



THE COLUMNS

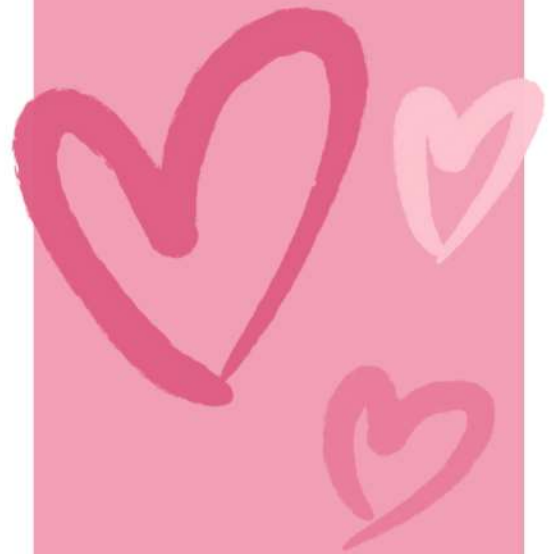
HSD's newsletter: Issue 77

by pupils; for pupils

This week's Valentine's Day edition is packed full of great reads, awful jokes, our weekly quiz and a brilliant recipe for shortbread that we had the joy of eating at our weekly meeting - thanks Lauren! I hope you all have a relaxing and enjoyable half-term!

Editor-in-Chief, Sahar Jafferbhoy

valentines
day



THE WELLBEING GROUP

Ruby McIntee

Led by Lois and Iona (F6), the well-being group meets every Tuesday to discuss how we can improve the student body's mental health and well-being.

Recently, we have launched multiple initiatives to help achieve this aim, installing innovative posters that include specific helpline numbers to help pupils in need of specific help, and for those who may want to talk to someone outside the high school of Dundee community. The aim of this is to encourage students to reach out.

Additionally, to achieve this aim, we have also created a well-being prefect rota for the well-being room in the nurses' office. This means that within the established room in the nurses' office, there will be well-being prefects on hand to speak to if you.

We are also delighted to announce our plans for well-being murals in social spaces within Robert Ferguson. After the midterm break, we strive to have a competition where we invite the school community to design a mural for the space in Robert Ferguson. Our hope with the two murals is to transform the environment of the social space, fostering a calming environment for student's mental health to prosper.

Please feel free to reach out to any of us (as pictured below) and make suggestions for future steps for us to take!



SALLY CONNOLLY



ETHAN CAMPBELL



JOSH WALLACE



ANNA CAMPBELL



LOIS FREEMAN



I ONA KENNEDY



BELLA PORTER



RUBY MCINTEE

Valentine's Traditions and Superstitions

Maisey Lafollette

Love is in the air, especially on February 14th, and people around the world are anxious for romance. Within this season of love, comes too a string of strange traditions and superstitious romantic beliefs from countries all over. Here are some surprising customs and beliefs:

1. In Medieval Times, many young women would eat a raw egg whole, hoping to receive a dream of their future husband.
2. On Valentine's Day, finding a single glove is a sign that your soulmate has its missing pair.
3. In Wales, many couples would give romantic gifts of wooden spoons with decorations such as hearts and keys on them, symbolizing the opening up of lovers' hearts to each other.
4. Romania celebrates Valentines Day on the 24th of February, and it is customary for children to go into the woods and pick flowers to distribute. It is also common for couples to clean their faces with snow, seeking good luck.
5. In the Czech Republic, it is commonly believed that kissing beneath a cherry tree will bring good luck.
6. On Valentine's Day, some believe as a girl twists an apple stem, and recites the names of potential partners, the name which is said when the stem snaps will be her true love.
7. Some people believe that birds can give insight into your future spouse; believing that if you see a goldfinch you will marry a millionaire, a sparrow someone poor, owl or woodpecker you will not marry, and a robin means you'll marry a sailor.

Happy Valentines Day! The ancient Greeks might wish upon you that Cupid would fire one of his arrows of love in your direction.



Book Review: The Book Thief

Meagan Dailly

The Book Thief is a historical fiction novel about an orphan girl, Liesel Meminger, in Nazi Germany.

The book is narrated by Death who follows Liesel's experience of Nazi Germany, providing a blunt and unusual description of the harrowing events of this time period.

As the book moves forward in time from pre-war Germany to the height of the Nazi empire and lastly to the ultimate demise of the regime, Liesel's perspective and opinions grow and shape based on the life she has experienced and the circumstances she's been exposed to as a young girl in Nazi Germany.

