

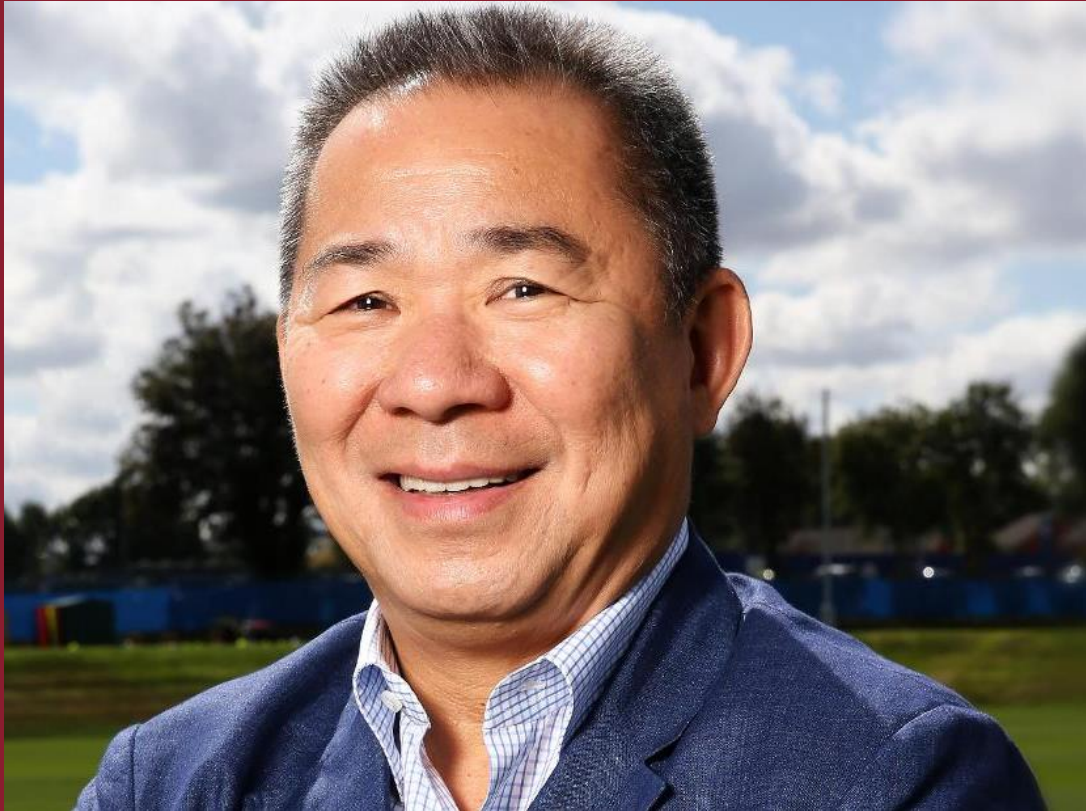
LUTTERWORTH HIGH SCHOOL'S

# THE PULSE

FOR STUDENTS, BY STUDENTS



AUTUMN  
ISSUE  
2018



A tribute and farewell to Leicester City Football Club  
Chairman, Vichai Srivaddhanaprabha

**SPORT  
FOOD  
FASHION  
INTERVIEWS  
ENVIRONMENT  
PUZZLES**





# CONTENTS

## SPORT

Evan's final say on LCFC's late Chairman,  
p. 3

## FOOD

Festive treats in time for Christmas. This  
issue: Pretzels, p. 4-5

## INTERVIEWS

Get to know our star student actor, Sean  
Dixon, p. 6

## PHOTOGRAPHY

Take part in our pet competition! p. 7

## HISTORY

Jacob's rundown on the winners and  
losers of WW2, p. 8-9

## ENVIRONMENT

With 'single-use' becoming Collins  
Dictionary word of 2018, recycling has  
never been more topical, p.10-11

## FASHION

Emma decides if Gucci's winter wear is  
worthy of the runway, p. 12-13

## DEBATE

Homework: is it pointless? p. 14

## PUZZLES

Your chance to win a prize, p. 15



# Letter from the Editor

Welcome to the very first edition of **The Pulse** at Lutterworth High School.

