

THE WAY MAGAZINE



SUMMER EDITION

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INTRODUCTION

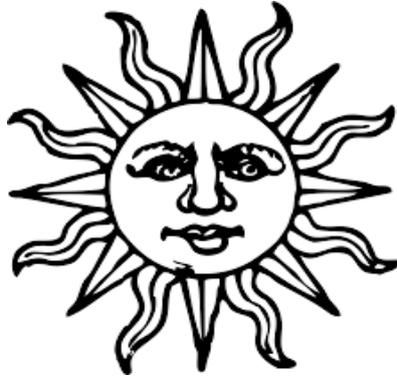
**Welcome to the 'Summer Edition' of MCA's
The Way.**

**Staff and students alike have come together
to create
this Summer edition to showcase student
work, make you laugh and get you thinking.**

Right in time for the summer holidays.

A magazine written by students, for students

SEASONAL ARTICLES



Summer Solstice and Midsummer

On June 21st 2022, the sun travels the longest path around the Earth, creating the Summer Solstice with Midsummer. This falls on June 24th.

In Celtic, Slavic and Germanic cultures, the solstice is often celebrated with bonfires, with the intent of boosting the sun's strength. People's moods tend to be improved during the summer as well as them sleeping better. People come together to celebrate the Summer Solstice by taking part in: festivals, sunrise gatherings, bonfires and sauna relaxation.

Folklore and spiritualism are common themes during the Summer Solstice and Midsummer and usually take place in spiritual areas such as Stonehenge, where the first rays of sunlight shine into the heart of Stonehenge.

Here are some ways you can celebrate:

- Go outside and enjoy the sunlight
 - Design a flower crown
 - Meditate or do yoga
 - Arts and crafts
 - Connect with nature

Part Time Pride?

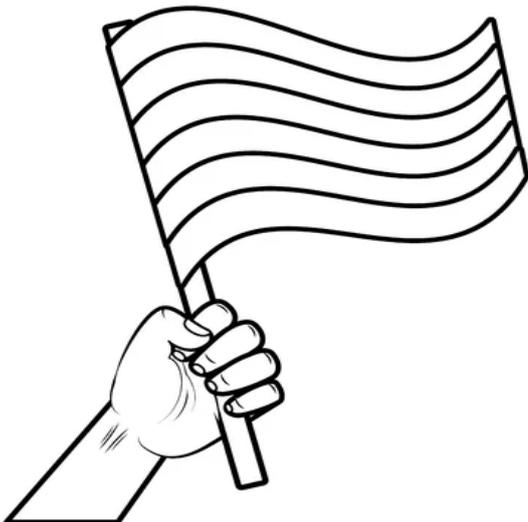
Have you noticed that around summer, there is an increase in rainbows? Because big brands certainly want you to notice.

As the general support for LGBTQ+ rights grows, so does the corporate incentive for brands and companies to position themselves in sync with that growing sentiment. But in that commercialisation lies the disconnect: Brands promoting gay pride and the LGBTQ+ community may not always be consistent in actually supporting the LGBTQ+ community, but they still capitalise on the help that people want to give that community.

From same-sex advertisements for jeans to cans of soup, these companies use promotions and advertisements meant to appeal to queer people's emotions and convince us that they're on our side. In the past five years, queerness has become normalized and routinely represented in such media — but there's not much proof it's done everyday queer people any good.

Take, for example, Adidas, which has a special section of its site called the "pride pack" selling rainbow merchandise to honour Pride Month. But it's also one of the major sponsors for this year's World Cup, which takes place in Qatar, a country with anti-LGBTQ laws that make it unsafe for fans and athletes.

That contradiction throws into sharp relief the emptiness that can lie at the centre of corporate gestures of "support" for the LGBTQ+ community.



Steal Your Style!

Here at The Way Magazine, we appreciate good fashion. That's not to say everyone needs to be out buying designer clothes at extortionate prices, but having an unique style should never be underappreciated.

We understand that within a school environment it can be hard to express yourself. Despite this, several of our MCA peers have been displaying their sense of style without breaking any uniform rules.

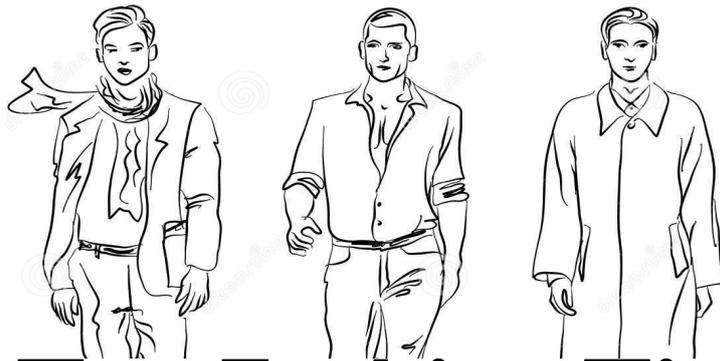
We spoke to a few stylish members of staff for their input on fashion.

Mr Karasz: Mr Karasz prefers more casual wear (such as hoodies and jeans) outside of school, which is surprising with his collection of statement pieces and his smart attire within the school environment. Some of his favourite brands to buy from are: ASOS, Jacamo, Jeremy Scott, Vivienne Westwood, Timberlands and Gucci. While these brands are infamous for their extortionate prices, Mr Karasz skillfully sources his clothes from Ebay bidding and second hand shops or shares shoes with his husband. He also sets limits on his budgets, which may have been surprising given his wide collection of brands and designers, but now you know how he stays fashionable for cheap prices!