In fictional works, WW2 era Germans are often portrayed as mindless Nazi robots but Markus Zusak gives readers a fresh take on the toll the Second World War took on the people of Germany. This new angle was instrumental to the book's immense success leading to it's adaption into a movie which is one of the rare cases where the movie actually has the same plot line as the book.

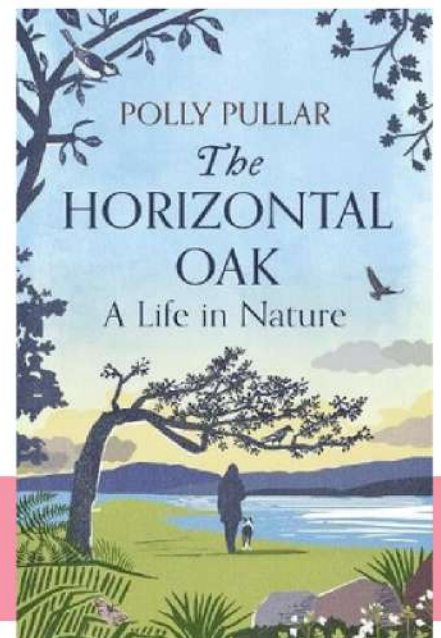
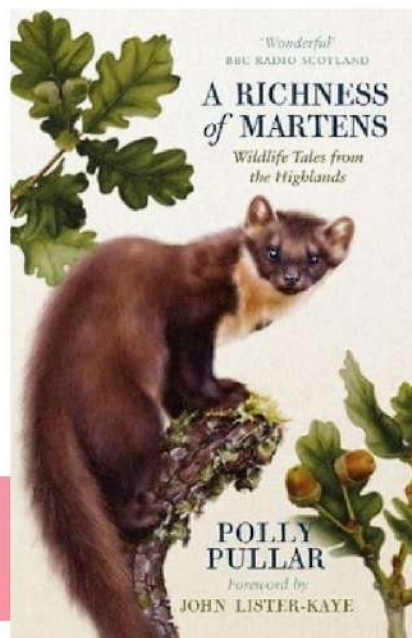
I would recommend a rating of mature 10+ because The Book Thief is such a historically important book that, although it's fiction, provides an accurate insight into the often unspoken perspective of the impoverished German citizens.

Polly Pullar Author Visit

Mrs Tevendale

Author visit on Monday 13th March at 4.15pm in the Library – open to all in the HSD community.

Polly Pullar, naturalist, rescuer of Scottish wildlife and writer is coming to HSD. We are offering a (free) event for all those in the High School community. Polly will share stories from her recent autobiography, "An Enchanted Oak" and from her life working with red squirrels, owls and eagles. Polly grew up in the Highlands and has a huge number of fascinating stories about hand rearing squirrel kits in her kitchen and dealing with owls full of peas. She is also a photographer and will share her work documenting Scottish wildlife. While her autobiography is only suitable for 14+ her other books, "A Richness of Martens" and "A Scurry of Squirrels" are wonderful for any age. She also wrote the biography of Lawrence MacEwen of Muck, "A Drop in the Ocean." The event will be suitable for all ages and there will be a chance to ask questions. Please do purchase books in advance <https://uk.bookshop.org/books?keywords=polly+pullar> and Polly will be very happy to sign them. She will also have books with her that you can purchase, but you will need cash in order to do this. In order to manage numbers, please do let us know if you plan to attend: Polly Pullar - Author Event - High School of Dundee (fireflycloud.net).



VALENTINE'S SHORTBREAD BISCUITS



Lauren Humphries

Ingredients:

50g golden caster sugar
100g butter
25g corn
125g plain flour
25g cornflour



Method:

1. Preheat oven to 180°C and line a baking tin with grease proof paper.
2. Cream the butter and caster sugar together in a bowl with a wooden spoon.
3. Gradually add the plain flour and cornflour (with a pinch of salt) and mix with a fork or knife to bind the ingredients.
4. Then kneed the mixture gently until it forms a ball
5. Tip on to a floured surface and roll out the dough using a lightly floured rolling pin (should be approx. 5mm thick.)
6. Cut out hearts (or whatever shape you want) and place onto previously lined baking tray.
7. Prick each biscuit a few times with a fork.
8. Bake in oven for about 10minutes or until golden brown.
9. Lightly dust biscuits with caster sugar and leave on cooling rack for about 15 minutes.
10. Once cooled, decorate however you'd like, I used pink and white royal icing.
11. Enjoy!

Thank you to HomeEc Dept for the recipe!



MRS WATSON'S WEEKLY JOKE!

I keep turning the TV on half way through a frame of snooker. I just can't get a break.

I asked the doctor if she could give me something for my liver – she gave me half a pound of onions.

