

## CONTRIBUTIONS

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#### PRINCIPAL'S MESSAGE

Welcome to the 11th edition of Voice!

With the start of the Academic year we said goodbye to the old and welcomed the new. It was goodbye to our Year 13 leavers with the fantastic Prom; turn to our 'Hello magazine' style montage on page 3 for many happy memories. We also said our fond farewell to Mr Morris, but I'm delighted to be taking the helm and welcoming back Year 13 and our new Year 12 of 2014 - 2015.

Let's make this year count!











## RYDING THE RUNWAY

## WEEK 1: BACK TO BASICS

Upon our embarkment to the Art department, we managed to find out some key details regarding the Sue Ryder Charity Fashion Show which was due to be held at Tamworth Sixth Form Academy on July 2.

The combination of creativity and charity spirit guaranteed success for this show-stopping event. We spoke to Jess Bayliss and Bethan Perry who were acting as Landau's answer to Coco Chanel and they revealed all their plans for the event. Both donations from students and supplies from local charities created the basis for Landau's first ever collection on the runway.

The event had a specific purpose: Sue Ryder. These incredible hospices provide support for lots of people; focusing mainly on the elder generation.

## WEEK 2: MODEL MAYHEM

Prepped or stressed? We ask about the models, the mannequins and the measurements.

With the audition process over and the models finally selected the students in the Art department were beginning to make progress; but all that aside, we wanted to know about the models! "Alistair Deakin, Rachel Clarke and Courtney Reid" said Bethan, and that's just to name a few! Following last week's excitement, it was clear to see that they were much more organised over in A wing and had managed to get measurements and map out their collections based on the shapes and sizes of their models.

With no entry requirements, the opportunity to be a model was open to everyone as the inspiration for the

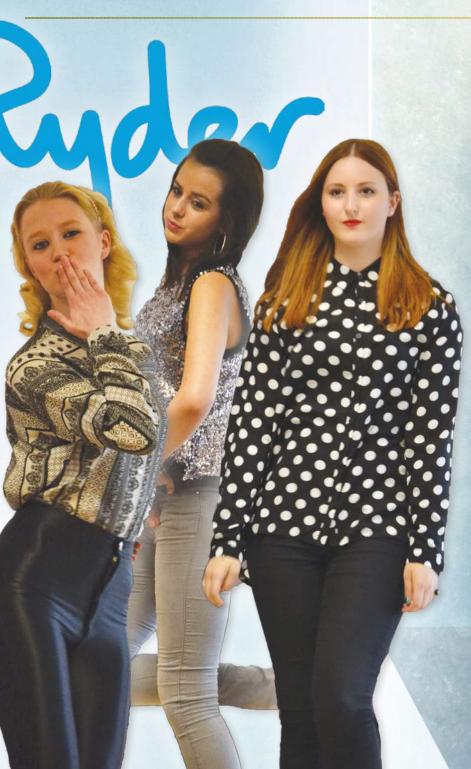


collection was to provide something to suit everybody. Whether they were an hourglass figure or had a boyish, petite frame, the designers in art had an outfit for that exact shape.

## WEEK 3:

We checked in to the Art department once again this week in order to find out some further details and any extra information to make sure the night runs smoothly. As well as the fashion show, the enrichment team were now holding an art exhibition show casing our A-Level art, photography and textiles work which has been created by the talented students of Tamworth Sixth Form Academy. The event also included a BBQ, live music and a raffle prize draw. The team down in the department were still working hard to create their three main fashion collections: Vintage, Festival and Monochrome looks were the focus of the show.

We then made the journey across to Landau's music department to speak to the students involved with the 'Open Mic' group. Mr Galley proudly stated that the team are "brilliant and fantastic". There were around eight students providing live music on the night of the fashion show with songs being sung such as "Royals" (Lorde), "Turning Tables" (Adele), 'Chocolate' (Snow Patrol) all sung by Monica Hughes and accompanied by Josh Hale and Mr Galley.



## WEEK 4: FINAL DAY

We managed to catch up with Miss Smart who was putting the whole thing together; she stated that she was "excited" but slightly "scared" as to whether they were going to pull it off in time. Models were running around trying on different clothes and they had some wardrobe malfunctions whilst I was there, such as not enough male clothes for the amount of models that wanted to help!

