



The Students' Herald



Contents



- Welcome to the Students Herald
- Race 4 Life- Gertie Bielstein
- Super Summer Playlist – Luke Morris
- Summer Pudding Recipe- Will Weston
- Our everyday Heroes – Gertie Bielstein
- Benefits of reading – Oli Jones
- Gazpacho recipe – Oli Jones
- Jokes and Riddles page – Isabel Dixon
- Marcus Rashford – Oli Jones
- Getting out of the house – Leah Maddocks
- Staycations – Callum Martin



Welcome to the Students' Herald!

Students' Welcome

As another peculiar school year comes to a close, we look forward to the summer break and look back on some of the things we achieved over the past year. Writing for the Students' Herald is something that we all enjoy, and we hope you enjoy this edition of our newspaper.

Have a brilliant summer!

Teacher's Welcome

When I decided to get the school newspaper up and running, I had no idea that it would be so easy. Little did I know that we would have so many amazing contributors that are happy to give up their time to write, collate and edit for the paper. I think achieving this, mostly remotely, during a pandemic is a fantastic achievement. The young journalists at The Students' Herald never let themselves or each other down; I hope their writing inspires you and should any readers like to be involved with the paper in the new academic year, please get in touch.

Have a great summer, Miss Rogers



Race for Life



What is Race 4 Life?

Race for life is an event held every year, where hundreds of people gather to run, walk or jog 5K or 10K.

What is Cancer Research?

Cancer Research is a charity that helps to raise money to stop cancer. Their aim is to fund scientists, doctors and nurses to create treatments that can help beat cancer sooner. They also provide information on cancer to the public.

Race 4 life at school

On Thursday the 15th July, the school will be holding a race for life, whatever the weather! Have filled up water bottles and sun cream ready, and have fun!



Super Summer Playlist – Luke Morris

My top ten songs perfect for anybody to vibe to this summer!

- ❖ Levitating (feat. DaBaby) – Dua Lipa



- ❖ Peaches (feat. D Caesar) – Justin Bieber



- ❖ Watermelon Sugar – Harry Styles

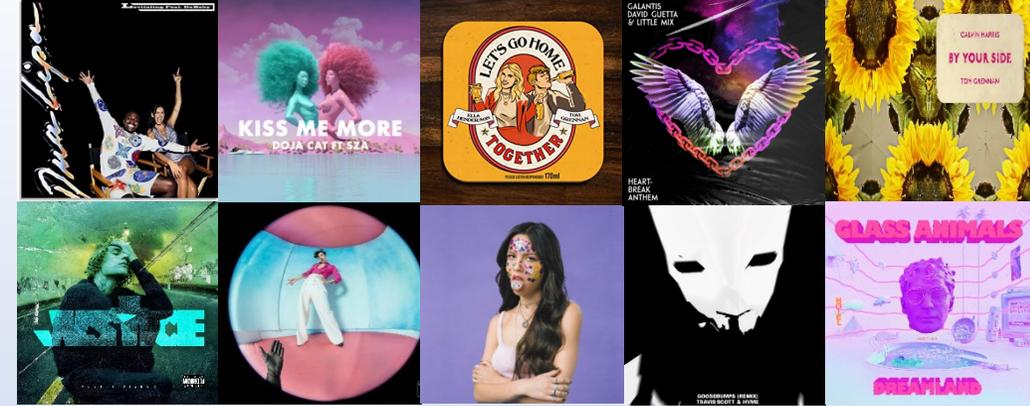


- ❖ Kiss Me More (feat. SZA) – Doja Cat



- ❖ good 4 u – Olivia Rodrigo

**ALL SONGS ARE AVAILIABLE
ON SPOTIFY AND APPLE
MUSIC!**



- ❖ Let's Go Home Together – Ella Henderson & Tom Grennan



- ❖ Heartbreak Anthem – Galantis, David Guetta & Little Mix



- ❖ Goosebumps (Remix) – Travis Scott & HVME



- ❖ By Your Side (feat. Tom Grennan) – Calvin Harris



- ❖ Heat Waves – Glass Animals

**THESE SONGS ARE IN
NO PARTICULAR
ORDER!**

Summer Pudding Recipe

By Will Weston



What is a Summer Pudding?