Miss Chandler: Miss Chandler tends to pick up items from depop, vintage stores and charity shops. She thinks these are great spots for unique one off items and it is also a great way to be sustainable with clothing shopping. Some brands Miss Chandler shops from are: H&M, Monki and ASOS. She shops here for basic items that can be dressed up with one-off finds. Her favourite items to invest money in, in terms of well known brands are footwear, jackets and accessories as these are versatile and can make an outfit. Of course, Miss Chandler has her beloved trainer collection she likes to add too.

Mr Phoenix: For his style, Mr Phoenix sources his clothes from places like Afflecks and Camden, London or carefully looking through apps like Wish. Branded clothes don't always mean good quality! Nowadays, Mr Phoenix tends to shop at Zara, where the men's range isn't all greys and beiges, unlike other shops. Other brands he enjoys buying from are: Urban Outfitters, Next, Gap and TopShop (which he misses). Impressively, he tried to create his own style by searching for fabrics in charity or fabric shops (like Abakhan) or looking through H&M or TKMaxx.

Miss Moran: In terms of budgeting, Miss Moran treats herself to something new each month, and unless it's shoes, she'll never spend over £100 on outfits. She has a big obsession with shoes and jackets, which we can all see with her fabulous fits! In terms of style inspiration, Miss Moran has a love of 60's and 80's fashion rather than gathering inspiration from the modern day celebrity. Her main brands to shop from are: Zara, H&M, Primark, Doc Martens, ASOS as well as shopping online.



Top Fashion Tips

Mr Karasz: It's about what looks good on you and what suits you best. Of course, this doesn't mean there's no room for experimentation as he believes fashion is about self expression and individuality as fashion is all about getting to explore yourself. Fashion is about supporting each other too, so make sure that you ask for opinions and ideas about your style. Don't wear the same pair of shoes twice as that's how they wear out quicker, make sure to preserve your footwear.

Miss Chandler: My top fashion tip would be to utilise places as mentioned to find unusual pieces that are well priced and one off and not to be scared to re-work pieces or have them adjusted to your fit. You can save money and have unique pieces and have them tailored to fit and still save money if you are savvy with what you buy.

Mr Phoenix: Wear what makes you happy! Never let anyone try to control your style and clothing. Whatever your style or look, you're not hurting anyone. If you go to other major European cities, people wear such incredible styles, like in Berlin, Paris, or Rome but here in the UK, we're full of stuffy people who think that either ties and suits or jeans and a t-shirt are the only things that people can wear!

Miss Moran: High waisted clothes are flattering to any figure. Shoes and jackets are statement pieces that can help make any outfit fashionable, especially if you're wearing casual clothes. If you're wearing a neutral or monochromatic palette, make it pop with a bold colour!

Summer is finally here!

Do you like Harry Styles? Taylor Swift? Katy Perry? If so then this is the playlist for you.

Listen to some chilled out songs whilst reading in the sun, cleaning out your closet for the summer or relaxing by the (paddling) pool.

Here are some of the songs that you will listen to whilst going through this playlist!

- Golden- Harry Styles
- Love Story- Taylor Swift
- Watermelon Sugar- Harry Styles
- California Girls- Katy Perry
- Are you bored yet?- Willows and Clairo
- Notion- The Rare Occasions
- 505- Arctic Monkeys
- Pretty Girl- Clairo
- Electric Love- Borns
- Kiwi- Harry Styles
- Yellow- Coldplay

Additional

- Thundercat, Dragonball Durag
- Bruno Mars, Anderson, Paak, Silk Sonic, Smokin Out The Window
- Tyler the Creator, Sweet, I thought you wanted to dance
- Vansire the Band Halcyon Age

Scan the code below to access this playlist!



STUDENT ARTICLES

Ways to revise effectively.

Want to revise but don't have the right methods? Here are some ways which can help you study effectively and top tips on how to keep up with it.

Top Tip Number 1:

Go over past papers.

Many people feel confused when it comes to GCSE questions and how the exam boards write them. A way which will help you familiarise yourself with some of these questions is to go over past papers. There are many reasons as to why you should use past papers; not only do you familiarise yourself with some of these questions and structure but you will get used to the time limitations (trust me - if you aren't a quick writer then practice getting quicker, whether it be coming up to your mocks or actual GCSE's).

Top Tip Number 2:

Spread your revision over a period of days.

It may sound like a good idea to try and cram every little bit of information you can revise in a certain amount of time throughout the day. However studies show that many don't benefit from revising all at once. This is mainly because your brain will automatically get distracted as you go through revising many topics in a long period of time. However, when you get the time, try to plan out your days of the week and when you will revise, this can help you study more topics at different times. It also helps you know when to take breaks when studying.

Top Tip Number 3:

Revise in a quiet environment.

Although you may like to listen to music or listening to the tv whilst revising it may get some people distracted, this is because you will automatically tune out from revising and pay much more attention to the music playing especially if a song that comes on isn't one that you would like to revise to, you would change it over but you would be wasting your time by doing that as with some songs, they may have a really good sound to it which will make you focus more on the lyrics of the music rather than your studies.

Top Tip number 4:

Put your phone away when studying.

This may also tie into top tip number 3 as when you have your phone on you whilst revising, you may get a message or some notifications may pop up. So instead of leaving your phone next to you whilst studying give it to someone else, such as your mum, dad or carer. Tell your brother or sister to hide it. If not, put your phone upstairs on charge and then go and revise down stairs so that you will have something to look forward to going on after you have fully finished revising.

Top Tip number 5:

Give yourself targets.

