

LUTTERWORTH HIGH SCHOOL'S

# THE PULSE

FOR STUDENTS, BY STUDENTS



SPRING  
ISSUE  
2019



The HORROR our cats go through: “incisions in their scalps so that they can measure their brain activity.”

**SPORT  
FOOD  
TRANSPORT  
STUDENT VOICE  
ENVIRONMENT  
AND MORE**



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# Letter from the Editor

MS MALIK

Welcome to the second issue of **The Pulse** at Lutterworth High School.

In this issue, the students have pushed themselves to explore a wide range of topics, from exciting new transport links to heart-breaking cases of animal cruelty.

The team is comprised of a variety of students who all share an enthusiasm of writing, journalism or voicing their views. Once again, I have been thrilled by the commitment of our students – many of whom have attended weekly sessions to perfect their pieces.

Below is a list of all students involved in this issue:

Reuben Williams, 9LK  
Kieran Lovejoy, 9LK  
Jack Millen, 8HH  
Harry Adkins, 8LB  
Jacob Cooper, 10HB  
Adam Blakeman, 9HA  
Dan Morgan, 9HS  
Lauren Allan, 8HH  
Maisie Critchlow, 8HH  
Molly Sandercock, 9LS  
Evan Hawthorne, 8LK  
Kate Silvester, 8HK  
Charlotte Johnson, 8HN  
Poppy Hardy, 8HK

If you want to get involved, then find me or let me know! I'm in E4 all day, everyday. Or, come along to The Learning Hub on Monday lunchtimes.



# Sad Life for Cats

REUBEN WILLIAMS

Cats are nothing short of *purrrfect*, if you ask me. Erasmus Darwin (yep, that *other* Darwin's grandpa) once said, "To respect the cat is the beginning of the aesthetic sense" — and duh, that couldn't be more true.

In these cruel tests, chemicals — no matter how harsh or toxic — are smeared directly onto cats' skins. In one test (which, by the way, was paid for by a corporation whose products are sold in grocery stores and drugstores nationwide), a chemical was applied to the necks of 57 cats. They immediately had seizures and nosebleeds, foamed at the mouth, and lost their vision!

In some auditory studies, experimenters make incisions in their scalps so that they can measure their brain activity in response to different sounds. Yeah. In others, they inject them with substances or implant devices inside them and eventually dissect their brains. While this stuff sounds like a scene from an extremely twisted horror movie, it's real — this is what cats go through, and they have no way to escape.

This is unfair. Cats are beautiful, graceful, whip-smart, and sassy as heck.

This needs to stop!

## What can you do to stop animal testing?

Here are simple things everyone can do to help animals, beyond boycotting companies that test on animals.

1. Report suspected animal cruelty
2. Volunteer at your local shelter
3. Fight for animal rights
4. Buy cruelty-free cosmetics
5. Avoid products that contain palm oil
6. Switch to animal-friendly antifreeze
7. Re-think you're eating habits

Do the right thing. Save our cats. STOP animal testing!



# Food: Healthy Recipes

KIERAN LOVEJOY

New Year, New You? Want to feel healthier? Well, here are some healthy recipes to make you feel healthier and happier after the festive period and coming up to Easter.

## Chicken and Asparagus Pasta

### Ingredients

- 200g asparagus
- 170g frozen peas
- 400g chicken
- 350g tagliatelle
- 175g pack leeks, trimmed and sliced
- 1 tbsp butter
- 200ml crème fraiche
- A handful fresh chopped herbs
- A sprinkle of parmesan



This is one I made earlier!

### Method

1. Cook the chicken in the pan until it starts to brown.
2. Bring a pan of salted water to the boil and put a colander over the water. Steam the beans, asparagus and peas until just tender, then set aside(or you can microwave).

3. Next boil the pasta following packet instructions.
4. Then, fry the leeks gently in the butter in the same pan as the chicken for 5 minutes, or until soft. Add the crème fraiche to the leeks and very gently warm through, stirring constantly to ensure it doesn't split. Add the herbs and steamed vegetables into the mix.
5. Drain the pasta and stir into the sauce. Serve it in the bowl then sprinkle with parmesan and enjoy!

## Strawberry and Banana Smoothie

### Ingredients

- 8 strawberries
- 1 fresh banana, peeled
- 200ml milk
- Half a glass Ice
- 1 tablespoon honey, if needed to sweeten

### Method

1. Add all ingredients to a blender, and pulse until combined.
2. Serve immediately and pour into a glass.

Note: if the smoothie is too thick, add more milk. If it is too thin, add more fruit and/or ice.