This magazine is a voice for all students with something to say. As young people in the 21<sup>st</sup> century, you have a plethora of platforms to express yourselves: social media, vlogs and blogs and many more sites that adults are oblivious to. Whether or not you share your experiences with the masses, or only with siblings and friends, you all have your own opinions, thoughts and feelings – and you want to be heard.

Many of you reading this may not consider yourself a 'writer'. But what does that mean in our ever-changing world?

What a writer isn't:

- An old man sketching away with his quill and ink
- An uninteresting and unsociable hermit
- Someone with their nose constantly in a book
- Someone with a 'fancy' vocabulary who had a dictionary for dinner and a thesaurus for dessert
- A person who cannot play sport, games or have any type of fun

In fact there are so many stereotypes about 'writers' that I could easily fill a page.

So who is a writer? Simply put: anyone.

See something strange happening in the news?

Tell us.

Have an opinion on something and want to air it?

Tell us.

It's innate to want to be heard and appreciated – intrinsic to our human nature. We all have thoughts, opinions and stories to tell.

We are all writers.

I have been thrilled by the dedication of our writers in this edition and stunned by the quality of their writing – some of whom would not say at all that they were 'writers'.

All these pieces have been imagined, created and perfected by our students.

This issue is showcasing the wonderful talent of our own writers in LHS.

If you want to get involved, then find me, come along or email at

[thepulselhs@gmail.com](mailto:thepulselhs@gmail.com)



# Goodbye Vichai Srivaddhanaprabha

EVAN HAWTHORNE

Today Leicester City FC said their final goodbyes to Thai billionaire and chairman who sadly died alongside 4 others in a horrific helicopter crash outside the Leicester City football stadium, the King Power.

Thousands of mortified Leicester City fans have been pouring in to lay down flowers and T-shirts at his memorial outside the stadium. The new Leicester chairman has been giving away free cups of hot chocolate to anyone visiting the memorial, which is a thing that kind Mr Srivaddhanaprabha would have approved of.

He bought the club for a modest £39,000,000 in 2011 and brought great luck and fortune considering the club won the Premier League just 5 years later!

He won 3 divisions with the Foxes including the Championship, League 1, and the top-flight Premier League. He also signed some world class players including N'golo, Kante, Riyad, Mahrez and Jamie Vardy.

Arguably though, his biggest achievements were leading his team to the quarter final of the European Champions League and helping them

stay up from 19 points in 29 games to 22 in 9. He was one of the most respected and revered chairmen in the Premier League, always allowing managers to invest and never falling out with players.

He will also be remembered for his generosity, for example when he bought every Leicester player a BMW i8 (totalling nearly £2,000,000) when they won the Premier League in 2016. On his birthday he has been known to give away free doughnuts, crisps and beer as well as giving free season tickets out to the fans of his Belgian club. He also made significant donations to many local causes including Leicester Children's hospital.

A great loss to Leicester FC and the wider community.

