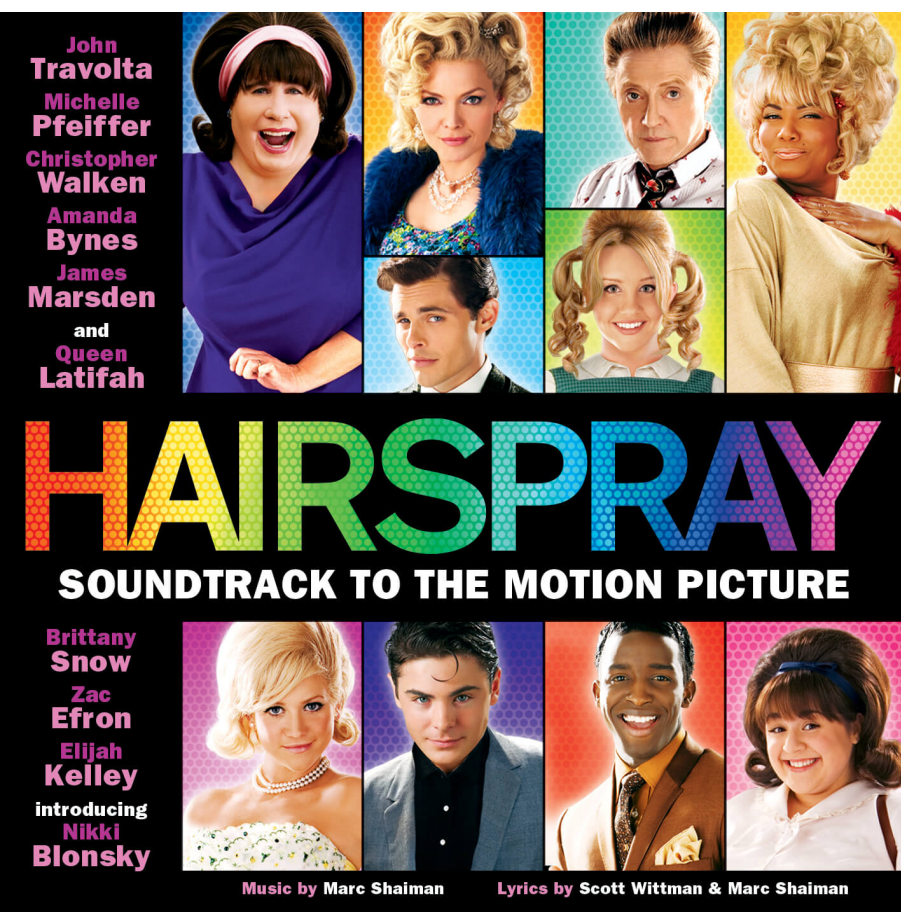


Film review



Hairspray

Kian Hall and Tammy Grey



The film this month is Hairspray. The film follows Tracy Turnblad, who lives in Baltimore in 1962, amid racial segregation (the separation of people according to race). As a loud, plus size teen, Tracy struggles to be respected by the people around her. However, she has big dreams of being on a famous dance show on tv and she will do anything to achieve them.

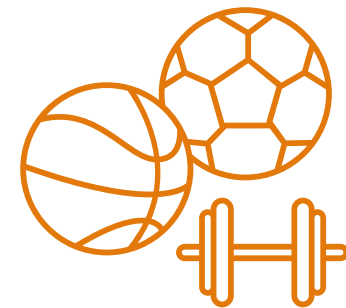
This film is great for anyone who is in need of a pick-me-up, or is just looking for a fun film to watch with your family. The film features many colourful costumes and fun musical numbers. The film offers an interesting look into 1960s American life and all of the vintage diners and large hairstyles that were popular back then. They add to the films charm. In this film, the representation of plus size people really hits the mark. It doesn't go into depth on this topic as to not weigh down the film's cheery atmosphere. However, the film covers it enough to teach those who aren't fully aware of the bullying plus size people experience and inspire those who may experience said bullying to be more confident in themselves and their abilities.

Overall, hairspray is a really fun film to watch with family. The songs are colourful, fun and just outright catchy. Also, it manages to bring light to relevant matters without losing it's important message in all the satin and sequins. We would rate hairspray an 8/10. A must watch for musical lovers! Enjoy guys!