Here's what mine looks like 😊



# Pets on Camera

JACK MILLEN

Say hello to Socks and Tails!



Want your pet featured in the next issue of The Pulse?

Email your pet doing something funny, strange or just being themselves at [thepulselhs@gmail.com](mailto:thepulselhs@gmail.com)

The winning photo will be chosen by the team and published in our next issue. Runners up will get a mention and House Points for taking part!

This issue's runner-up is Alasdair Rowan. Well done!



# A Branch Line into Lutterworth – Would You Use It?

HARRY ADKINS

Plans have been made to rebuild the old Great Central Railway Line into Lutterworth. This line has been there for years with no tracks or stations – just the space where it used to go down. It has been disused for roughly 60 years, but that could all be about to change. The proposed line would be single-track and have three stops (Rugby, Cotesbach and Lutterworth).



Now, would you use it? Let me tell you why you should.

First, if you live in Cotesbach you wouldn't have to get the overcrowded bus anymore. The train would run hourly (off-peak) and every half an hour (at peak times). Imagine how relaxing, calm and spacious it would be to sit on a train instead of cramped in a car or bus.

Additionally, the new line could mean that some of us may get to school via train! I find this fascinating. Not only would this be quicker than some of the long, delayed and unreliable buses, but surely much cheaper.

Also, the line would be great for the local shops. It would help businesses make higher profits if people were able to access the village of Lutterworth much more easily.

A branch line into Lutterworth would be amazing. Let's do something about this eyesore!



## Swinging through New York in the most amazing way!

*Spider-Man: Into the Spider-Verse* came out at the end of 2018 to astounding positivity. It was described as “rousingly entertaining” (Common Sense Media) and “a conceptual dare” (Vulture), and there is no mistaking such fact. The movie is certainly one to garner such praise, but why? What makes the new kid on the block so amazing? Be warned, there’s not much negativity to behold.

### Plot:

The two-hour long film isn’t just your average Spider-Man movie. It stars Miles Morales (voiced by Shameik Moore), which this new Spider-Man movie focuses almost entirely on. The shift in main-character makes the movie stand out completely. It’s fresh. In a series that has in the past been known for repeating the same origin story in the most shoddy of ways, *Into the Spider-Verse* holds a fist high in a crowd of mediocrity, shining a spectacular sunlight into the fray. Not only is Miles such a breath of fresh air for the Spider-Man universe, but the entire movie is. **There is no Uncle Ben dying here.** Instead, the movie practically reinvents what Spider-Man is. It’s out with the old, and in with the new. *Spider-Man: Into the Spider-Verse* is one of the first movies to trample tedious trends and collapse consistent

clichés that have plagued the franchise since the Sam Raimi films. **This movie does not feel like a Spider-Man movie.** That’s a good thing. Apart from breaking conventions, *Into the Spider-Verse* manages to hold a cast of five heroes too. Each are on-screen for just the right amount of time, and are completely captivating. They all fit with surprising smoothness. Marvellous miscreants decorate the plot as well. Almost all of them pose perplexing threats upon our heroes. Not only that, but they have been imagined wonderfully. Kingpin, Scorpion, and Doctor Octopus all are back, and they’ve never been better. Newer, ominous villains like “The Prowler” creep forward too, and have massive impacts on the plot. It’s amazing!

### Visuals:

You can’t discuss *Into the Spider-Verse* without mentioning the visuals. A beautiful blend of colours and style spin through the entire two hours, and never fail to fascinate. The complex cast of *Into the Spider-Verse* bring their art-styles with them, whether it be ‘black-and-white film’ or ‘Looney Tunes style’ animation. Once everyone has arrived, the sheer spectacle of the movie goes from a once generic CG style, to a mutated masterpiece of motion.

# Into the Spider-Verse Review

JACOB COOPER



Furthermore, the scenes live inside a comic book. As Miles swings around New York and beats up villains, the comic-like “thwip”s and “boom”s that would accompany such on a panel jump into the scenes themselves. Smoothness within motion is almost gone here, with every action being choppy and rough, but it works so well. After the first half-hour, every aspect of the presentation blends together, and you realise that you’re watching something that’s just amazing – even near the end-game, when the movie starts throwing whacky colours into the mix that otherwise would be quite overwhelming, it’s totally amazing.

## Audio:

When you think of Spider-Man, most of the time, it’s the web-slinger zipping around New York to heroic fanfare.