I then went along to the main stage and catwalk area to see what the set up was like and it looked very professional! With a long runway, the models were sure to be able to showcase the outfits they had made and put together for the day! Whilst we were there, I also turned my attention to the sound check from the music students that were directly behind me. Monica Hughes was practising "Royals" accompanied by talented musician Jack Bagnall and singer Jessica Sutherland. They were "nervous" for how the final performance was going to turn out!

## SHOW NIGHT

After all that worry and stress, the final showcase was a huge success! Everyone had a great deal of fun watching the catwalk, listening to the live music. The BBQ and ice-cream van were a big hit! The whole night went without a hitch and the department managed to raise a little over £500 for the amazing charity Sue Ryder. Well done everybody who participated and donated money towards our event and the charity! The Sue Ryder organisation have also asked that it be an annual event!

Beth Wall and Emilee Woakes

## INDUCTION DAYS

It is the time of year again when the summer holidays have finished and the new term has begun, with previous Y11 students starting the new step within their education and career by progressing to Y12.

On June 30 and July 1, Tamworth Sixth Form Academy opened their doors to around two hundred and fifty possible future students between 9am and 3pm to give them a taster of what the next year will bring. Throughout the days, the members of staff were available to help advise the new students on their preferred career and the most suitable options for them to achieve this, whether this be A Levels, BTECs or GCSEs, (all of which are now available at Landau). Current students were also present. This was a massive help for the possible future students as it enabled them to have a real insight to the college and what they should be expecting if they chose to attend the Academy this September.

To ensure that the students attending the Open Days got a real grasp of what life at Tamworth Sixth Form Academy would be like, each department ran taster sessions. These included a look into poetry and how love is reflected in different texts for English. Probably the most exciting opportunity of the Open Days were the enjoyable workshops which were available and presented by Capital FM radio DJ Sacha Brooks inside the Capital FM media bus.

One of the students who attended the induction told me how 'it was a great experience' and has made a huge impact on her decision of what Academy she was going to attend and which subjects to take. Another student who had attended the induction days told us about how nervous she felt beforehand but that soon vanished when she arrived at Tamworth Sixth Form Academy as all staff and students were "very welcoming".

Overall the two induction days were a great success, with high levels of enjoyment, satisfaction and an insight into what A-Level holds.



## LANDAU DEBATES

On June 26, four students from Tamworth Sixth Form Academy's debating society, along with six students from Landau Forte Academy QEMS, travelled to Landau Forte College Derby in order to take part in a debating conference for the day with different schools and colleges from around the country. The objective was to debate: 'What's the point in school?' in order to see what students as well as numerous tutors thought of our current education system.

The day began with four different people, some of whom were previous

tutors/headteachers and one recent Cambridge university graduate making speeches of their opinion of our education system and what the real role of school was. Following this, all students were asked to move seats so everyone was sitting with people from other schools who they had never met. Throughout the conference students were asked to post questions on Twitter using the hashtag #LFCDConf. in groups we discussed these questions and how some of the problems proposed could be resolved. Some questions asked were, 'Surely exams are simply a measure of how well we can cope with the anxiety of that particular day, rather than intelligence' or, 'should classes be based on the age or the ability of the student in that particular subject?'

Another interesting part of the day was when the leaders of the conference asked the students what schools should start doing, carry on doing, do less of and stop doing, in order to improve our experience in education. The answer with the most positive response was, "Schools should stop setting pupil's target grades according to where they live and their parents' jobs." It was clear that everyone agreed with this! We all felt it is unfair that student's target grades are based on their postcode rather than how hardworking they are and their full academic potential. It can be disheartening to learn that people already doubt your capability all because of your background.

The day was definitely a big eye opener to the way the current education system is run, with the big question of the day being whether schools are really designed to help all students achieve, or to purposely see the failure of some in order to keep the value of higher grades maintained.

**Rebecca Sheldon** 

## MR HARRISON'S TIE COLLECTION

#### THE TRUTH REVEALED!

All who come to Landau are bound to know about Mr Harrison's unusual tie collection. But how many have you seen and how many are there left to see?

## Q: How many ties do you own?

A: Well last time my son counted them, I had 190 ties but I would say I now have approximately 210.

## Q: Why did you start your tie collection?

**A:** I'm not completely sure. I just starting buying them and they gradually built up over time.

## Q: Do you own any 'normal' ties?

A: Yes, I do have normal everyday ties that are just one colour.