A Summer pudding is packed with lots of fresh summer berries.



Ingredients

- 300g strawberry
- 250g blackberry
- 100g redcurrant
- 500g raspberry
- OR 1.25kg/2lb 12oz mixed berries and currants of your choice
- 175g Golden Caster sugar
- 7 slices day-old white bread, from a square, medium-cut loaf
- 1.25-litre pudding basin
- cling film
- sharp knife
- chopping board
- large pan
- large bowl
- large sieve
- kitchen scissors
- side plate
- serving plate and one or two cans for weighting down.

Method

STEP 1 Bring out the juices: Fruit should be washed and dried gently on kitchen paper, with strawberries kept separate. Put the sugar and 3 tablespoons of water in a large pan. Gently heat until the sugar melts, stirring occasionally. Bring to a boil for 1 minute, then add the fruit (not strawberries). Over a low heat, cook for 3 minutes, stirring 2-3 times. The fruit will be softened, mostly intact and surrounded by dark red juice. Put a sieve over a bowl and tip in the fruit and juice.

STEP 2 Line the bowl with cling film and prepare the bread: Line the 1.25-litre basin with cling film as this will help you to turn out the pudding. Overlap two pieces of cling film in the middle of the bowl as it's easier than trying to get one sheet to stick to all the curves. Let the edges overhang by about 15cm. Cut the crusts off the bread. Cut 4 pieces of bread in half, a little on an angle, to give 2 lopsided rectangles per piece. Cut 2 slices into 4 triangles each and leave the final piece whole.

STEP 3 Build the pud: Dip the whole piece of bread into the juice for a few secs just to coat. Push this into the bottom of the basin. Now dip the wonky rectangular pieces one at a time and press around the basin's sides so that they fit together neatly, alternately placing wide and narrow ends up. If you can't quite fit the last piece of bread in it doesn't matter, just trim into a triangle, dip in juice and slot in. Now spoon in the softened fruit, adding the strawberries here and there as you go.

STEP 4 Let flavours mingle then serve: Dip the bread triangles in juice and place on top – trim off overhang with scissors. Keep leftover juice for later. Bring cling film up and loosely seal. Put a side plate on top and weight down with cans. Chill for 6 hrs. To serve, open out cling film then put a serving plate upside-down on top and flip over. serve with leftover juice, any extra berries and cream.

Our Everyday Heroes



As both the end of term and lockdown are drawing to a close, I think it is important to look back on all the amazing things we have achieved and the challenges we have overcome. Along with the extraordinary things ordinary people did, when more than ever we needed them, they helped make our lives so much more bearable in such a peculiar time.

Everyday Heroes

Throughout lockdown 'everyday hero' became a commonly used term for the everyday people who simply work hard to help other people, making our world a better place. We learnt to appreciate these people more, clapping on our doorsteps every week, decorating our windows and just generally showing our support. An everyday hero is someone who puts other before themselves, for example NHS workers, carers, supportive parents and family members, firefighters, teachers, the list is endless.

Here are some of our everyday heroes!

"MY HEROES ARE JUST EVERYDAY PEOPLE WHO
WORK HARD, ARE HONEST AND HAVE
INTEGRITY."

JORDIN SPARKS

A HERO IS AN
ORDINARY INDIVIDUAL
WHO FINDS THE
STRENGTH TO
PERSEVERE AND ENDURE
IN SPITE OF
OVERWHELMING
OBSTACLES.

A HERO DOES
GOOD
FOR
GOOD,
NOT FOR
GLORY

Gertie Bielstein 8.3

Free School Meal Team

Back in March 2020, when we were all asked to stay at home, it was left to schools to come up with a way to provide free school meals to those families who would normally receive them, until the government came up with a national voucher scheme. This meant our staff had to come up with a method of delivering the meals each week, and then many of our teachers then spent many hours delivering them around Shropshire.