If you struggle with certain parts of a topic then it may be best if you target specific parts of your knowledge, work on that area of your knowledge that you don't feel as confident on, try some questions and test yourself on the topic after you have finished studying. Then, you could go and ask your teachers to go over the answers with you if you got them wrong and if you got them correct. Once you have completed your target then you should tick it off and figure out what your next goal will be.

Good luck with revising!

Written by Katie Thompson

The Discover Manchester ESA club left MCA on a Monday afternoon and ventured into Manchester's city centre. We asked a few of the club members to tell us about their day out.

Discover Manchester: The Imperial War Museum

The Imperial War Museum is a historical site that reflects and honours the events and sacrifices of war. It has a symbolic gesture of remembrance to the soldiers who fought in the war with an outdoor exhibit displaying artificial poppies. Recently, the students of the Discover Manchester club visited this museum and learnt about the history of our country and many others.

Our group travelled in one of the school mini buses. Inside the museum, we were fortunate enough to see the different machinery used during battle such as tanks and planes, uniforms worn by different participants, and preserved photographs and letters. We analysed the evolution of the weapons used and acknowledged the improvement of each piece over time. There were also different posters and records from artists such as Vera Lynn.

We also got to experience the events by watching footage on screens. There were machines that allowed us to smell different scents from that time. To compliment the architectural structure of the building, it had a very abstract construction and was a very appealing design. There was a tank on display outside the building as we walked inside. There is a cafe and a gift shop alongside the artefacts. In the gift shop, there are lots of items such as soft toys, sweets and different photographs.

The club members were very satisfied by this historical trip and had lots of positive reviews in result:

"It was very wonderful."

"It was very fun and inspirational!"

"There were many different historical facts and it also included how women were poorly treated and how they felt."

Written by: Caitlyn Hallsworth and Lucy Taylor

A Trip to China Town.

What was it like at the Wong Wong Bakery in Chinatown?

At the Wong Wong Bakery, I experienced some amazing food but before we get into that, let's talk about the ride to Chinatown! When we left school it was shining and bright: the sun was really beaming down. The ride was a bit bumpy but the view made up for it. Then, we arrived and it started to rain but we didn't let it dampen the mood. We walked around for a bit as we tried to find out where the bakery was. We found this nice opening and decided to take a few pictures. The location feels a lot calming to the rest of the city. I liked how everyone seemed so friendly and helpful.

Wong Wong Bakery!

Wong Wong Bakery was quite cute: a bit small but had a lot of food. It had custard creams; red bean buns; desserts and savoury foods with drinks. I decided, after a long while, to get a sausage bun. I was going to get a drink but decided otherwise. The wait time was quite reasonable and after we walked to look for a destination to eat, at this quiet garden. Chinatown has a nice atmosphere: the air smelled like food and had nice clean air. It started to pour heavily, so we decided it was best to go back to the coach.

The rating I give Wong Wong is a good 8/10. It smelt good and was in a prime location for walking around town and needing a quick bite to eat.

STUDENT ARTICLES: A FOCUS ON SPORT AT MCA

Euro 2022 - The Lionesses' time to shine.

England's women's team began their Euro 2022 campaign with a 1 – 0 win against Austria on Wednesday 6th July.

Beth Mead scored the only goal of the game in front of a record breaking crowd for a women's euro's game at Old Trafford.

Manchester United's goalkeeper, Mary Earps, made a great save late on to maintain the lead in what was at times an uncomfortable evening for England.

The game marked the beginning of the tournament that was meant to be played in 2021, but was postponed due to Covid. England looked slightly off the pace in their opening game of a tournament they will be hoping to go far in.

However, there were no signs of lingering tournament nerves as England followed this performance up with a record breaking 8-0 win against Norway at the Amex stadium in Brighton. Beth Mead continued her fine scoring record bagging a hat-trick to put her top of the tournament's scoring charts on 4 goals so far.

England's final group-stage game is against Northern Ireland on Friday the 15th July with the quarter finals starting on Wednesday the 20th July. England have already qualified from the group stage, but will be hoping to give some of the squad players a chance to shine against a Northern Ireland team that are yet to register a point.

As it stands, England are currently joint favourites, alongside France, to win the tournament, with odds at the time of writing being 3/1. However, Germany also have a good chance after their impressive group stage performances, with high scoring Spain acting as the tournament dark horses.

The tournament final will be played at Wembley Stadium on the 31st of July, where an England team have a real chance of playing in a Euro's final for the second time in two years. Let's just hope it goes better than last time!

Written by Tyler Cooper

Rashford's Revival

You all know about Marcus Rashford. The superstar forward who plays for Manchester United when he's not feeding millions of children in his spare time. However, you may also know that he has fallen out of form over the past couple of seasons resulting in him being dropped from the England squad and a stagnation in his United career. But before we talk more about that, it's important to look at how he ended up in the position he is now.

Early Life

Rashford was born on Halloween 1997 and grew up in Wythenshawe, Manchester. He has 4 siblings who he lived with under the care of a single mother growing up. His childhood was not always easy. His mother, Melani Maynard, had a full time job but often didn't have enough to feed their family. This was not uncommon for where he lived, in fact he went to a school where the number of children receiving free school meals was double the amount you would normally get.

Youth Football

Rashford was a promising footballer even as a child. When Rashford was younger he was rejected by Manchester city, but was quickly signed up by arch rivals, Manchester United. Since childhood he has stayed at United, and made his first team debut February 25th 2016 and shortly after, his England debut also in 2016. He scored on his professional debut for Manchester United in the Europa League against FC Midtjylland and, even more impressively, he scored two goals against Arsenal on his Premier League debut only days later.