## **Q:** How do you decide on what tie you're going to wear for the day?

A: I just pull one out and that's the tie which I will wear for the day. Unless it's a special occasion, then I will wear a tie related and dedicated to that day, such as my England tie which I wear for St George's day.

#### Q: Favourite tie?

A: I would say there are too many to answer that question.

As Mr Harrison wasn't able to select which tie of his was his favourite, we decided to ask other members of staff which one was their favourite...



## MRS MARATHON

Mrs Kowalczyk completed this year's London marathon in just over five hours and ten minutes, running for the charity 'Headway' with the support of her husband, parents and sister. Mrs Kowalczyk ran alongside her father in law who completed the marathon in an impressive three and half hours. Due to a fractured foot in 2012, it was impossible for her to run the race in 2013 (despite training for several months

beforehand). As a result, the attempt to run the race was postponed until this year. In order to train for the whopping twenty-six mile run, Mrs Kowalczyk endured an intense training regime, running five miles in the first few stages of training then gradually increasing by a mile each week. Alongside running four times a week, Mrs Kowalczyk engaged in circuit training every Tuesday. Having completed two half marathons and other competitions such as a 10k run

and two mile relay race, Mrs Kowalczyk was well prepared for her marathon.

The day was much hotter than expected, so around the track there were several shower sections, bands playing, water stations and spectators offering sweets. On her journey around London, she encountered many strange people such as a man running with a fridge on his back, a man dressed as Freddie Mercury pushing a vacuum cleaner, and a marching band attempting to break a world record. Running is Mrs Kowalczyk's favourite sport at the moment. She recommends running to anyone wanting to do sports as it is easy to train for and can often relieve stress.

Ysabelle Gale, Olivia Juxon and Amy Berwick

MANDA
Headway

Mrs Kowalczyk: London Marathon

A selection of Mr

Harrison's ties...

ORS

# ONWARDS AND UPWARDS FOR MRS MCCAULEY

Having served three years at Tamworth Sixth Form Academy, Mrs McCauley's time here has come to an end; although both the staff and students are incredibly proud of what she is yet to achieve in her new position as Deputy Head at Blessed Robert Sutton Catholic Sports College. Her enthusiastic approach to teaching and clear passion for her job will definitely be missed.

"The English department won't be the same without her" said Ms Gilraine who has worked with Mrs McCauley on two occasions now. "She's constantly busy with her students and colleagues always taking top priority, she never fails to go above and beyond and won't rest until her job is done. Her absence will certainly



be felt in the Academy when she departs on her new venture". Former student Sam Kinson was eager to comment saying "she's been a great help throughout my two years at Landau through being the leader of my house, Dench, as well as my English tutor."

Blessed Robert Sutton Catholic Sports College will be gaining a truly treasured tutor at the start of the new academic year; "Any new job or any change always brings excitement" she stated, but did mention that she felt this new position would be "challenging" as it means returning to working with students from Y7 to Y13. Mrs McCauley said she found being part of the senior team, setting up Sixth Form and working with post-sixteen students "Very exciting" and what a joy it was to be able to support her students, celebrate their successes and to work with such a committed team of staff.

Being the head of Dench has also been a big part of Mrs McCauley's time here. The sense of partnership and being in a close community is what she described as her favourite part, as well as it being "more of a family than a house." The annual Dench garden party is also something that will definitely feel the absence of Mrs McCauley.

The legacy that this lady will leave behind will be huge, with one of her highlights being the remembrance service that she has lead every year which coincides with her birthday. Another highlight that Mrs McCauley recalled was the kidnapping of Mr Cliff's gnome, which she held her hands up and admitted "was planned and organised by me..we laugh a lot down in Dench" she added whilst reminiscing about her best moments.

Having reflected upon her time at Tamworth Sixth Form Academy, Mrs McCauley summarised her time here as "demanding and fulfilling but ultimately a privilege." The Queen of B Wing will truly be missed and we wish her the best of luck in her new job.

**Emilee Woakes** 

# MISS WRIGHT'S DRESS COLLECTION

We have recently discovered that our Careers Coordinator has a very quirky fashion sense, owning clothes that range from her everyday pantsuit to a Kylie Minogue dress. We decided to learn more about her individual style and uncover the reasons for it.

**Q:** What inspired you to have such an 'out there' taste in fashion?

**A:** During high school I wanted to be a fashion designer and my friends and I would have competitions to see who could dress the most outrageously. We used to go to the rag market in Birmingham, buy clothes and alter them

and even painted our shoes to match; we also tried to wear hair accessories.