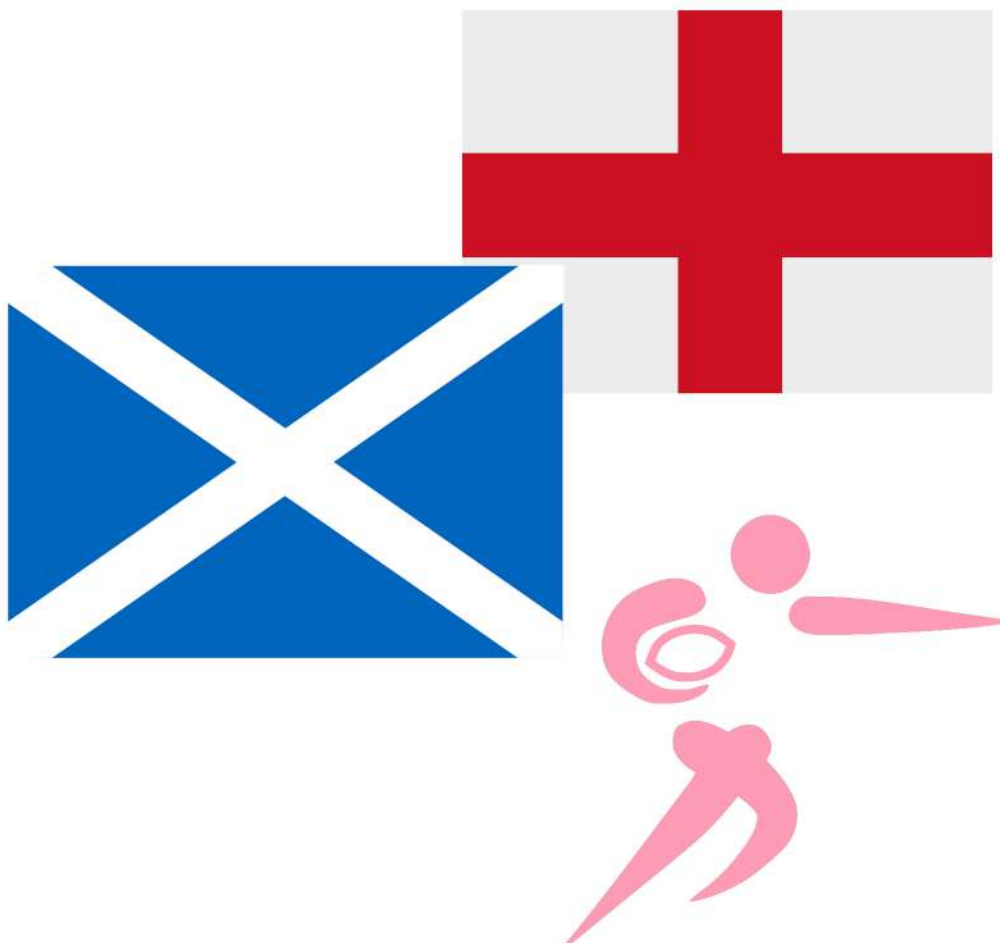
A friend was in a band called Half Man Half Bull. They played a few gigs across the Midlands. It was a minor tour.

I was working as a delivery driver. I asked the recipient where he wanted his giant roll of bubble wrap. He said "pop it in the corner". It took me three and a half hours.

RETURN OF THE 6 NATIONS

Amy Leburn

Saturday marked the start of the 2023 six nations. For those who don't know, the six nations is a rugby tournament played once a year around the month of February. Six countries compete to win the tournament, hence the name. They are: Scotland, England, Wales, Ireland, France and Italy. Within this tournament there are individual cups to play for. For example, the Calcutta Cup was played for on Saturday. It is one of the main highlights in the Scottish rugby calendar. It is when Scotland and England come face to face. Scotland won on Saturday for the third year in a row. That is the first time we have won three times in a row ever! This weekend looks just as exciting - try and give it a watch if you haven't before!





Oscar Nominations 2023

India Simpson



Many critically acclaimed films were released in 2022 and early 2023, and as with every year, the best ones compete for Oscar Awards and Nominations. The films nominated for Best Picture includes 'All Quiet on The Western Front', a war (world war one) film remade from the silent 1930 version, adapted from the book of the same name, released in 1929. 'The Banshees of Inisherin' was also nominated, a drama set on an island off the coast of Ireland during the Irish civil war, along with 'Triangle of Sadness', a comedy drama set of a luxury cruise ship; 'The Fabelmans', Steven Spielberg's semi-autobiographical feature; and 'Everything Everywhere All At Once', the comedic and adventurous epic. 'Top Gun: Maverick', 'Avatar: The Way of Water', 'Women Talking', 'Elvis' and 'Tár' are the other films nominated for best picture.