**RIP Vichai – Foxes never quit.**





# Food: Christmas Treats

KIERAN LOVEJOY

## The Magical Taste and Sensational Aroma of Bavaria at Home

Preparation time: **1-2 hours**

Cooking time: **30 mins -1 hour**

Serves: **Makes 12**

### Ingredients:

#### For the dough

500g strong white flour

10g salt

7g fast-action yeast

40g butter, softened

280ml milk

Oil, for greasing

21g bicarbonate of soda

#### To finish

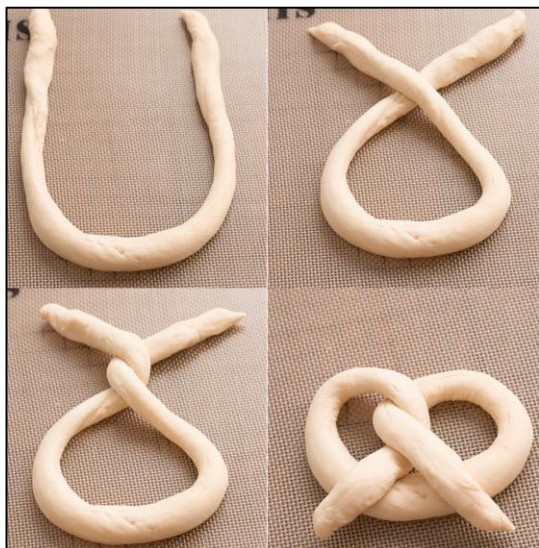
20g rock salt



### Method:

1. Add the flour, salt and butter to a bowl. In a jug, add the yeast to the milk and stir to dissolve. Add the milk mixture gradually to the flour and mix until a dough is formed.
2. Turn the dough out onto a clean work surface and knead. The dough should be stiff but not sticky, and shouldn't need any extra flour to knead. Continue for 10 minutes, or until the dough is smooth and glossy.
3. Put dough in a bowl and leave to prove until doubled in size (about 45 minutes).
4. Preheat the oven to 200C/400F/Gas 6.
5. Once proved, turn the dough out and divide into twelve equal pieces. Using your hands, take each piece, and roll the dough into a long sausage shape, tapering the ends, and creating a slight bulge in the middle. Each piece should be about 40-50cm in length. As you roll out the ropes you should apply some pressure to the dough, working from the middle outwards, pushing out any air bubbles that may have formed in the dough.

5. Shape each rope into a wide U-shape on the work bench. Take the two ends and manually twist them around each other twice before fixing the tapered end pieces to the opposite sides of the pretzel underneath the main circle of the pretzel so that you can't see the joins. Press down lightly to seal, without misshaping the pretzel. Work quickly to shape all 12 pretzels.



6. Add the bicarbonate of soda to 7 litres of boiling water, and gently drop each pretzel into the boiling water for approximately five seconds. Gently remove and place on a baking tray. While the dough is still wet from the water, sprinkle over the salt.
7. Bake in the oven for 20-25 minutes, or until they are a deep brown colour.

## Our Local Christmas Markets

### Birmingham's Frankfurt Christmas market:

This is the largest Christmas market outside Germany and Austria which takes place **15<sup>th</sup> November - 23<sup>rd</sup> December**. The market offers traditional German goods, handcrafted gifts and yummy food.

### Winter Wonderland Nottingham:

Taking place **15<sup>th</sup> November 31<sup>st</sup> December**. It includes a chilling ice bar, ice rink and a thrilling Helter-Skelter. Along with that, it has 70 traditional Bavarian stalls, hosting everything: hand crafted jewellery, cheese, warm winter wear and scrumptious chocolates.

### MK Christmas market:

Milton Keynes' Christmas Market is back from **16<sup>th</sup> November – 23<sup>rd</sup> December** in Queen's Court. There will be a whole host of glorious festive food, drinks and gifts on sale from an array of international themed traders.



# LHS' Les Mis: Interview with Sean Dixon

MADI STRUCK, OLIVIA CANT & SONNY EGGINTON

## *When did you first become interested in Musical Theatre?*

Well, probably when I was in Year Five so I'd have been about 10-ish. A load of teachers and parents came up to me and said I did really well in a school production of 'Charlie and the Chocolate Factory' where I played Willy Wonka and so I figured, yeah, I'm good at this – I might as well give it a go!

## *How many productions have you been part of, both in and outside of school?*

In school, I've been in six. Outside, I've been in six or seven.

## *Which one was your favourite and why?*

It was probably one I did with the Scouts. It was a pantomime version of Aladdin and I played a fictionalised role: Assistant to the Villain. So I played an evil, old hag *[laughter from everyone!]*. I got to wear a dress and pull a funny voice, which was a fun one to do.

## *Cool, can you tell us more about your role in Les Mis? Who is Jean Valjean?*

Jean Valjean is the protagonist in the musical and the story basically follows his release from prison. He breaks parole to start a new life and redeem himself for his past sins, whilst he is also being chased by the Police Inspector, Javert.

## *What can we learn from Jean Valjean?*

Well, we can learn that no matter what, anyone can be redeemed and change their

path if they've taken some wrong turns in the past. They can accept that, repent and move on to do better deeds.

## *I've heard you're involved in a group called 'Future Faces'. Tell us about it and what you do there?*

'Future Faces' is a Theatre School in Lutterworth for anyone aged 6-18. There are three groups of students: juniors, intermediates and seniors. It's on every Saturday where we all do an hour's worth of singing, acting and dancing each. We put on two shows a year. One is a cabaret at Christmas that each group puts on, which is a mixture of things. Because I'm a senior, I do that one with my group only. Then we do a bigger production in the summer with everyone, including juniors, intermediates and seniors. Every Saturday, we have rehearsals that lead up to these shows.