Q: So what type of hair accessories did you use to wear?

**A:** Well we used to wear hats; we loved the bowler hats but today we are nowhere near as outrageous as we used to be.

**Q:** Where do you buy all of these unique clothes from?

**A:** I like to buy a lot of clothes online and I love a bargain! The usual websites which I buy from are otherstories.com and asos.com. There are second hand shops in Lichfield and Nottingham which I enjoy shopping at. Another great way to buy clothes is from eBay, especially as this allows me to sell items of clothes I no longer wear. However, I hate to be wearing clothes which everyone else is wearing, as I like to have my own individual style.

#### Q: So you find it important to be unique?

A: Absolutely. One of my friends is a dress-maker, meaning I can have my own unique clothes made for me. My biggest fashion inspirations are Paloma Faith and Kylie Minogue – their fashion choices are so iconic and nobody dresses like them! I even own my own version of Kylie Minogue's silver dress from the music video "Can't get you out of my head".

Rebecca Sheldon, Chloe Skilleter and Amy Berwick



# 1111111

Cold, dark, alone by Phoebie Byrne

Walking to your own death; the easy way out.

A crimson stream on snow white flesh, flesh of the hollow shell once called your body, now battered, bruised, unfeeling.

Your vacant stare shows no emotion. Eyes dull and lifeless, that last gleam of hope vanished.

Relentless rain cuts into you like the all too familiar edge of a blade. Your stone heart is heavy, pulse slowing down. Your tormented soul is desperate to escape.

Screams go unheard, your parted lips hang onto your last sweet "goodbye".

Dut then, you see her face. All that is beautiful shines in her eyes, all that you live for, all you ever need.

fler warmth, her strength brings you to life.

falling to your knees, you plead forgiveness.

"I'm sorry".

Lost Hope by Sian Hoult

There's a boy who has no home, living in the bottom of my attic. He has no family and no one has ever spoken to him; he just sits in the corner rocking to and fro, chanting. Could he be insane? Many have suggested that he is a man of great powers and wisdom, others believe that he is cursed, a man of great evil who will inflict terror on all that approach him. I believe that he is a boy who has not yet found a role or a purpose; he is a boy of lost hope.

The Unbearable Lightness of Goldfish by  $\Lambda$ no The first thing I noticed about the room  $\nu$ 

the dead goldfish, all the other animals wer alive and well. I thought to myself, "Why the goldfish? Why did it have to die?" Ten minutes stood staring at the goldfish, as he stared in vegetative state back at me. I left the pet s and never returned.

The fnd.

Worst School Trip Ever by Lucy Gravett

The first thing I saw in the room was the dead goldfish. I cannot believe I paid £20 to get into this aquarium. Worst school trip ever.

In March this year, Tamworth Sixth Form Academy held a Flash Fiction competition. All students were asked to participate by producing their very own short story during form time. With seventy-nine entries, ranging from two sentences to two pages long, it became a tough competition to judge. Flash Fiction is an up-and-coming trend, with most stories appearing online. However, it was originally Mr Cross' idea to hold a Flash Fiction competition here in order to get more students interested in writing as well as reading. Mr Cross is thrilled with the success of the competition and when we asked him about the entries he said; "some were good, some were weird and some were even a little grim; especially the stories about the end of the world."

It was the perfect opportunity for students at Landau to demonstrate their writing skills and showcase their amazing ideas. This resulted in a vote in order to decide the winner, because there were so many fantastic stories to choose from. The winner was Phoebie Byrne's, 'Cold, Dark, Alone' - a highly intense story about death and betrayal. As the lucky winner, Phoebie won an Amazon voucher worth £30. Second place (Lucy Gravett's 'Worst School Trip Ever') won a £15 Amazon voucher. Furthermore, both stories will be featured in Landau's first Anthology - a book filled with students' own creative writing. Hopefully this is the start of a new tradition at Tamworth Sixth Form Academy; a new edition of Flash fiction being produced on a yearly basis. The first anthology will be available on ebook, (or if you prefer) a printed copy in the LRC.

Rebecca Sheldon and Chloe Skilleter

## Pink shoes by Anon

Meg saw some pink shoes.
Meg loved the pink shoes.
Meg bought the pink shoes.
Meg is now happy.
Almost as happy as she was
On New Year's Day.