*Into the Spider-Verse* is much different. Most, if not all, of the movie’s soundtrack is comprised of hip-hop-style tracks that feel right at home in the new psychedelic New York. With songs such as “Sunflower” (performed by Post Malone and Swae Lee) providing a chilled and slow feeling that matches Miles’ lifestyle perfectly, and “What’s Up Danger” (Black Caviar and Blackway) which presents a feeling of rising up to a challenge – again, perfect for Miles. While some songs don’t fit too well with the current scene, they’re not bad songs; they just needed to be placed better. On the topic of sound, *Into the Spider-Verse*’s audio is on point. It’s crisp, sharp, and meshes well. It sounds wonderful, and only adds to the charming feel that this movie has. Once again, it’s amazing.

## Conclusion:

All-in-all, *Spider-Man: Into the Spider-Verse* is a wonder to behold. With blends of wonderful art, crisp sounds, and an amazing plot, any negativities seem to be washed away. This is certainly one Amazing Spider-Man! It’s worth a watch, even for a non-Marvel fan. And with more fantastic looking Spider-Man movies down the line, like *Far From Home*, there’s going to be no shortage of spider-related material for a while.

# The Donald Trump Debate: A conversation between

Donald Trump is the 45th president of the United States. He has been in office for two years, and is a loon. Dan, he is not a loon – he is a good man, and a good president. Yes, he is a good president... a good president of the “thick idiots with bad hair” society. **WOW.** That’s just mean. I guess it’s time. Time to debate!

## North Korea

I guess it’s my turn to start this debate off. Trump is a diplomat. While he could have just ‘solved’ the problem of North Korea by using a big red button, instead he flew all the way over to Singapore to settle this in a peaceful way. Contrary to popular belief, the man is not a power-crazed dictator-tyrant, but a calm, confident, proper president. Honestly, Adam. He only even agreed to meet Kim Jong-Un, because it was another excuse to ride Air Force One. He was even close to provoking the ‘Chairman of the Workers’ Party of Korea since 2012’, into an all-out war. The man has no clue how to behave, and only cares about himself and his precious hairspray.

## Twitter

My point is a simple one: he spends way too much time on Twitter and other social media. Also, he is completely unable to be civil, as shown in this quote from a year ago, which also mentions Kim Jong-Un: “North Korean Leader Kim Jong-Un just stated that the ‘Nuclear Button is on his desk

at all times.’ Will someone from his depleted and food-starved regime please inform him that I too have a Nuclear Button, but it is a much bigger & more powerful one than his, and my Button works!” He is so immature that he can have the nerve to even post this in the first place. If this doesn’t hammer the nail into his coffin, then what will? This also shows that he is so immature, he is trying to spark fury in Kim Jong-Un. So, this clearly shows he is a rubbish president, as he is attempting to provoke another powerful nation. Dan, Dan, Dan. Sweet, lovable, silly Dan. Trump may spend a lot of time on Twitter, but this can also be used for motivational quotes. He wrote this: “Experience taught me a few things. One is to listen to your gut, no matter how good something sounds on paper. The second is that you’re generally better off sticking with what you know. And the third is that sometimes your best investments are the ones you don’t make.” He is spending plenty of time to elevate the nation’s spirits, and he is at least trying to make peace with Kim Jong-Un now.

# Is He a Good President?

## two political minds

ADAM BLAKEMAN & DAN MORGAN

### The Stock Market

The second point that I bring to this debate is very simple: the stock market under Donald Trump has been booming! I know it's hard to give him credit for that, but I believe that the policies he introduced to cut down on unemployment have made businesses more prosperous, therefore raising stocks and bonds. In fact, as seen from the Dow Jones graph, the US stock market broke 20,000 points for one of the first times ever. (The Dow Jones graph is a culmination of the 30 businesses with the biggest stocks in the country). This means he is honouring one of his key campaign promises. He has made America a great nation again! The stock market may have gone up under Trump, but that doesn't mean that he is a good president. There could be hundreds of other reasons that the stock market is booming. For example, perhaps businesses have simply promised pay rises this year, encouraging workers to work harder. Stocks rise and fall all the time. A president has no influence on them.