## *Why is musical theatre so important to you?*

I enjoy acting and I want to have a career that involves acting, so maybe something in the film making industry because I find that quite interesting. It's also helped to build my confidence and social interaction skills. It allows me to communicate better with others so it's useful for building life skills. But most of all, it's fun!

## *Thanks for letting us get to know you*

No problem.





# Pets on Camera

DOUGIE STEWART

Say hello to Frank!



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!



# A formatted rant on the

*(I don't know why, but here we go!)*

Aah! The victors of The Second World war - collections of noble countries who fought through the toughest of times and conquered the corrupt countries of Europe. They spanned the globe, ranging from France (just across the Channel), to Russia, everyone trying their hand at grabbing the ball of victory.

But with every fight, whether on the world stage or in a playground, there are losers. Poland fell victim to territorial capture, as did Czechoslovakia who were caught in the middle of the dreadful disaster. Jews were captured by Nazis and sent to Death Camps in the later years of the war, and millions of young men were sent off to their inevitable dooms to try and shine a shimmer of hope onto the travesty of decades gone by.

But... Who actually won The Second World War? We always seem to pin each side - good and bad - with labels. "Villain", "Victor", "Hero" and "Losers". There were two sides to WWII, the allies (Britain, France, America etc.) and the central powers (Austria, Italy, Germany and more).

So who won? Here's a quick lightning round summarising the big contenders.

Was it Britain? No. We declared war on Germany and thus played a part in starting the thing, not to mention the 450,900 men that died... Furthermore, our country invaded Germany with the help of America and France, and tore it to shreds like children fighting over a ball. We did not win, but were perhaps the best contender.

Did France win? Simple answer - no. In reality, they can be brushed aside. A little brother who was dragged away, kicking and screaming after they lost the fight of Dunkirk.

So... America?... No! America arrived late, and the majority of them went the wrong way! They butted heads with Japan and ended up dropping TWO atomic bombs on Hiroshima and Nagasaki, killing **135,000** innocent people with the *snap* of a finger. Some were literally incinerated by the intense thermal heat of the explosion. They were kicking and slapping instead of fairly tackling the winning ball away.

# victors of World War Two

JACOB COOPER

How about Japan? Did Japan win? No, not them either. Not only did they turn up early by about EIGHT YEARS, they got bored, invaded Manchuria in 1931, then, *somehow*, still lost to America even though they got there early! They got out onto the playground first, and they ended up being the last one taken off.

Forget about Germany. Germany didn't win. They were ruled by a mad, Austrian megalomaniac. They sent **6 million** Jews total to die in the Holocaust, AND invaded many countries before that. So no, they didn't win. Forget about America's slapping, Germany brought the equivalent of a knife to the brawl!

...Russia you say? Surely not. Russia were into the war so much that they didn't want it to end! They split Germany in half with the Berlin Wall (starting in 1961 and only collapsing in 1990), AND made a pseudo war with The Cold War, lasting roughly from 1945 to 1991. Forget about winning the war, they didn't want the darn thing to end! Russia: the

naughty kid who didn't want to go back to lessons!

Was it Italy? Nooope! They were cut open in Sicily after being defeated in African colonies. Sicily (the toe of the boot) was taken over by Allied forces in a mere 39 days, literally being (to quote Churchill) "Europe's soft underbelly". Ironically, they were kicked to the ground after placing merely half a toe on the ball.

Any other country can be brushed away as they either barely participating or turning a blind eye, like China or Switzerland.

So in conclusion, nobody won. It was just a six year quarrel between the entire planet, like a bunch of children fighting over one ball. It ended with people being hurt, and everybody ultimately just getting bored and clearing off back inside. So immature.

Did I just waste your time? Probably.



# Recycling

ANDREA JACOVOU & JASMINE NORRIS

Rubbish, it's everywhere! With every sweet there's a wrapper, with every drink there's a bottle. All needed to be thrown away. But thrown where? Everything needs to be disposed of, but how it is done? Simply tossing everything in the black bin, or on the side of the street won't help anyone. It only ruins our environment, our home. ***What can we do?***

## Use Bins Correctly

One easy way to manage our food and garden waste is to use a compost bin. This allows the waste to decompose in the ground, which is fantastic for the earth.