Rashford has remained a constant in the Manchester United team since 2016. In that time he has won two major trophies, in the League Cup and the Europa League.

Current Career

However, Rashford's form right now isn't the greatest. In the 2021/22 season he only got 4 goals and 2 assists, his lowest in a season since turning professional. He is obviously low on confidence, but may be hopeful of a revival to his Manchester United career with the arrival of new manager, Erik Ten Hag. Ten Hag is known for reviving players, and has stated that he wants to do the same with Rashford.

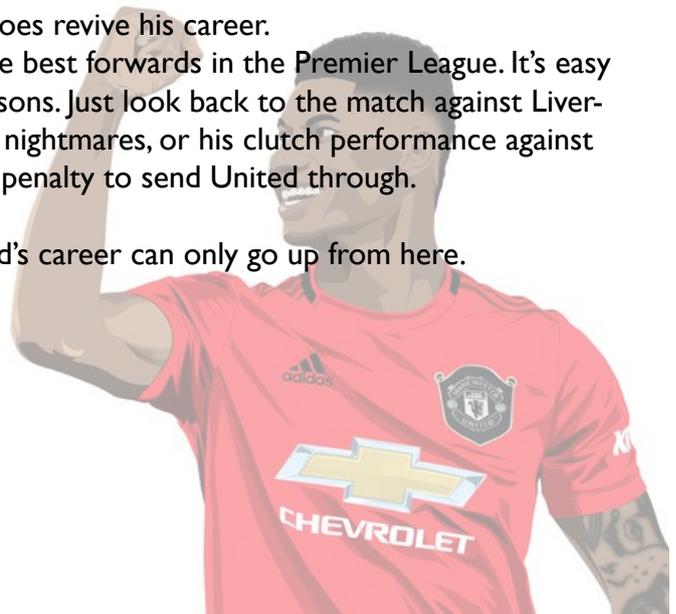
Rashford's name was linked with transfers this summer, but because of Ten Hag, Rashford wants to stay at United and try and revive his career.

The future for Rashford could be good if Ten Hag does revive his career.

And on form, Rashford will once again be one of the best forwards in the Premier League. It's easy to forget just how devastating he was in recent seasons. Just look back to the match against Liverpool in 2018 when he gave Trent Alexander-Arnold nightmares, or his clutch performance against PSG in the Champions League, scoring the winning penalty to send United through.

One thing is for sure, Marcus Rashford's career can only go up from here.

Written by Charlie (Year 8)



SPORTS DAY AT MCA

Here at MCA, we value sports and good health, as seen by our school's many athletic clubs.

Sadly, sports days had been cancelled due to covid over the years at MCA, but it made a comeback in 2022! This year's sports day took place on Friday 8th July. There was a range of activities such as: arts and crafts, face painting, sports (obviously), as well as food available.

Students from each form and year group competed against each other in the chance to claim the shield trophy. The sports that took place were: the long jump, high jump, javelin, hurdles, track/laps and the relay race. But through the sweat and effort, Cooper came out victorious with the highest points throughout the whole school. Not only did students compete, but teachers got their blood running with their own relay race too!

For all the none-competitors, the art teachers were hosting arts and crafts to keep us all busy. Some activities were badge making, bracelet making and face painting. Luckily, for our entertainment, our school's band, Mercury, and other music students played at sports day after weeks of practice.

To beat the heat, the school rented two ice cream vans for the students and teachers to enjoy. Not only that, but lucky students who won golden tickets were able to trade their ticket for homemade treats, based around different cultures, cooked by our own cooking students.



Sport is a huge part of life at MCA and our PE teachers work hard to make sure as many students as possible have access to a wide variety of sports, games and skill based activities.

We spoke to staff and students during Monday's sports ESA sessions to find out more.

Why did you pick this club?

Brandon, Year 8

Brandon is a year 8 who has picked Tennis Club: he had picked it to try new hobbies and to see what he fancied in the world of sports.

Abdul, Year 8

Abdul has picked Cricket Club. He said that his reason to have picked his club was because he had done it in the past, and wanted to further develop his skills.

Patrick, Year 8

Patrick had wished to improve his fitness in Gym Club, as well as work out better alongside his friends.

Makio & Khayson, Year 10

Khayson had persuaded Makio to join the club with him. They both have a passion for kicking things and therefore thought Karate club was best for them.

What do you enjoy most about the club?

Brandon, Year 8

Brandon enjoys learning about tennis and how it works. Whilst being at his club, he also wishes to improve his tennis skills.

Abdul, Year 8

Abdul's favourite part of playing cricket is hitting the ball; he likes the feeling of letting out his emotions on it.

Patrick, Year 8

Whilst in Gym Club, Patrick likes the fact that his friends are there to motivate him, just like he's there to motivate them. He also appreciates the good facilities the school is able to provide.

Makio & Khayson, Year 10

Makio likes the practical aspects of karate, like physical movement. Khayson heavily enjoys kicking things to improve his skills.

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What skill is most important in this club?

Brandon, Year 8

Brandon thinks that movement is very important in tennis because having the agility to hit the ball is crucial and one of the main points of tennis.

Abdul, Year 8

Abdul thinks bowling is the most important skill in cricket because the bowler is the one that practically starts the game.

Patrick, Year 8

Patrick believes that when working in the gym, patience and endurance is extremely important because it's good to acknowledge that results won't show straight away.

Makio & Khayson, Year 10

Makio says that coordination is a very important skill in karate because it helps keep your posture up right and has many physical benefits.

Do you have sporting aspirations for the future?

Brandon, Year 8

Brandon isn't sure about what he wants for his future, and is still trying to figure himself out.