Sporting Events around the world



Recent football events

Abigail Richards

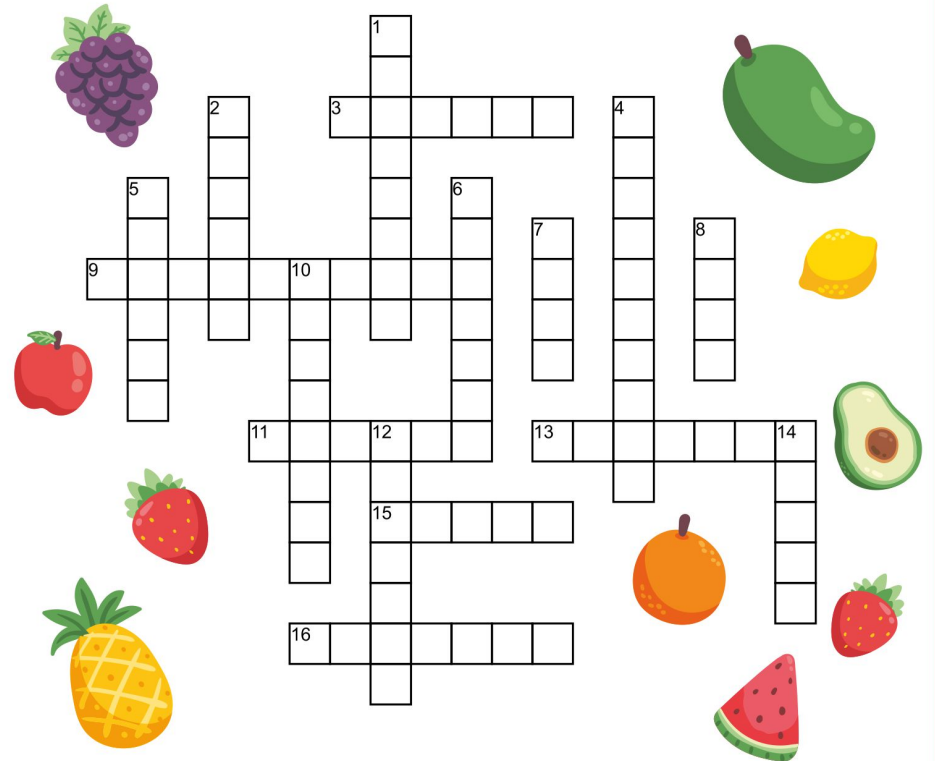
Women's euros in England was the most successful women's euros, and had a record crowd for a men's and women's euros. This was watched by over 300 million people, watching England win. The men's World Cup was held in Qatar which caused a lot of controversy as they don't accept the LGBTQIA+ there which led to a few of the women's teams not watching the World Cup and huge controversy as people were disappointed with the choice of where it was held because of the values of Qatar. The women's World Cup this year is being held in Australia and New Zealand, which is meant to be the biggest and most watched women's World Cup. However a lot of players are missing out on this tournament due to injury's, specifically ACL injuries, which are much more common in women than men. This is because women are six times more likely to get them but not enough research is being done to prevent these Injuries, which prevent them from playing for 6-9 months and potentially end careers. There is controversy and upset among the community because they believe that more research needs to be done, and that if this was an issue in the men's game there would be a solution already. Barcelona are now finalists in the women's champions league after defeating chelsea 2-1 on aggregate. Wolfsburg are to face arsenal on may 1st for their second leg of the semi finals to see who will face Barcelona in the final. Arsenal came from from two goals down to draw the game 2-2 in the first leg of their semi final against Wolfsburg.



Games

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Fruit and Vegetables



Across

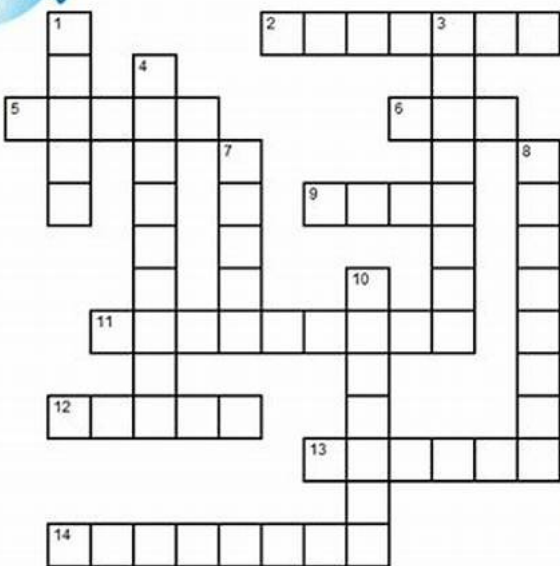
- The vegetable that chips are made from.
- Delicious summer fruit: Red flesh with black pips.
- Grows in bunches on vines
- A vegetable that is good for your eyesight.
- Delicious summer fruit: Big pip, yellow flesh, juicy
- Dried grapes are called _____

Down

- A vegetable that looks like a small tree.
- Granny Smith, Golden Delicious, Star King
- Red berry with its seeds on the outside.
- Round citrus fruit with segments inside
- Monkeys and Minions love these!
- Green on the inside with tiny black pips
- Round fruit with small pip and yellow or dark purple flesh
- A fungus
- Hollowed out for Halloween
- Tomatoes, cucumber and lettuce make a nice _____



Ocean Animals



ACROSS

- fat layer that keeps some marine mammals warm
- fish use these to breathe oxygen from the water
- name for a group of whales
- ocean dwellers that lay eggs and have bones
- what a shark has instead of bones
- a shark has several rows of these
- what younger whales are called
- marine animals with soft bodies and no backbone

DOWN

- small creatures that look like shrimp
- how a whale or dolphin breathes
- largest animal in the world
- bioluminescent animals make their own
- clams, oysters and scallops are all ...
- ocean dwellers that birth live babies and nurse their young

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