Miss Carter and Miss Holland delivering Easter eggs



Free school meal food parcels

'At Thomas Adams, we supported students and families by delivering free school meals throughout both lockdowns. The programme was magnificently co-ordinated by Mr McAleavy and supported by several members of staff including Mrs Brown, Mrs Smith, Mrs Probyn, Mrs Gilbert, Miss Holland, Miss Carter and Mrs Pearson, who made the deliveries. The parcels were very kindly assembled by Aspen catering and were ready for loading every Tuesday throughout lockdowns. They were delivered in many areas including Shrewsbury, Wem, Market Drayton, Hodnet, even as far as Loggerheads, north of Market Drayton. We delivered 120 food parcels each week to around 80 families. It was amazing also to have the "wrap around care" to check on the students and families during these difficult times.'

DT Face Shield Team

When the NHS urgently needed more PPE, our D&T department used the facilities of the schools D&T workshop and the skills of our staff to make face shields. The shields were made using a laser cutter, polypropylene and acetate sheets and the head band could be varied in size to fit all. In total they could make around 100 per day! They were then sent to the respiratory ward at Telford's Princess Royal Hospital, local care homes, GP surgeries and hospital wards, protecting many crucial key workers.



Mrs Steinberg's Masks



During lockdown, as well as teaching, Mrs Steinberg raised money for an orphanage in South Africa. This meant hand sewing lots of face masks, to sell to other teachers in need of them. These masks helped both teachers at our school, and The Ikhola Childrens' Home to fund for one of their oldest children to continue studying at university!



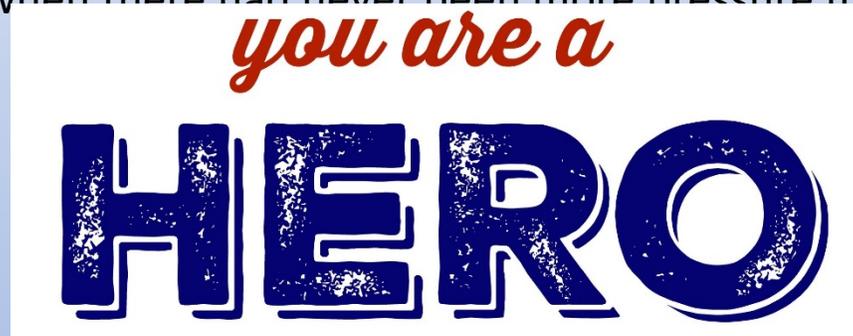
'After making myself some masks to wear at school while teaching, I thought that there might be other teachers at school who might also need some extra masks. I decided to set about making as many masks as I could so that I could sell them to raise money for an Orphanage based in my hometown in South Africa. Thanks to the very generous contributions made by staff, I was able to raise an amazing £191 for The Ikhola Childrens' home. The money was used to support one of their oldest children, Sandile, who has just started his Bachelor of Education at University!'

Gertie Bielstein 8.3



Teachers, Teaching Assistants & all the staff at Thomas Adams!

The amazing staff at Thomas Adams are no doubt everyday heroes. Everyone of them has had to adapt and find new methods of teaching, doing things that they never imagined they would have to do. They rose to the challenge when we needed them, they went from the classroom to the computer, teaching in a completely different way. The Teaching Assistants and other support staff in the school kept the school open to provide care for those students that needed it; a dedication that supported so many. Everybody in our school community played their part, from our cleaners, when our hygiene had never been more crucial, to the members of the SLT making important decisions when there had never been more pressure to do the right thing.



Finally YOU!

And finally you too have been an everyday hero! For continuing to wear your masks in corridors, even when you didn't want to, for sanitising your hands and doing your twice-weekly covid tests. For doing your best to protect yourself, your friends, your family and even complete strangers. For finding a new way to learn and adapting to the change. For working around the obstacles and learning from mistakes. For continuing, even when it felt like an impossible task, you proved it was possible.