Abdul, Year 8

Abdul has stated that he has no sporting aspirations for the future.

Patrick, Year 8

Patrick has told us that he has aspirations to become an olympic swimmer.

Makio & Khayson, Year 10

Khayson says that he has aspirations to become a football player, and Makio mentions although he hasn't got any strong sporting aspirations, he wouldn't mind becoming a football player as well.

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What is your favourite biscuit?

Brandon, Year 8

Brandon's favourite biscuit is Chocolate Digestives.

Abdul, Year 8

Abdul's favourite is Custard Creams.

Patrick, Year 8

Patrick's favourite biscuit is a Portuguese biscuit called Palmiers.

Makio & Khayson, Year 10

Khayson likes Oreo Cookies and Makio likes Chocolate Digestives.

Why did you set up this club?

Mr Porter, Tennis Club

Mr Porter leads the table tennis club. He mentions that a lot of students have asked for a table tennis club as there wasn't any before, and the only time students could play table tennis was before school in the morning.

Mr Mack, Gym Club

Mr Mack had set up a Gym Club to allow students to participate in physical activity and opportunities whilst trying out a wide range of sports.

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What made you want to teach sport?

Mr Porter, Tennis Club

Mr Porter used to be in the Royal Navy's armed forces as a PTI (Physical Fitness Teacher Instructor). When he left the force he felt that a job in teaching PE was only natural.

Mr Mack, Gym Club

Mr Mack had always had a passion for sport. In the past, he said he had either wanted to be a football player or a PE teacher, so he ended up going for the latter.

How are the skills used in this club transferable?

Mr Porter, Tennis Club

Table tennis helps a lot with practising hand-eye coordination. Hand eye coordination helps with a lot of jobs, especially hand-on jobs like DIY, building or gardening.

Mr Mack, Gym Club

Mr Mack says that runners build up resilience and character, as well as motivation, and teamwork building, which is crucial for students in the future.

Do you compete outside of teaching?

Mr Porter, Tennis Club

Mr Porter has participated in a range of sports, which includes: Table Tennis, football, running and badminton.

Mr Mack, Gym Club

Mr Mack used to be a professional footballer, but nowadays he usually plays with the other PE staff.

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What is your favourite biscuit?

Mr Porter, Tennis Club

Mr Porter likes shortbread biscuits.

Mr Mack, Gym Club

With tea, Mr Mack likes a biscoff.



RECIPES

Miso salmon with ginger noodles

Don't know what to make on a summer's day? Here is a recipe you could try out. This meal consists of wholemeal noodles, peppers, leeks and spinach, as well as some yummy omega 3.

Here's a list of ingredients you will need for this recipe:

2 nests of wholemeal noodles - 100g
1 ½ tsp of brown miso
2 tsp of balsamic vinegar
½ tsp of smoked paprika
2 skinless wild salmon fillets - 230g
1 tbsp rapeseed oil
Ginger cut into matchsticks - 30g
1 green pepper, deseeded and cut into the thing strips
2 leeks, thinly sliced - 165g
3 garlic cloves, finely grated
Baby spinach - 160g

However to make this you will need to;

1. Soften the noodles - place them into a bowl and cover with boiling water and then just set them aside. Heat the grill to a medium and then place the piece of foil onto the grill.
- 2.
3. Make the marinade - mix 1 tsp of the miso with the vinegar, paprika and 1 tbsp of water then spread it onto the salmon and grill for approximately 6 to 8 minutes until they are flaky and cooked.
- 4.
5. Then you will need to heat the oil up in the wok and stir fry the ginger, the pepper and the leeks over a high heat for a couple of minutes until they're also soft.
- 6.
7. Next you want to add the garlic and cook for another minute, whilst that is cooking you should drain the noodles, but reserve two tablespoons of the water and mix it into the remaining miso.
- 8.
9. After doing all of this, add the drained noodles, the miso and the spinach to the wok and toss over the heat until the spinach has wilted.

Vegetarian Fajitas

(Sourced from BBC Good Food)

This dish serves four people, is easy to make, preparation time is 5 minutes and cook time is 10 minutes.

Ingredients:

400g of black beans (drained)
Small bunch of coriander
8 - 12 flour tortillas / 4 large flour tortillas
1 avocado (sliced) or a small tub of guacamole
2 tablespoons (tbsp) of sour cream

Fajita mix:

1 red and yellow pepper, sliced into strips
1 tbsp of oil
1 red onion, cut into thin wedges
1 garlic clove, crushed
½ teaspoon (tsp) chilli powder
½ tsp smoked paprika
½ tsp ground cumin
1 juiced lime

Method:

1/ Making the fajita mix -

Take two or three strips of each colour of pepper and finely chop them, then set them aside.

Heat the oil in a frying pan and fry the remaining strips and onion until soft and starting to brown on the edges.

Cool slightly and add the chopped peppers and mix in. add in the garlic and cook for 1 minute, then add the spices and stir. Cook for a couple of minutes until the spices become more flavourful, add half the lime juice and season. Add to a dish, leave any juices behind, and keep warm.

2/ Tip black beans into the same pan, add remaining lime juice and add plenty of seasoning. Stir the beans around to warm them and to help them absorb the remaining mixture of the fajita mix, and then stir through the coriander.

3/ Warm the tortillas in a microwave or a low oven, then wrap them up so they dry out, then serve the fajita mix, beans, avocado and soured cream.

Raspberry Sorbet

Fancy something sweet after a tasty meal? Why don't you try some raspberry sorbet? Something you can make and with only 3 ingredients!

Not only is it quick (to make) and easy to make but it serves 8 - 10 people and it's vegan too! Perfect treat for a hot day!