We could also put plastic bottles or the plastic container that fruit comes in into the recycling bin, so it can be recycled. Here are some recyclable materials we all must stop throwing into the black bin: paper, plastic, cardboard and glass.

When these items are put into the recycling bin, they can be turned into new products for us to use. Otherwise, the rubbish will be thrown into a land-fill, which contaminates our planet. Do you know what happens when the land-fill is full? Well, they dig another. And if the rubbish isn't rammed into our earth, it is, instead, burned. This produces terrible gasses, harming not only us but our fragile environment, which we should really be taking the best care of.



## Plastic in Our Sea

Our magnificent ocean covers 70% of our world and is essential to us living. However, we pollute our oceans with all types of rubbish not thinking of the consequences of our actions. Annually, an estimated 1.4 billion pounds of rubbish is being thrown into our ocean. Of this waste, much of it is plastic. Plastic takes years and years to decompose. Specifically, just one plastic bag take 20 years to decompose; plastic bottles take 450 years, and fishing lines take 600 years. It is madness. Our ocean is also polluted by oil spills, sewage and industrial waste. Something needs to be done.



## How Plastic Affect Marine Life

Marine wildlife is greatly affected by our plastic. It kills over a million seabirds each year, and if that isn't horrific enough, it also kill 100,000 mammals each year. Whilst oil is a big factor in sea pollution, the biggest problem is the 5 trillion pieces of plastic debris which are currently floating around in our ocean. This is a major risk to wildlife in a majority of different ways. First, an animal can mistake the debris for food and choke on it; this leads to animals starving due to not being able to eat. Secondly, animals can become entangled in plastic. Finally, animals are at risk of being poisoned as plastic can absorb toxic chemicals from other sea pollution, such as oil.

To help reduce sea pollution and the loss of marine wildlife, we can look into reusing and recycling plastic. Instead of buying a five pence bag, get a reusable one to carry the weekly groceries or when you go shopping with your friends. Every piece of plastic you recycle won't end up in the ocean, and won't be a risk to marine wildlife. All you have to do is throw it in a different bin – how hard can it be? So help save our environment and the lives of marine wildlife as it really does rest in your hands.

## School

Recycling at school... It's not the best. However it can be improved in a variety of ways, of which some are fairly easy.

Encourage your teachers and students to recycle by: having a scrap paper draw in every classroom; making sure that paper is used on both sides, before being thrown away; encouraging students to bring in reusable water bottles instead of buying a plastic bottle of water every day; and suggesting to compost food waste.

Students could even set up an eco-team to help monitor and come up with new ideas about how to improve and spread awareness about recycling at school.

In conclusion, we think everyone should at least try to recycle as this is our world and we are doing irreversible damage to it.

***Remember: fish are our friends – not plastic.***





In Gucci's Fall Winter 2018 Runway, this was look 20. To start off with, let's address the elephant in the room: what on earth is that mask? It reminds me of a hybrid between Deadpool and Spiderman. Happily, that abomination is not for sale; neither is the flannel styled as a bowler hat.

Anyway, let's focus on the positives of the look. Working from top to bottom, we see the Vintage Web necklace (£3,130). This piece is made up of two layers of resin beads encrusted with yellow crystals. The gold metal chain has a lobster closure and a double G. Its worn effect is made to bring a vintage feel to a pop-inspired necklace. Overall, it would make a good centrepiece of any outfit.

The next item is the rose print silk marocain jacket (£2,660). The print in the piece is the main focus, bringing out its feminine aspect. The jacket is complimented by a black scarf. Personally, the scarf seems like a garment made for a more elderly person, as I can't see a young woman wearing that, styled how it is anyway.

# Runway Worthy?

EMMA CLARK

On her upper-left chest, she is wearing the Rajah Brooch (£875). This brooch is, design wise, stunning. The intricacy makes up the price – fine, ivy leaf patterns outline the rows of blue, white, yellow and orange crystals; the brooch is shaped as a roaring tiger, and that alone is impressive. I simply can't describe its beauty in words. It captures the aspect of 'fashion forward' first hand in its resin design.