The Immortal Luke by Anon

The first thing I noticed about the room was the dead goldfish All of a sudden, some immortal named Luke walked in. He seemed to exchange energy with the dead goldfish, which then came to life. Luke then left the room.

The goldfish then decided to speak to me, Strangely, its English was very good; he firstly said to me, "Why are you writing this story about me when you have tonnes of ICT coursework to do?" I replied, "I know right!"

He then started to explain who Luke's character was; he said he is practically God. He told me the following facts about Luke:

Whilst magicians can walk on water, Luke can swim through land. When the telephone was invented, the inventor already had five missed calls from Luke. Luke once won American idol using sign language. Luke was also once bit by a venomous snake. After seven days of agonising pain, the snake died.

At first I found this information very amusing, but as the goldfish was quick to point out, these are solid facts of the immortal Luke.

The Goldfish, the Shotgun and the Note by Gary Robinson and Morgan Snell

The first thing I noticed about the room was the dead goldfish and the shotgun, I also found the note the note said:

\*My life, I have been trapped in a fish tank for the first three years of my life and I think it's time to escape! My

beloved wife died last year in a pebble fight, her body floated to the top of the fish tank like a feather. I have also lost both my sons to a piranha, their little fins parted from their body.

My biggest regret is borrowing money from a loan shark; I lost my home, my family and my friends. I was alone on the streets, but then taken in by a loving foster home, I had nothing but the fins on my back and five pebbles to my name with this I bought a shotgun.

I got home. I lay there thinking of my wife and kids.

I put the shotgun to my head. And pulled the trigger. I was happy..

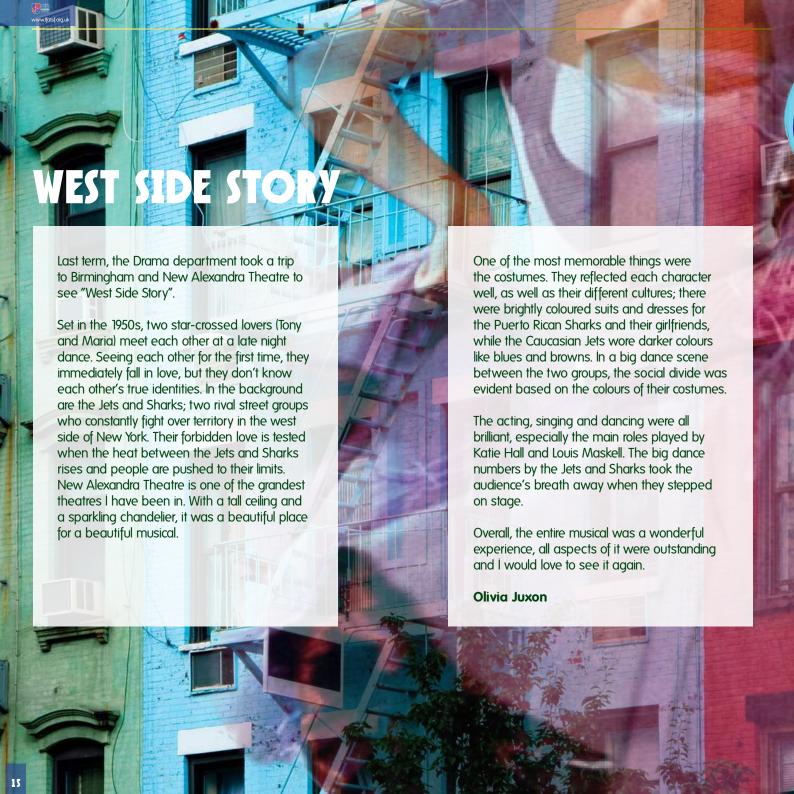
Nostalgia by Toby Darby

The first thing I noticed was the dead goldfish, lying in the murky waters of the abandoned bowl; as if the only thing that had touched it in months was time. The bowl was illuminated, like a shrine, by the light that seeped in heavily through the cracks of the withered curtains that had patterns of footballs on it.

The room was engulfed by dust, everything covered in a grey blanket that suffocated what it touched. Each particle of the dust had its own story, however. Stories of how the mother would come in, kneel by the bed and kiss her young goodnight. Stories of how the young one would sit and play with toy army figurines, which are still present, leaving the floor a battlefield resembling the outside world.