All you need for this yummy treat is:

- 200g of granulated sugars
- 500g of raspberries and more if you are going to serve it with them
 - 1 lemon juice.

Method:

Place the sugar and the 270ml of water in a saucepan over a low heat and then stir until the sugar has dissolved.

Raise the temperature and simmer for approximately 5 minutes or until you see a change and the liquid has become a syrup - after it has happened, set aside to cool.

Place the raspberries and the lemon juice into a food processor and blitz until it is smooth.

Then strain using a fine mesh strainer into a bowl and get rid of the seeds, after it has been sieved, combine it with the sugar syrup and pour the mixture into a freezer proof container.

Freeze for approximately 1hr and 30mins and whisk to break up any ice crystals that had formed.

Keep mixing the sorbet once an hour for about 4 hours to break the ice crystals, once the thickness is perfect for you then take it out and enjoy your yummy treat.

CREATIVE WRITING

Short Stories



The Crescent Moon

If not for the moon, the sky would be pitch black and the little girl would have no way home.

She lightly stepped on the small puddles ahead, leaving behind more puddles her tiny umbrella created. All sounds that night belonged to nature. The girl walked along the thin path, her eyes focusing on the sky. How long would it take for her to get home? How long would it take for her to meet her mother again? With fragmented wings, she could only hope of making it back. It was her punishment.

“I'm sorry mum, I'm sorry” her eyes were fixated on the world above her head. Her mother was strict. too strict. The little girl wasn't supposed to see the sun's light. She wasn't supposed to be curious, but her curiosity led her astray. She was the child of the ugly star; a child of the moon.

- Halima Buraimoh (Year 10)

The Promise

You stare up at the sky. Pitch black. You've been lying on the grass for a few minutes, just waiting. There are no stars, and not even the moon is visible. It seems the sky wants you to focus on the main event.

There is nothing for you to do but wait impatiently. One minute goes by, then two... then three... then four. Nothing happens.. You're about to get up and turn around but behind your back, you hear an explosion. What is this? You whip around and there it is.

Lights colour the sky. Sparkles and flickers, releasing dreams of all colours, like burning flowers rising and falling from the sky. You gaze in awe - this is what you've been waiting for.

This isn't pointless, they had kept their promise. You run forward to get a better look at the lights, wanting to grab them with your bare hands, to bring them close to your chest. You wonder if they could see them too, if they could see the bond between you two grow strong, despite the difference in between.

“Even though we're apart, I believe that one day we'll meet again”.

These fireworks were proof of that.

- Halima Buraimoh (Year 10)



Poetry

The Car

Written by Ginevra (Year 7)

Relaxing. Calm, but expensive.
It was
The radio
Glitching. God, I wish it worked.

The wheels are r u n n i n g
The radio is finally working

You won't believe what happened next
It was like my eyes were deceiving me.
This was a big surprise.

It broke down.
The engine was misbehaving.
How hard could it be
Just to fix it.

Spring.

Written by Lucy (Year 7)

Spring is like a rabbit unknowing of the world,
Spring is like a dove,
Sent from above.
Blossoms, flowers and sweet warm rain
Infiltrating from a cloudy blue sky.
The beautiful blooming plants and the
Sweet smell of freshly cut grass taking you
To a new world.
A world unknown.
A world you love
so clearly.
The sunlight,
Pure and sweet,
You feel the warm embrace of nature,
Grasping you with love and grace.
Children play amongst the flowers.
Making the sweet daisy chains.
But the willow tree stands strong.

The days you won't forget.

Noodle.

Written by Ryan (Year 7)

A noodle.
That one little noodle
With a bad reputation
But loved by many people.

It is truly beautiful!
Red, black, white and orange.
This noodle though, is damned.

He 'marches' to his rock to sleep all day
Dreams about mice and grass
He has a silly stereotype.

Phoenix

Written by Halima (year 10)

If my feathers wield fire
Light is what I've been yearning
So take me to cloud nine
To watch the dome shines

Wake up the folded wings
To infiltrate new clouds
To be soaked in pure white
A blessing or a curse?

Destroy all feat in the heat
To reach the heavens and fly away
Shattering all hesitation
Or burning down with rusted chains

Take a peek at the heart's heat
So intense and won't seem to end
Knit up those fiery feathers
With the bravery left in the blood

Destroy all feat in the heat
To reach the heavens and fly away
Shattering all hesitation
Or burning down with rusted chains

Fly in to Nirvana once again
Too see beyond the clouds
Wings scorching
Painfully tranquil
I'll go against the storm
And never fall alight again

Rain's Relaxation

Written by Chanelle (Year 7)

A comfy, warm bed.
It's cosy, comfy.
You turn your hand, looking out of your window.
Water droplets, slipping
Down the misty glass.
The drips are calming.

The setting you're in,
It relaxes you.
It puts you into a calm trance.
Laying in your bed
Your own comfy hut.
Then, faint cheers.

It feels as if
The rain is cheering.
It makes you smile.
The warmth of your hut
And the distant cheers.

As you reach out,
Scatter behind books,
You grasp a cup.
Raise it to your mouth,
Take small sips.
Then breathe. A deep
Breath.

Earphones.

Written by Anonymous

Earphones.
Plug em into your phone
Forget to turn the volume up

There. Music to your ears.
You sit back, closing your eyes.
Remembering all those past years.

Wait, your fav song comes on.
You can't help but jump to ur feet
The broom pretending to be ur mic.
Everything on earth, this song can beat.

Your squeaking voice singing along to the song
The broom mic snapped.
Your mic- no longer that long.