Towards the bottom, the Technical jersey pant (£705) has a very exaggerated leg shape which looks rather comfortable. The navy trousers are lined with the iconic green and red stripes, so design wise, it is current – a bit like streetwear.

The patent leather high-heel slides (£620) come in two colours: burgundy and off-white. With these thick 4-inch heels, walking should be easy and comfortable. The leather has that gorgeous sheen, which would be easy to clean. A silver embellishment on the front of the shoes which further helps to catch the light.

Looking closely, we see a pair of lace tights (£225) which come in black and cream. The tights are defined with a delicate floral pattern and would look great with complimentary colours. Were I to wear them, I'd choose to layer with other fabrics.

Last, but by no means least, is the Rajah maxi tote bag (£2,230) which I feel is the centrepiece of this look. The brown tote looks great with the, again, iconic red and green stripes. There is a gold tiger embellishment in the centre and the black lining around the edges really help the gold shine. Gold chain straps are fixed to black patent leather strips to give it more texture. Just beautiful.

In conclusion, I think this look is not quite 'Runway Worthy'. The way Gucci has styled the pieces doesn't do the collection justice. I feel like my favorite pieces, the bag and the trousers, could be found at for an affordable price on regular high street shops. The whole look might be acceptable for the runway but definitely not for real life.



# The Homework Debate: Is it Pointless?

ADAM BLAKEMAN & DAN MORGAN

*Homework: the bane of schoolchildren's fun. However, is it? In this debate, we will investigate just that. So, let us find out: is homework pointless?*

Well Adam, homework is pointless, as when it comes to GCSE, you have to revise everything you did for HW all over again. Students spend hours a week pouring over HW, just to repeat the effort closer to exams. This means that a lot more time is used up doing HW during the school year, which turns out to be completely unnecessary. Furthermore, studies show that 31% of students do not even bother with it in the first place. So, it is clearly stupid and pointless.

Ok, Dan. This is a very good point, but there is always another side to the argument. These students may actually care about HW, but quite simply cannot do it due them having too much to do already. Perhaps HW itself isn't the issue, but the quantity of it. Even still, they should bother with it as it helps you to understand the topic more easily. This means that when it comes to round to the GCSE, all the hours will balance out as you will probably be able to revise a lot quicker.

Still Adam, you can't argue with the fact that after 6 to 7 hours of school, many students are completely fed up of schoolwork. There is nothing more annoying than it being the middle of summer, and not being able to enjoy it because you have schoolwork to do. We need to be active, not sitting in a room for hours with a paper and pen.

Well, Dan, I can't argue with the fact that we should be active. And HW provides necessary exercise – for the brain. It allows it to develop which is incredibly important in our growing years. I understand your point about it being very annoying, however, studies show that if

you revisit a topic a week after studying it, the risk of forgetting will be halved. HW is good for you!

I see. Well, my final point is a very simple one. Students actually spend far too much time on HW. The recommended guidelines for HW are 10 minutes a week for every year group, excluding foundation. For example, Year 1 should do 10 minutes, Year 2 should do 20, and so on. However, recent studies have shown, that Year 1 children, instead of 10 minutes, spend over half an hour on homework every week. In Year 9, we should be doing 90 minutes. Well, I can get that in one week from just one subject sometimes!

My answer to your point might not be popular, but here goes. The guidelines you state were sculpted for gifted students. Yes, an average child *would* find it much harder to meet these guides. But still, who doesn't love a challenge? Challenging HW is just one way students can be stimulated. It helps to shape our brains at this early age. So after all this debating, I think the answer is very clear, Dan.

As do I Adam.

Indeed, the answer is quite simple: homework is not pointless.

Eh? What? I think you'll find it is!

Nonsense, it so isn't.

YES IT IS.

NO IT IS NOT.

Oh for God's sake. It's a stalemate!





# Character Word Search

CHARLOTTE JOHNSON

Name:

Form:

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

CHARLIE  
DENNIS  
GEORGE

HARRY POTTER  
KLAUS  
MATILDA

PADDINGTON  
PERCY JACKSON  
SUNNY

VIOLET  
WILLY WONKA

**Return your completed word search to the Learning Hub.  
The first 3 correct returns will win a prize!**