Benefits of reading

By Oli Jones



Reading is still very important!

This brochure will give you the benefits of reading regularly, even in secondary school and becoming a teenager! From escaping into a new world to mind benefits, reading is still necessary!



Why reading is still ESSENTIAL



WHY REGULARLY READING IS THE WAY TO GO IN YEAR SIX AND ONWARDS!

BY OLI JONES 7.3

Boost of Knowledge and Creativity

Reading at least 5 minutes each day will increase your range of vocabulary and words, which will help your written work improve, with your brain having more and more words to choose from. Certain books can create boosts in creativity levels as well, with all the different books' universes having something new and creative to offer, increasing your imagination wider and wider!

Books can be very cheap!

Books are almost always cheaper than any kind of electronic device. This will allow people who might not have much money to still enjoy a large variety of books, rather than having a mobile phone or another device in their hands most of the time instead of a book.

To access many questions and sources at GCSE level, your comprehension has to be good. Reading a little and often is the best way to ensure you get the most out of your exams!

AMAZING Benefits of READING BOOKS

Escaping into a new world each time!

Reading is all about escaping into a new world, which could distract you from the real world to the point that you are fully immersed in the world that the book that you are reading has to offer, and a good book will make you form bonds with specific characters, whether those bonds are good or bad, which makes you always open the book again and read a little bit more!

Ask your English teacher for book recommendations!

WHY IS READING IMPORTANT?

10 ways reading benefits us and why we should cultivate a reading habit today

SHARPENS YOUR MIND

By concentrating on the words and the story line, it stimulates your brain. This particular stimulation can help sharpen your mind, especially the part of the brain that is responsible for concentration and critical analysis.

INCREASES YOUR VOCABULARY

When reading, you might come across a few words you don't quite understand or even recognise. The confusion can lead you to look up the word and discover the definition.

LOWERS YOUR STRESS

The act of reading and focusing on the written word can help release your mind off the pressures of the day. By putting your mind away from the stress at hand, you can relax and let the stress melt away.

DECREASES YOUR DEPRESSION

Reading, especially self-help books, can help ward off depressive occurrences. Just like with lowering your stress levels, reading stimulates the part of the brain that deals with depression as well.

IMPROVES YOUR MEMORY AND FOCUS

Reading at least a little each day can improve your focus and your memory function. In the process as well, reading stimulates the brain, particularly the part of the brain that helps with memory and attention.

STRENGTHENS YOUR WRITING ABILITIES

Whenever you write things for work or just for fun, heavy reading can improve your writing skills and abilities. There are several ways in which reading can help strengthen your writing skills, and each of these ways happens without you even realising it.

ENHANCES YOUR IMAGINATION

Consider the worlds that you are immersed into and the characters you come across while reading a novel. Because of these worlds and characters, the part of your brain which houses your imagination is stimulated, causing you to imagine what the places and people look like just by picturing the words.

BOOSTS YOUR SLEEP

Reading, since it helps you relax and de-stress, can help pull you into a deep and peaceful sleep. That sounds like it might be too good to be true, but reading can, in fact, help you sleep.

ENJOY YOUR ENTERTAINMENT AND PEACE

Any reader knows that reading can be peaceful and induce a relaxing state of mind. By immersing yourself in a good book, you can almost feel any stress or worry melt away.

READING CAN BRIGHTEN YOUR DAY

Books can bring joy to your life on a daily basis. The act of reading is a great benefit both to mental and physical health, but it can also brighten your day.

Brought to you by www.oli-jones.com

Gazpacho recipe

By Oli Jones



Method

The first step is to chop the vegetables for the soup. You'll need a chopping board and a sharp kitchen knife. (Ensure you have an adult's supervision when cooking).