Dound to this house, I wander aimlessly. For weeks I will peer out the window in search of remaining life, but even the trees are deprived of that, as the wind gently darts through leafless branches. And the street is painted. Fainted with the blood of you and I, father and son, mother and daughter, left stained as a monument to remind of man's inhumanity to man. Every now and then I retire to the living room where I stand, and soak in the atmosphere that once was a happy family. That once was my family. Every day I wander back to my son's room, thinking how I used to say goodnight. Each day I stand in front of the mirror, and see no reflection. Each day that goes by I am nostalgic. Each day I long to be alive and be free, to pass over, to be like that poor little goldfish.

8.00





We spoke to the President and Vice President of the Student Executive to get an insight into what they do in their roles and some interesting and weird facts about them.

## **Q:** What prompted you to join the Student Executive?

**A:** Bailey: I chose to join the Student Executive to have an impact on school life and being able to make a change.

George: Mine has to be the purple tie... and the girls!

## Q: What does your job involve?

**A:** B: Well my role is delegating all my jobs to George...

G: ...and my role is delegating all

the jobs to Adam (their PA).

B: On a serious note, my job entails sorting out and chairing meetings, and pushing the Executive to meet their deadlines.

Q: What other ideas do you have RE: the future of Tamworth Sixth Form Academy?

A: B: FREE COOKİE FRİDAY!
G: Maybe a student-voted menu.
Q: Would you be interested in getting planning permission for a student car pack?

**A:** B: It is a fantastic idea as it would create less congestion on the Academy walk as they would have somewhere to park their cars. Also, due to people learning to

drive it will give them an opportunity to practise.

G: I like it. I think it would create more independence for students as they would be able to get themselves to the Academy.

Q: Would you be interested in extending the uniform to include things like patterned tops and tweed suits?

**A:** B: İt's a tough question, as the uniform works well. However, people want to wear something different to show their individuality. So it's hard to find the correct balance between both.

Meghan Wright and Jodie Henderson

# FESTIVAL SURVIVAL GUIDE (WHAT YOU WILL NEED)

## CAMPING

#### **A CHEAP tent**

The tent doesn't need to be expensive; you're staying in it for a weekend (tops) and it's bound to get vandalised or urinated on by some idiot at the festival, so a cheap nylon tent will do the trick.

#### **A Mini-Stove**

It's either that or food poisoning. Most camping stoves are usually run on gas. Check your festival camping guidelines about what you can take if in doubt, but most will allow a gas stove.

## A Water Container Or Bottled Water

Either of these will do! If you take a container, then make sure you collect water from a safe drinking water tap (obviously) and if you take bottled water, don't keep it in a warm car!

## Cool-Box

Keeping drinks cold is essential, especially in the summer. You can also keep food in there, so it's always useful to have; especially for the after-parties.

## A Sleeping Bag

Being pushed around in mosh pits and festival crowds all day means you get tired; you want to be able to sleep comfortably at night.

## CLOTHING

### **Shorts**

The weather is likely to be warm in the summer/early autumn (well, maybe) and even if it isn't, you'll get warm in the midst of a crowd, so shorts are an essential item of clothing. Also, getting mud out of your jeans is a lot harder than getting it off your legs.

#### Mac with a Hood

Heaven knows what's being thrown above your head; it could be ANYTHING so even if it isn't raining, PUT YOUR HOOD UP! (unless you want dishevelled hair...)

#### **Wellies**

Squelchy mud, grass, and gravity means that the stuff being thrown, WILL end up on the floor so if you don't take wellies, be prepared.

## **Vest Top**

Essential in summer/early autumn and even more important at a festival; you don't want to overheat!

## **Jumper**

Well, it is England; the weather is a bit mismatched so it's best to be prepared. Even if you don't wear it at the festival, it's great for those chillier mornings and nights.

#### Socks/Extra Socks

Essential if you don't want muddy feet and blisters! Spares are always good, especially if you don't take wellies and your shoes soak up the 'mystery gunk' on the ground.

## **Everything Else**

Anything else you want, take with you, but willnin reason because you don't need EVERYTHING!



## **GENERAL**



## **Food**

Obviously you need food and drinks; you're camping for goodness sake.

## Toothbrush & **Toothpaste, Toilet Paper** No explanation is needed.

## **Anti-Bacterial Gel**

Or soap, but just in case you don't have a lot of water...

## Money

Food drinks, merchandise, you need to buy it!