### The Border Wall

"I will build a great wall -- and nobody builds walls better than me, believe me --and I'll build them very inexpensively. I will build a great, great wall on our southern border,

and I will make Mexico pay for that wall. Mark my words." We all know this quote, don't we? Presidential Candidate Trump describing 'the wall'. The president has a clear history of opposing other countries and this is no exception. He wants to build a wall along the Mexico - US border. Not only will this be highly expensive, but irresponsible. Mexico is one of the US' big traders, and it would be unwise to cut them off. A lot of Americans and Mexicans live and work in each country as well. So, building this wall border will harm both economies. This shows he does not think things through, like a good president should. The issue of funding is a more precarious one. He is planning to try and bypass Congress by declaring a National Emergency. Not only will this be equivalent to sending US nukes at every civilised country in the world, it breaks international law, and it won't even work. In the event of a National Emergency, CONGRESS CHOOSES THE POWERS TO GRANT HIM. So, he will have declared international war, for nothing.

### Conclusion

So, a civilised debate has decided the truth: Donald Trump, President of the US, is a dreadful president. A businessman should not be in charge of a country; a politician should. We have a winner: Dan Morgan.

# Valentine's Day:

## History

Valentine's Day is a time to celebrate romance and love, but the origins are actually dark and bloody.

Many of us know that the ancient Romans created Valentine's Day. But did you know there was a lot of discrimination involved?

It is said that Emperor Claudius II executed a man for his religion on the 14th February – his name was 'Valentine'. A couple of years later, another man was killed for the same reason on the same day – his name was also 'Valentine'.

Because of this, the Catholic Church celebrated St. Valentine's Day to honour the sacrifice of these men.

## So... What Did Our Students Have to Say?

Valentine's is a day for being with your loved ones – but not in everyone's eyes. Some people think it's just a normal day, whilst others think it's a time to show people how you feel.

But, what does Valentine's Day mean to the average student at LHS?



# YAY or NAY?

LAUREN ALLEN & MAISIE CRITCHLOW

“Commercialised nonsense”

“Irrelevant!”

“A time to show how much you care about someone.”

The majority of our students, feel that you can show people you love them any time of the year and you don't have to buy over-priced chocolates, flowers and cards on Valentine's Day just to say 'I love you'; you can do that any time you want to.

“A time for shops to make money”

Many students find the whole day “pointless and unnecessary”, providing more work and stress for people for just one day to try and 'prove' your love.

“A lovely day for love”

Overall, LHS students think Valentine's Day is meaningless and that people don't really care about it anymore.

“Over-priced TAT!”

So, that answers the question of 'Valentine's Day: YAY or NAY?'

Definitely NAY!



# Endangered British Species:

*The hedgehog population has been in decline throughout the UK for many years. This is due to several different reasons, and many of these are down to humans.*

## Human Ignorance

A hedgehog's habitat is very important for its survival. Humans are destroying their habitats in a variety of ways: garden fencing, ripping out hedges and keeping tidy gardens.

Garden fencing may seem as if it wouldn't affect hedgehogs, but it actually has a massive impact on a hedgehog's life. Garden fences (particularly those made from wooden panels) prevent hedgehogs moving from garden to garden. If hedgehogs are not able to do this, it can mean they are not able to find enough food or maybe water; it also means it is harder for a hedgehog to find a mate.

Just like garden fencing, it may seem unlikely for a tidy garden to affect hedgehogs. However, if your garden is tidy it can make it harder for them to find shelter or a place for hibernation.

## Vermin Control

Vermin control, such as slug pellets, is toxic for hedgehogs. Many gardeners use slug pellets to keep slugs and snails away from their plants. Unfortunately, slugs and snails aren't the only creatures that gobble up these pellets. Hedgehogs do so by mistake. This is due to hedgehogs thinking that pellets are food; however, the pellets are poisonous and can, in fact, be fatal. This is not only dangerous for hedgehogs, but other species also.



# Help the Hedgehogs!

MOLLY SANDERCOCK

## Increased Predators

With increased predators seeking hedgehogs, it is harder for hedgehogs to survive. Their main predators are badgers. Badgers are an increasing problem to hedgehogs because they are protected by the government and so you can't kill a badger without a license. This then means that there are more badgers around eating hedgehogs. With all the protection from the spines you would think it would be difficult for predators to kill a hedgehog. Yet, badgers are still able to get hedgehogs out of their spines using their claws. Badgers are becoming a real menace to Britain's environment. Not only are they reducing the hedgehog population, they are also spreading TB.



## Lack of Food

Another problem hedgehogs are facing is a lack of food. This is partly due to humans as fewer people are gardening. Gardening not only provides actual food for hedgehogs to snack on, such as delicious vegetables, but also hedgehogs are able to eat the

## Ways We Can Help

1. Leave some dog food out in the garden in a place that is easy to reach.
2. Provide shelter where they can hibernate during winter.
3. Leave a patch of your garden wild.
4. If you have a pond, make sure it is hedgehog safe.
5. Avoid using slug pellets or any harmful chemicals.
6. If you are about to light a fire, check there are no hedgehogs hibernating in the branches.