Scottish Film 'Aftersun' gets Paul Mescal his first Oscar nomination, as Best Lead Actor for his role as Calum, alongside Colin Farrell in 'The Banshees of Inisherin', Austen Butler in 'Elvis', Brendan Fraser in 'The Whale', and Bill Nighy in 'Living'. All five of these actors are first time nominees. Best Lead Actress Nominations include Cate Blanchett ('Tár'), Ana de Armas ('Blonde'), Andrea Riseborough ('To Leslie'), Michelle Williams ('The Fabelmans') and Michelle Yeoh ('Everything Everywhere All at Once'). 'The Banshees of Inisherin', 'Everything Everywhere All at Once', 'All Quiet on the Western Front' and 'The Fabelmans' were all nominated (multiple times) in many other categories, including Best Supporting Actor and Actress, Best Director and Best Original Screenplay. Overall, all the films nominated for Best Picture appear multiple times throughout the nominations, but 'Everything Everywhere All at Once' leads with eleven nominations, followed by 'All Quiet on the Western Front' and 'The Banshees of Inisherin' with nine nominations. The category of Best Director this year is dominated entirely by men, even though the last two winners in this category were both women (Jane Champion, 'The Power of the Dog'; Chloe Zhao, 'Nomadland').

This is a challenging time for The Academy of Motion Picture Arts and Sciences, as rating for the Oscars have rapidly declines in recent years. The films, especially adult oriented ones such as 'The Fabelmans', 'The Banshees of Inisherin' and 'Tár', have faced problems in the box office due to declining numbers in cinemas due to the pandemic. Streaming services are also finding profits had to meet, and are shifting priorities in order to make them. Services like Netflix have decided to keep content spending low in order to focus in increasing profits to stay in business. Overall, right now and in recent years, the film industry has been struggling. If you have the chance to go and see any films (most of the films nominated are briefly back in cinemas or on streaming services), I would highly suggest it - not just to see a good film, but to help the industry stay afloat.

So, on Sunday, March 12th, 2023, tune into the Oscars, hosted this year by Jimmy Kimmel, to find out which of these incredible films and filmmakers become Oscar Winners.

Say Yes To The Dress...

Izzy Clark

We all have a guilty pleasure - whether it's chocolate, Prosecco, bad rom-coms or something else. My personal guilty pleasure is the American reality TV show "Say Yes To The Dress" and its various spin-offs, where the staff of a bridal boutique help brides to find their dream wedding dress. It's cheesy, it's not exactly deep, but it's a lot of fun.

Of course, like with any reality TV show, there's drama. Whether that's rude family and friends in the entourage, monetary concerns that always seem to resolve themselves conveniently, or picky brides who can't choose between designer gowns, there's always something over dramatic going on. One of the most recurring problems the show tackles is self-esteem and body image, as many of the brides on the show speak about wanting to look perfect on their big day but having trouble finding a dress that makes them feel beautiful. By the end of each episode, however, agreements are made, and we get to watch the bride walk down the aisle at her wedding.

The show has numerous spinoffs from around the world. Whilst the original series is set in Manhattan, versions following shops in other parts of the USA as well as Australia, Ireland, Great Britain, Dubai, France, India, Canada, Denmark, Poland, Spain and Finland exist, as well as for plus-size women, bridesmaids and terminally-ill women too.

At first, the show can seem shallow and melodramatic, with brides complaining about prices and fussy fiancés, and entourages who never seem to have anything nice to say, but under the surface, a lot of wholesomeness can be found underneath all the sequins and tulle. From women looking to add a personal twist to their wedding ensemble, brides discovering newfound confidence they never thought they had, couples who genuinely seem to love each other and the kindness of the staff, this show about over-expensive dresses somehow manages to be sweet despite its perceived shallowness.

In my opinion, Say Yes To The Dress is really, really good. Sure, it's not emotionally deep or psychologically challenging, and it's certainly not high-class TV. But it's entertaining, sparkly, petty and, above all else, heartwarming. The joy on women's faces when they first see themselves in their dream dress and the stunned, awestruck silent of her family is enough to make even the most cold-hearted of people melt and admit that, sometimes, we all need a guilty pleasure.



DISASTERS IN THE MIDDLE EAST

Jack Mitchell

For those less romantic, here is your article! On a more serious note, the sixth of February was a devastating day for the people of Southern Türkiye and Syria. An earthquake with a magnitude of 7.8 devastated the region, with the death count currently expected to reach nearly 20,000. However, this figure has been constantly increasing since the event.