1. First, remove the stems from the tomatoes, then chop the tomatoes into 2cm chunks.

2. Remove the seeds and stem from the pepper, and then chop it into 2cm chunks.

To remove the seeds from a small pepper, first cut it in half lengthways. Cut off the stem of the pepper. Finally, remove the seeds from the inside of the pepper. Removing the seeds will improve the texture of the dish.

3. Next, peel the onion and chop it into 2cm chunks.

To peel onions, first cut thin slices off the root end and the top of the onion, and discard them. Starting from the skin around where you cut the slices off, peel the onion using a knife or your hands. Peeling it quickly will prevent your eyes from stinging.

4. Use a vegetable peeler to remove some thin strips from the skin of the cucumber.

5. Chop the cucumber into 2cm chunks.

6. Peel the garlic, and slice it thinly, then remove and discard the green sprout, if there is one.

When cutting garlic into slices across its length, use a skewer or other sharp utensil to poke the green sprout out of the centre of each slice. The sprout is hard, and does not release much aroma, so it's not usually used when cooking.

7. Chop the baguette into 2cm cubes.

Next, you'll need a mixing bowl to mix the ingredients and seasoning.

8. Add 100ml of water into the bowl. Leave the baguette pieces to soak in the water.

9. Add the tomatoes, pepper, onion, garlic and cucumber chunks.

10. Add two tbsps of olive oil and 2 tsps of white wine vinegar into the bowl.

11. Add and mix in some salt and pepper.

The next step is to blend the ingredients to make the soup. You'll need a blender, a fine sieve, a mixing bowl and cling film.

1. Put all of the mixed ingredients into the blender and blend them until smooth.

2. Place the sieve over the bowl and pour in the mixture.

3. Use a rubber spatula to strain the mixture through the sieve.

4. Cover the bowl with cling film and leave it in the fridge until the soup is well chilled.

5. Transfer the soup to serving bowls, drizzle over some olive oil and it's ready to serve!



Utensil List

- Blender (essential)
- Chopping board (essential)
- Kitchen knife (essential).
- Measuring jugs (essential)
- Measuring spoons (essential)
- Fine sieve (recommended)
- Rubber spatula (recommended)
- Cling film (recommended)
- Vegetable peeler

Ingredient List

500g tomatoes (ripe)
60g small green peppers
40g cucumber
1/3 onion
½ clove of garlic
4 baguette slices (2cm thick)
2 tbsps olive oil
2 tsps white wine vinegar
100ml water
Salt (as required)
Black pepper (to taste)
Olive oil (to finish)

When is a door not a door?

What room in the house will never have ghosts?

What can be cracked, what can be made, what can be taken, what can be played?

Fill me with air and I fly but fill me too much and I die. What am I?

When can you add 2 to 11 to get 1? (No negatives or fractions needed!)

What is as round as a frying pan and as deep as a sink, yet all the oceans in the world couldn't fill it up?

How can you tell that birthdays are good for you?

Jokes and riddles

By Isabel Dixon

What type of school do ice cream go to?

Why did the M&M go to school?

Bob and Bill love winding each other up. Bill says to Bob "I bet I can make you stand up before I run around you 3 times" Bill promises not to do anything except run around Bob. Bob agrees but Bill wins the bet. How does he do it?

Tom and Harry are sitting on opposite ends of the table. The table is the only thing between them, their eyes are open and the lights are on, so why can't they see each other?

What gets wetter as it dries?

What day do fish hate?

I have a face and two hands but no arms. What am I?

What do you call a sleeping bull?

Why is $2+2=5$ like your left foot?

What is the tallest building in the world?

Marcus Rashford MBE

By Oli Jones

Marcus Rashford is an English footballer who plays as a winger/forward for Manchester United FC and England. He was at the Man United academy since he was 7 years old, and continues to score goals and get some assists from time-to-time. He scored on both his Europa League debut and Premier league debut. He is well-known for his football skills, but is more widely recognisable for what he has done for children and residents in the UK and around the world.