The Sparrows Lover

The journey started as a sparrow, a seed,
A life that was created for two
Days, months, years passed until
The moon shone blue.
Bonded together, the journey shortened
Moon, stars in the
World love is heaven.

Two souls finding each other
Agreeing without a doubt
Blocking others out.
Wolves are in packs and elephants in herds.
This due is never heard
Wolves howl at midnight
But the light shone bright in the moon lit sky.

Hollow with grace and beauty
As full as the moon
As colourful as a peacock
As tall as the tallest tree
A match made in heaven is all it could be

Forbidden Fruit

Written by Alina

Prohibited.
Impermissible and decaying, you see it break
down
Isolated and attended in the empty town,
A tear falls down from the sky
Now it's fading away

Seconds, hours, days go by
Loneliness has fled in
The fruit begins to cry
Longing for the sun

Left all alone
The rotten fruit becomes
Forbidden.

REVIEWS

Turns out, “It was good.”

Stranger Things Season four review.

I admit it. I had lost hope in the ‘Stranger Things’ franchise. Covid 19 had delayed series four for over a year and I had forgotten who was alive, who was in love and who still had powers. I put off watching it until the incessant ‘it’s so good’ and ‘best series yet’ and ‘what do you mean you haven’t seen it?!’ remarks started coming out of the mouths of anyone I dared tell that I hadn’t seen it yet.

So I caved. I settled in for an evening of binge watching (because who watches one episode per night?) Those nine episodes totalled to roughly thirteen hours of Upside Down terror. The creators clearly understood that most Stranger Things’ fans would be desperate for some supersized episodes. After calculating that my weekend was well and truly contained to the living room and a large selection of snacks at my disposal, I settled in for some mediocre jump scares and parent panic.

I could not have been more wrong. Around 30 minutes into episode one, I was met with possibly the most horrific scene from any netflix original. Whereas seasons one and two had hinted at the supernatural, which of course, is scary if you think about it for too long, season four hits you with full-on gore in episode one. In an interview with Executive Producer Shawn Levy, he confirmed that the show was too frightening for younger viewers, saying. “I was occasionally nervous that the show was going so dark, it would be off-putting to the younger viewers that have flocked to our show. When we made season one, we thought this was a 13-and-over kind of viewing experience. What we now know is that kids as young as 9 and 10 are watching Stranger Things, and I knew that this season would be scary for some of those viewers. The Duffers, to their credit, pointed out that every time we go darker, somehow our audience stays with us and grows.” Netflix, too, has rated the show at R15.

A word to the wise about this series, don’t get attached to anyone. Make no mistake, the cute kids on bikes are teens now — Eleven’s superpowers might be gone, but she’s smashing bullies’ faces in with rollerblades instead.

The Three Musketeers, a thrilling tale.

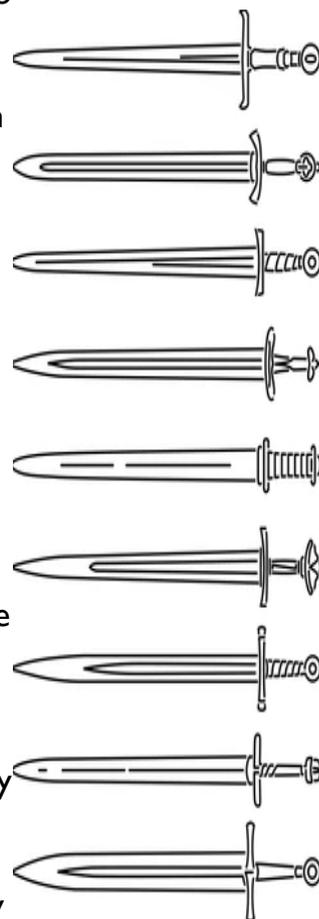
The Three Musketeers is a thrilling and fantastic adventure novel about young D'Artagnan's journeys throughout France, his path leads him down a trail of conspiracy, deception and lies.

The tale covers a wide range of topics and themes all of which are used to their best ability to further the advancement of the story and journey of our protagonist, D'Artagnan. While reading this book I felt fully connected to the characters within their presented parts, they all felt so alive and like you could truly imagine a real person like them. Personally, I highly recommend this book to you, the readers, as it may spark your imagination for inspiration and more. If you don't trust my opinion alone, then maybe ask the opinions of those around you who have read this book, and how possibly it inspired them and or left an impact on them.

If you're not convinced just yet, then let me share a description of the beginning of this tale. The story begins to recite the way society works within the world of 1600s France, how "no man takes nothing from anyone but the King and the Cardinal" and how the community around comes together to fight the "Rabble rousers" such as thieves, beggars and Huguenots. This in turn, brings together a crowd as uproar sprouts within the Jolly Miller Inn, here we see a man (roughly 18 or so) which can only be described as to have a striking appearance, dressed in a blue woollen doublet, "faded and threadbare", brown breeches and brown top boots.

This man is revealed to be our protagonist, D'Artagnan, accompanied by a Béarnese cob, "twelve to fourteen years old, with a rat tail and ulcers on its feet". This horse was a gift from his father, which was birthed and raised in his stables, given to D'Artagnan as a companion on his journey to seek a high court position.

The uproar is sourced from a crowd, admiring D'Artagnan's steed not for its good features, but its flesh. Most working men from this era know the trade of good horse flesh and would love to get at his horse. D'Artagnan notices a man, pointing out the horse's features and causing a small crowd of men to laugh, D'Artagnan shouts out to the mystery man, claiming: "when I see a man laughing I always like to be told the joke, so that I can laugh too." It takes a while for the man to notice who D'Artagnan is speaking to, and approaches D'Artagnan, leaving the tavern, where he was standing. They chat about the horse's condition, as the man turns heel and heads towards the tavern gate, D'Artagnan challenges the man to a duel, which had recently been made illegal. This certainly cannot end well.