## Fun Facts

A group of hedgehogs is called *an array*.

A hedgehog has roughly 6000 spines.

Hedgehogs rely on their hearing and sense of smell due to their poor eyesight.

Hedgehog's spines are not poisonous.

There was once an Olympics for them!

Hedgehogs live for about 7 years.

Hedgehogs have an average size litter of 4-5, but only 2-3 survive.

Hedgehogs are becoming popular pets.

Even though they seem to walk so slowly, they normally cover between 2-3km a night!

If you see a hedgehog in the day, they are normally ill, so... **GET HELP!**



## THE TITLE RACE IS ON!

So, this season is proving to have a tighter title race than suggested at the start of the season, with just a point separating the top two teams. Jurgen Klopp's Liverpool are unbeaten at home, having only dropped 4 points to teams outside the top 6, but losing some momentum with a bore-draw against rivals, Manchester United. Manchester City is currently favourite to hold onto the Premier League trophy adding to their League Cup win. Mauricio Pochettino's Tottenham are staying close with only 6 points between them and the top spot.

## SHOULD OLE GUNNAR SOLSKJAER GET THE MAN U JOB?

Ole Gunnar Solskjaer has brought back flair and pizzazz to Manchester United. Previous managers, Louis Van Gaal and Jose 'The Special One' Mourinho, have been sending fans to sleep with their uninspiring performances. Former club legend and Super-sub, Solskjaer, has made a better start to his stewardship than any other Manchester United manager before. He has negotiated tricky wins away from home, including knocking Chelsea and Arsenal out the F.A. cup.

Many believe Manchester United may not appoint him full-time and will instead appoint a more proven, experienced manager such as Mauricio Pochettino, or former Real Madrid boss, Zinedine Zidane. Yet many fans want him appointed permanently as he plays attractive, attacking football which has been missing from Old Trafford for far too long.

## THE SCRAP FOR RELEGATION

2019 is also proving to have a much tighter relegation battle than previously predicted: Huddersfield and Fulham are heavily adrift at the bottom; Cardiff City, Southampton, Brighton, and Burnley are all scrapping for points at the bottom of the table.

Neil Warnock's Cardiff have defied the odds by spending the majority of the season out of the relegation zone. They have even achieved back-to-back top flight wins over Bournemouth and fellow strugglers, Southampton – this is for the first time since the 1960s!

Burnley, however, may have overachieved in 2018 when they finished 7<sup>th</sup> and even qualified for the Europa League.



A series of disappointing signings (including former England number 1 goalkeeper, Joe Hart) have meant they are way off the pace. Hart conceded more goals in the first 20 games than the whole of the previous season. Tom Heaton is now in- goal and this has coincided with a return to good form, more like last season. They are not predicted to go down.

Brighton began the season in sparkling form, contrary to pundits' predictions of second season syndrome. They maintained very good home form for the first half; however, since December, they have struggled against fellow stragglers Burnley, Cardiff and even Claudio Ranieri's shock flop Fulham.

## CLAUDE PUEL SACKED

Claude Puel has been sacked as Leicester manager. He had been credited with bringing through a number of young players, boasting one of the youngest squads playing in the league and maintaining a solid mid-table position. Puel had previously been sacked from Southampton for a sullied style of play. Puel's popularity has always been low with the Leicester fans with his reserved demeanour and passionless style of play. Who will be the next manager? What do the fans want? And what is more important: results or entertaining football?

## EVAN HAWTHORNE PREMIER LEAGUE PREDICTIONS

1. Liverpool
2. Manchester City
3. Manchester United
4. Spurs
5. Arsenal
6. Chelsea
7. Wolves
8. Watford
9. Bournemouth
10. Leicester City
11. Liverpool
12. Everton
13. West Ham
14. Crystal Palace
15. Burnley
16. Newcastle
17. Cardiff City
18. Brighton
19. Southampton
20. Fulham

Introducing our **BRAND NEW** comic...

## The Magical Amulets

**Do you like magic? If so then you will love our series the Magical Amulets.**

**Hayley Smith, Sophie Rester and Megan Jones change from regular girls to the Amulet Keepers. Read more of their adventures in The Pulse.**

**Hayley**

**Megan**

**Sophie**



BY KATE SILVESTER, CHARLOTTE JOHNSON & POPPY HARDY