## Wet Wipes/Baby Wipes

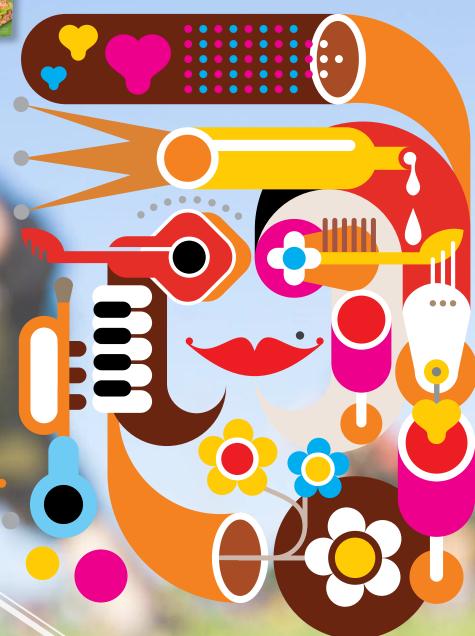
Wiping dried mud off you at the end of the day and cleaning off your makeup is something you'll want to do.

## **Dry Shampoo**

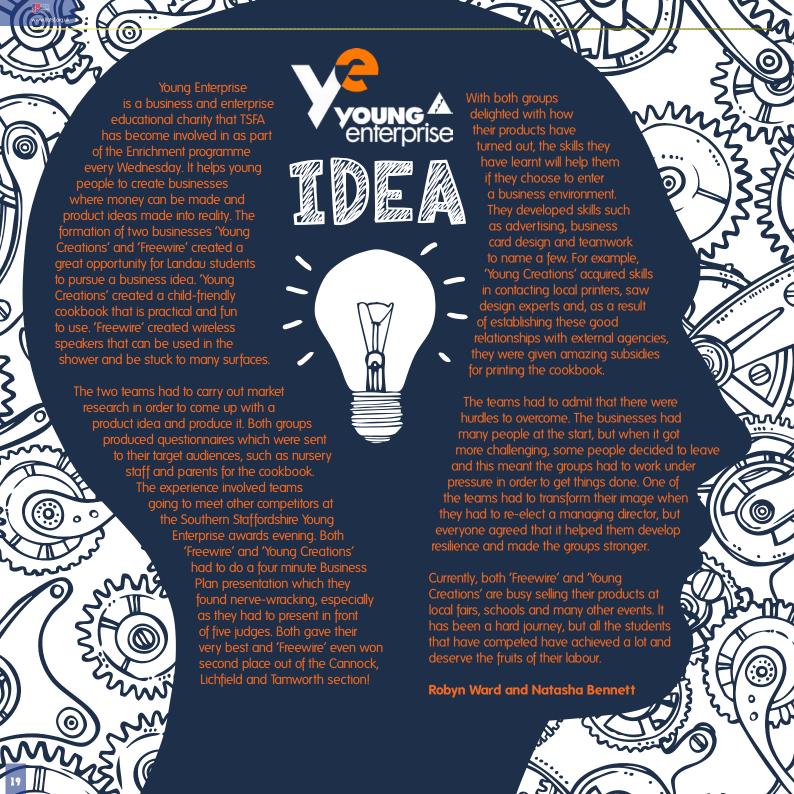
If you care about your hair then you want this.

### Mirror

To do your makeup, hair and to check you look alright, before you actually go to the festival.



**Becky Thompson** 





A lot of workplaces require people to have both experience and qualifications. Though gaining qualifications can be easily achieved for most people attending college or gaining A Levels, experience is something impossible to gain without actually having worked. Trying to find a job is a vicious cycle of needing experience to get a place but needing a place to get experience and it seems, by all respects, fairly counterproductive. Teenagers feel pressured into getting jobs that are not there, leaving a lot of young people on benefits or generally struggling. There are people who have been trying to find employment for years and just can't find a way to make it possible due to being unable to meet either qualification or experience

The job market is shrinking and wages aren't going up; teenagers especially are fed up with having nowhere to go. So, how can this issue be resolved? Well, a good way of adding to a CV is to try volunteering. There are loads of charity shops and organisations that need voluntary workers, and they can provide a reference and experience when applying for a paid job. It's also good to give support to these kinds of places as they're working for a good cause and need more volunteers to contribute to their organisation. It helps to regularly check job sites such as Universal Job Match as they will notify you when new parttime work comes up and you can find something tailored to your achievements. It is possible to find work that you will be secure and happy in regardless of experience. It's also good to find new jobs through family or friends. If you can get a place recommended by someone you know who already or used to have a placement there, then you could be at a real advantage as they could vouch for you.