This is the campaign that he is most famous for. At the start of the COVID-19 lockdown, in March of 2020, Rashford teamed up with the poverty and food waste charity FareShare to provide free school meals to the children in Greater Manchester who were no longer receiving free meals. He also aimed to deliver free meals to pupils who attended community centres and breakfast clubs. He initially wanted to have partial support in this project, but later, after discussing with the company, decided to provide full support. This was an immediate success and is what convinced Her Majesty the Queen to award him an MBE.

His first campaign was named *In The Box* (in partnership with Selfridges), it was created so that homeless people could have the access to essentials over the Christmas period. Marcus would visit homeless shelters and hand these boxes out personally. Starting on the 17th of November, the campaign failed to reach as many people as Rashford wanted it to, leaving him quite frustrated.



In The Box Christmas Campaign

BY MARCUS RASHFORD

We have partnered with Manchester United and England footballer, Marcus Rashford, to support homeless shelters in the city.

Here's how you can get involved:

♦
**FILL A SHOEBOX
WITH ESSENTIALS**
You can find the list of items needed on our flyer or ask a team member.

♦
WRAP IT UP
Give your box a touch of Christmas spirit by wrapping it in festive paper.

♦
DROP IT OFF
We'll be collecting your boxes in Manchester on 17 October to 20 December, unless you prefer.

Marcus Rashford MBE

By Oli Jones

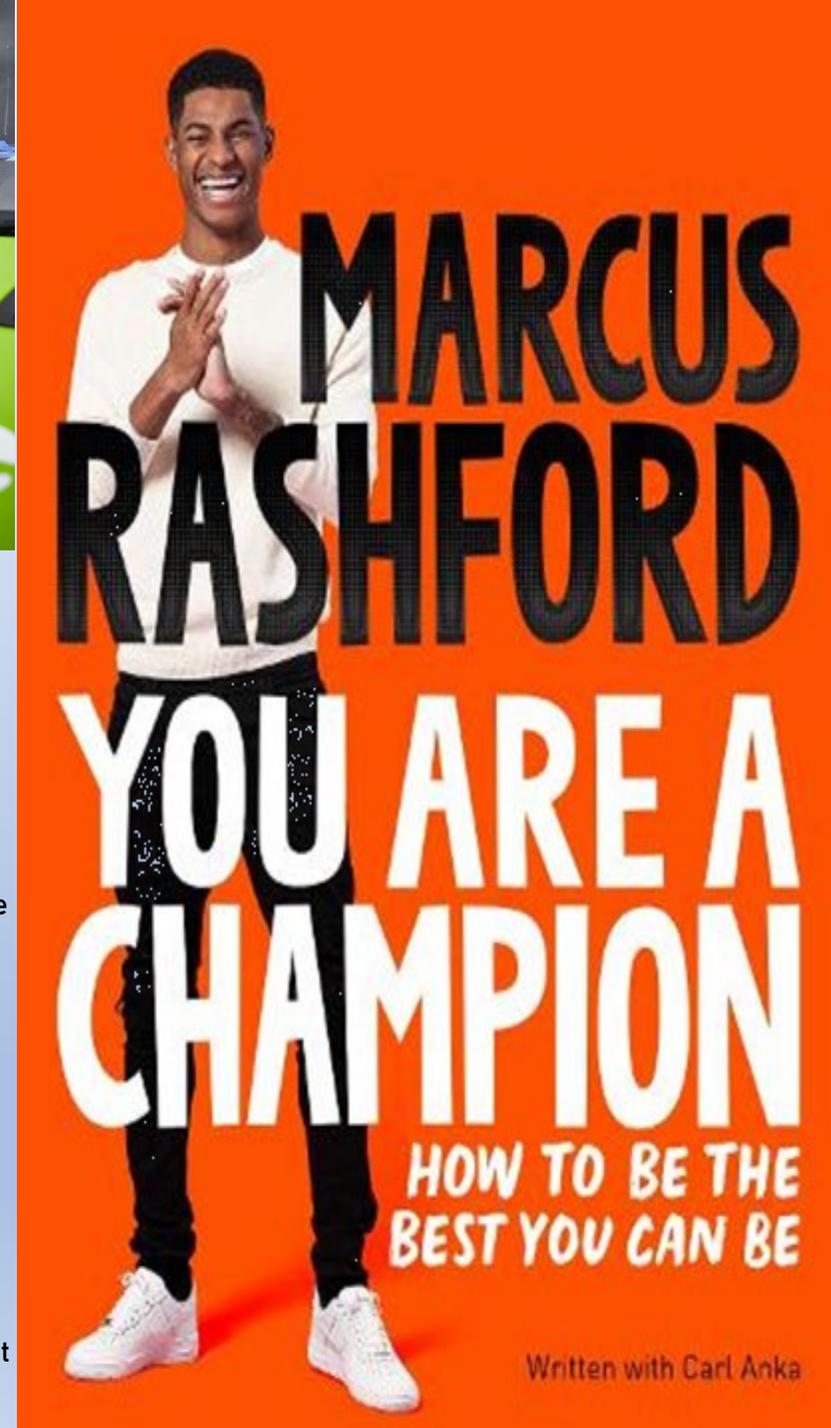
For World Book Day 2020, Rashford—along with a number of celebrities—helped to support the date to ensure that children had a book to read. This was before lockdown had affected people all over the country. And in November of that year, he teamed up with Macmillan Publishers to make a book that boosted people's self-esteem in the hard times. Being in development for around half a month, it released in April 2021, named *You Are A Champion*. It had 50,000 copies printed, and was sold online and in bookshops all around the country for £9.99 RRP.