SCIENCE

Quick Crystal Cup

Some crystal growing science projects can take several days but this super-easy recipe gives you a cup full of needle-like crystals in just a few hours!

What You Need:

- Magnesium sulphate (Epsom salt)
- Food colouring
- 250 ml glass container

What You Do:

- In the beaker, stir 1/2 cup of magnesium sulphate with 1/2 cup of very hot tap water for at least one minute. This creates a saturated solution, meaning no more salt can dissolve in the water. (Some undissolved crystals will be at the bottom of the glass.)
- Add a couple drops of food colouring if you want your crystals to be colored.
- Put the beaker in the fridge.
- Check on it in a few hours to see a beaker full of crystals! Pour off the remaining solution to examine them.

What Happened:

Epsom salt is another name for the chemical magnesium sulphate. The temperature of the water determines how much magnesium sulphate it can hold; it will dissolve more when it is hotter. Cooling the solution rapidly encourages fast crystal growth, since there is less room for the dissolved salt in the cooler, denser solution. As the solution cools, the magnesium sulphate atoms run into each other and join together in a crystal structure. Crystals grown this way will be small, thin, and numerous.

How zombies biologically work

Zombies. A popular costume for Halloween, commonly used in dystopian fiction, and a popular theme in old horror movies. But how do they work? How do they run? How do they infect? How do they turn? These questions you've never asked yourself will be answered here in *The Way Magazine!*

First off, they do NOT run slowly. That wouldn't work natural selection wise and evolution wise. Given that their main prey has the average running speed of 10-13km/h, we would need to add at least 3. So the average running speed of a zombie would be around 13-16km/h, depending on the weight and height of the said zombie.

A virus that is commonly spread through the use of direct contact, such as rabies, is usually done through the use of biting, and/or their own blood. The biting technique is the one most commonly used, most likely the crossbite or the open bite, means that their jaws will have to get stronger by at least 50-78.5%. The blood technique is less commonly used. The blood technique would most probably be used by humans, meaning that if a human would want to get rid of someone, they would rub infected blood into an open wound of the said victim.

Their heart stops working, meaning that the circulatory system will also stop working. The virus itself uses the body as a puppet to satisfy their needs and desires, meaning the virus is probably spread through spores (like fungi). When you look at zombies in popular media, such as *The Walking Dead*, they aren't JUST dead. They are decaying. But somehow, probably concealed within the muscles that aren't decayed, the blood stays in the muscles, maybe because the virus feeds off of it. This implies that the body only anaerobically respire. (Anaerobic respiration: Respiration without oxygen).

Written by: Hawqallah Zaid Abdillah

AGONY AUNT

Problems? We all have them. Solutions? Ask an expert. MCA's Agony Aunt has kind hearted advice to all your school related problems.

Dear Agony Aunt,

I'm in Year 11 and GCSE's are approaching- FAST. I'm not too worried about the results, I'm working hard in lessons and feel pretty confident in my abilities. What I'm worried about is the next step. I hate that we don't have a sixth form here. Me and all my friends are splitting off into different colleges. We're so close and rely heavily on each other for support. I'm terrified that once we all go to college we might not be able to stay in each other's lives, or that even if we do, what about the step after that? Some of us have plans to go to university or start working after college. Why can't things just stay the same?

Yours Sincerely,

Worried About College

Dear Worried About College,

Transition from any school is always the hardest step in education, but it's not the end of the world.

It's good that you're not worried over your grades, however you mustn't worry about what comes after either! Life is all about learning and understanding new experiences and points of your life. It may seem scary, but believe it or not, you'll get back up on your feet in no time. Try your best to stay in touch with your friends after school: catch up every so often about details in your new schools or go to funfairs and parks together! You'll be older too, so you'll have more freedom to hang out and have fun. Speak with your form teachers or subject teachers for advice on colleges afterwards, if you're afraid of where to go afterwards.

I believe in you! Goodluck on your GCSE's!

A.Aunt

Dear Agony Aunt,

HELP! I am in Year 10 and can't remember anything about A Christmas Carol. We've moved onto Language Paper 2 now and my mind is blank. It's like I can only remember what we learn in the moment and then as soon as I leave the classroom I forget everything. I know that mock exams are coming up soon and I am worried. Can you give me some tips on revision and memory?

Yours Faithfully,

Forgetful And Fearful

Dear Forgetful And fearful,

Hello little one! I'm sure mocks are a very stressful time for you, however there's a lot you can do to make sure you're prepared.

Firstly, why don't you begin by revising the topics you do not know? If you're so worried about "A Christmas Carol", why don't you spend half an hour at home to revise quotes and materials you may need for your mocks? Maybe watching informational videos may help re-jog your memory, or perhaps asking your English teachers for practice papers may allow you to practise a similar paper to the one you will be doing on the big day.

Flashcards are VERY helpful when considering memory - they're super easy to make too! Make sure to always get the right amount of sleep and eat a balanced diet - this will help to re-jog your thoughts for the next day which will improve your long-term memory.

All in all, mocks are mocks. Of course they ARE important, however, they are not what will get you into colleges from first impression. Study as hard as you can and keep smiling! Take breaks when you can and fall in love with the art of education.

A.Aunt

THANK YOU

A huge thank you to the students who worked so hard on this issue of the magazine across Years 7, 8, 9, 10 and 11.

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