It's a matter of trial and error in the end; people must continue to apply and persevere until they find a job suited to them. Persevering is key in finding a satisfying job and it has to happen eventually.

**Abigail Allen** 





On Saturday June 7, both Y12 and Y13 Landau dance students won the Staff Heat Senior Dance Competition which meant that they progressed to the area finals on June 28. Their dance celebrated how the Red Cross eases the burden on our hospitals. Volunteers support patients returning to empty homes and reduce the pressure on our medical professionals. In the dance performed by Landau

students, the waiting room fills up with patients of varying ailments. The queue was at bursting point. The Red Cross helps to ease the bottle neck. The students finish by celebrating the Red Cross's message: 'Unity'. Landau dance students also won the Gold Award for raising over £800 by selling cakes and sweets, hosting a non-uniform day, and sponsorship.

**İsy Gale** 

DANCE





## LANZAROTE

On July 5, thirty four Landau P.E. students and their tutors went to Lanzarote for a week. The aim of the trip was for students to gain new experiences outside of school with different practical activities along the way, and also to develop their theory work. The days consisted of five-six hours of hard training. The students me every morning at 8am, and they completed different training methods such as cardiovascular training, circuit training, stretching training and power training.

Throughout the day, the students completed four-five PE sessions, for example; body combat, body pump, yoga, tennis, paddle tennis, squash, basketball, football, badminton, beach volleyball, and a body bike test. The students also took part in a ten mile mountain bike trip, and a coastal cycle which was seen as the most enjoyable activity for most. On top of this, they all had a full hour of theory work! The students stayed in self-catering apartments in rooms of three and on the odd occasion, tutors and students walked up to a local village to enjoy a nice meal after a hard day's work.

The tutors also made awards for the students after the trip had finished. Some of the awards were:

**Top Bloke Award:** This was the male student who took part in most activities, generally got involved and worked hard all of the time. This award went to Oscar Ward.

**Top Girl Award:** For the same reasons as the Top Bloke Award, this student put all her effort into the trip, and made the most of the amazing facilities available. This award went to Hayley Sutton.

**Top Joker Award:** Brad Bevan **Best Dancer:** Jack Else **Best Couple:** Anthony Sharp and Luke Lloyd.



**James Ross** 

## REVIEWS



In a future filled with poverty, loss, and cruelty, twenty four children are randomly selected every year from their home district to participate in the Hunger Games - a battle lasting several weeks where 'tributes' enter the competition, but only one comes out alive. Katniss Everdeen is forced into entering to spare her sister - and from there her life falls apart. The Mockingjay film has had its first teaser trailer released so there's now a lot of hype surrounding the franchise one again. Come November, the beginning of the thrilling conclusion to the series will debut on cinema screens, and people are rightly anticipating it.

I find The Hunger Games trilogy to be one of my favourite sets of dystopian future novels and the screen adaptation is relatively close to the book, even if it's not quite perfect. The books are really worth reading; there's a great expansion on the fictional 'Panem' with aspects of all districts being developed which really gives a perspective on the separation of the wealth and the poor. Who really is the enemy? There's also a real focus on the background of minor characters, allowing them to be fleshed out and given interesting if sometimes horrible backstories that means you can empathise with them and their struggles. A plot is only one thing happening within a larger world and its inhabitants, and The Hunger Games does an excellent job of ensuring all characters and settings get the attention and development that they deserve in order to make the plot and the protagonists' struggle that much more engaging. I recommend reading the books or watching the movie when it's released.

**Abigail Allen** 





Arguably the best film of 2013, 12 Years A Slave won multiple awards, including 3 Oscars It tells the story of Solomon Northup, a free man in pre-Civil War America. He is later abducted and sold into slavery. Solomon struggles not only to stay alive, but to retain his dignity.

Despite Steve McQueen's astute directing, what makes the film great is its actors, especially Michael Fassbender who plays the sadistic slave owner Epps. Along with this, Chiwetel Ejiofor (Solomon), also plays his role superbly. The audience witness the transformation of Solomon as he encounters the cruel atrocities on which Epps inflicts on slaves, and on Solomon himself.

This is by no means an easy watch; it is a challenging and important life enhancing film which must be seen.

**Adam Marriot** 