There is also the Marcus Rashford Book Club, which promotes 2 books a year, one in summer and one in autumn. It launched in June of this year, with the book being *A Dinosaur Ate My Sister* by Pooja Puri and illustrated by Allen Fatimaharan. The book is being reprinted and sold brand new in book stores, and will also be given for free to vulnerable children in the UK.

This miracle continues however, when on the 15th of June 2020, the English government received a letter from Rashford himself, requesting to end child poverty. And, a day later, the government announced a change to the extension of free meals for pupils in the school holidays. And later, in the 1st of September, Rashford set up an additional campaign: The Child Food Poverty Task Force (in collaboration with a few select UK supermarkets and stores. Later in June, he said he was disappointed by the lack of support from the Conservative party as a result of the campaign.

After Rashford had received his MBE he still wanted to continue the campaign. Only a week later, he started a petition on the website for UK parliament petitions to put a complete stop to child food poverty. The petition also included free school meals being expanded to even more students around the country. This was signed by 10,000 people within 10 hours, which was the amount that it had to reach to be discussed in parliament. After it was up for only 24 hours, it had surpassed 200,000 signatures, with 300,000 achieved in one week. In parliament, this was voted against by 61 people. Those 61 were named as 'lacking humanity' by Rashford.

Not soon after that occurred, he used his Twitter account to promote small local restaurants and cafes. This was in exchange for them joining in with, supporting and promoting this campaign, which was an amazing success for the campaign. The whole project was an enormous success, and helped a lot of children and made people more aware of this problem.



Getting out of the house!

By Leah Maddocks, 8.5 (Have a great summer! 😊)



THINGS YOU CAN DO TO STAY ACTIVE

With the pandemic hitting us all, and with 'freedom day' coming up on July the 19th, we want to be able to have the chance to get active once more, and to be with mother nature.

But what can we do to keep ourselves from boredom?



- 1- **Take in what is around you.** You sometimes need to look at the bigger picture, and that's exactly what we are doing here, but by exploring you get a deeper understanding of what truly is around you.
 - 2- **Scavenger Hunt!** Make a list, and go out, trying to find many things, from bugs to flowers!
 - 3- **Picnics.** By doing this you can socialise with friends and eat an extra slice of cake if you are as greedy as I am!
 - 4- **Climb trees.** I know this is probably dangerous, but get a book, climb up a tree, and you will never be disturbed, trust me!
 - 5- **WATER FIGHT!** (That speaks for itself.)
- Other ideas include: **draw with chalk, read, paint, go on a run, gardening, build a fort**, there's endless possibilities! 😊



Holidays are the price of gold nowadays... So how can I bring the holiday atmosphere to my back garden?

By Callum Martin

Unfortunately, because of COVID-19, and the rules on such being lifted, the prices of holidays have hit an all-time high in prices. For many of your parents and carers, it will be an expensive week to take the whole family abroad, so how can you bring the sounds of the ocean crashing and the seagull overhead, to your home?

As a child I really enjoyed swimming in the bitter ocean on a hot summer's day on the beach, however in the given circumstances of today's problems that may not be a childhood memory that we can re-visit this summer. Although there are many ways and places to take your family out swimming for the day; it may not be the sand between your toes that you dreamed for, but it will put a cheeky grin across your face! With my friends, recently, I have been to Alderford Lake. It is found near Whitchurch (a fifteen-minute drive from the school). It involves access to kayaks, paddle boards and a huge inflatable! You can easily book a day here as a child for just under £20, and just £4 for a casual swim! In addition, Carding Mill Valley situated near Church Stretton can be a wonderful day out for the whole family! Included with the experience is a swimmable reservoir and a stream that runs through the valley. The picturesque village and town can all be toured along with the sheep-covered hills for a small fee for parking.

As good as it sounds, swimming may just not be for you so how about camping? A tent can be acquired for a fraction of the cost compared to a holiday and with it the needed equipment. A good reliable starter set of equipment can be bought for under £500, this seems like a big lump of money but see it as a reusable investment. If treated correctly, the tent and all involved can be kept for years. There are many places that allow people to camp over, and many places where you can hike to and pitch up a campsite! Some places may charge a small fee, but with it comes showers, toilets and facilities that can be used at any time. Camping can really take you anywhere for a minimal price and can allow you to see wonders that just cannot be accessed any other way. Alongside the thrilling and exiting experience, you really can gather some vital and useful skills upon certain situations, it can also be a wonderful way of relaxation and self-reflection. Being in the wild with the chirping birds in your ears, and the fresh green aromas on the tip of your nose just cannot be accessed from the comfort of your own home...

It is safe to say that everyone loves the taste of the exotic food that can only be experienced and enjoyed outside of the UK. But there may just be a way that you can bring the wonderful tastes of those tropical countries to your kitchen. My family once a week tried to produce a meal that was considered unique or new. We tried to use the influences of the beautiful food with the limited resources that we had. For example, my mother and I would use online recipes and close to ingredients to make luxurious meals. You could bring over the sweetness from America and make blueberry pancakes with bacon or gather the spices from The Med and make a soup with a freshly baked loaf of bread. The internet holds all corners of the world, and you can just about find anything you want so to use that to your advantage and make something tasty!

I hope my ideas and solutions have inspired you to get crafty this summer, or even trigger your ideas! There are many ways to bring that holiday spirit to the happiness at your home; all it requires is your imagination and initiative.

Thank you for reading, Callum Martin 9.6



Our contributors

- Oli Jones 7.3
- Isabel Dixon 7.6
- Gertie Bielstein 8.3
- Will Weston 8.5
- Luke Morris 9.6
- Leah Maddocks 8.5
- Callum Martin 9.6

With thanks to Mrs Brown and Mrs Steinberg for providing information for 'Our Everyday Heroes article'

When it's ajar!

The living room!

A joke!

A balloon!

On a clock!

A colander/sieve

The more you have,
the longer you'll live!

Jokes and riddles:
Answers

Sundae school!

Because it wanted to be a smartie!

Bill runs around Bob twice and says "I'll do the rest tomorrow!" v

They have their backs to each other!

A towel!

Fryday!

A clock!

A bulldozer!

Because it is never right!

The library; it has the most stories!

Thank you for reading
have a great summer!