The region is near the triple junction between the Anatolian, Arabian and African tectonic plates and is prone to earthquakes. Damage has been dealt hundreds of miles away from the epicentre of the quake; it is thought that 20 million people will be affected. This figure is down to relations of the dead or injured or due to lack of services. My, and perhaps your, first thought was wondering how we, nearly 3,000 miles away, can help. The main request is for money. Here are some of the best organisations to donate to:

The UNHCR (the UN Refugee Agency) – they are currently operating in both Türkiye and Syria. Your donation will be used to provide aid in the form of items such as Winter clothing (jackets, hats etc), mattresses and thermal blankets.

UNICEF (the United Nations Children's Fund) – they are operating in both countries. UNICEF are using money to try and keep services running and keeping, primarily education. They are also trying to unite lost children with their parents.

Save the Children – are operating in all affected areas. They are handing out Winter kits with warm clothing and blankets. They are also searching through the rubble for survivors. There is a Save the Children charity shop in Broughty Ferry, however proceeds from shops like these are used for all of the charity's projects so your money wouldn't directly go to the affected area.

Doctors Without Borders – medical professionals have already travelled to Türkiye and Syria where they will provide assistance to some of the over 50,000 injured. They will also provide blankets and winter wear.

The support for the nations is apparent with over 30 countries and 6 large organisations such as NATO, the EU and the UN providing both financial and humanitarian aid. The United Kingdom has pledged high tech rescue equipment and has sent a team of 76 specialists along with 4 specially trained dogs. The Foreign Secretary, James Cleverly, said that the UK are, 'Ready to provide further support as needed.'

Remember that what seems like nothing to us can save lives and livelihoods. Please give whatever you can to limit the damage inflicted on Türkiye and Syria.

MAN CITY FINANCIAL RULE BREACHES

Prithvi Sudarshan

Earlier this week the Premier League released a statement, alongside charging Manchester City with more than 100 breaches of its financial rules. This is following an investigation that had started in December 2018.

The Premier League has accused the club of not providing accurate information about the their finances and revenue, including operating costs and sponsorship income.

In 2020 UEFA concluded that Man City had committed “serious breaches” of Financial Fair Play regulations between 2012 and 2016. A two year ban from European competitions was set, but the decision was appealed by the club and eventually overturned. If Man City are found guilty on these new charges, the punishments they could may face could range from refusing the registration of new players to more serious punishments such as points deduction or even relegation.

When questioned about the allegations, Manchester City manager, Pep Guardiola, has said that if he had found out the club had misled him about denying any wrongdoing he would resign from his position.

A club of Man City's stature has an adequate legal team, which has many expecting this situation to be resolved, similar to the outcome in 2020. For example, only facing an insignificant fine at most.

Serie A, Juventus have also encountered a similar situation, where they were penalised for financial irregularities and false accounting, involving the inflation of players during transfers. This resulted in the club getting a 15 point deduction and falling to 10th place in the league.



The Kahramanmaras Earthquake

Ruby McIntee



Rescuers are still desperately searching for survivors after a 7.8 magnitude earthquake hit Syria and Turkey on Monday 6th February. The Kahramanmaras earthquake has killed over 11,000 people so far; the World Health Organisation has warned that the actual death toll may be closer to 20,000. The initial earthquake originated in the outskirts of Gaziantep and was closely followed by multiple aftershocks, breaking approximately 100 kilometres of fault line. It has devastated multiple towns along the Turkey-Syria border such as Kilis, Gaziantep, Hatay and Sarmada. It also hit Aleppo, the second largest city in Syria and one of the largest cities in the Levant region. The region was unprepared for such an earthquake, with no warning signs, and the last major earthquake being over 20 years previous, making the natural disaster significantly more deadly. Besides the initial shock there are multiple other issues which survivors of the earthquake currently face, including the freezing cold conditions and homelessness. Extensive damage has been reported so far, but with regions such as the North-West of Syria still to receive aid, it presents a difficulty in assessing the full impact of the disaster.

However, the emotional physical and mental toll is undoubtedly already too high. The earthquake interrupted key supply chains, including vital roads that help supply Syria with humanitarian aid, as well as damaging Gaziantep; a key city for supplying vital aid. This compounded with the Syrian Assad regimes demand for aid to be sent directly to Damascus, raising concerns that the aid will only go to Assad controlled regions within Syria, thus supplying Syria with aid has proved a challenge. Despite this the UAE, Iraq, Iran, Libya, Egypt and Algeria have already contributed to the relief effort, with other countries including China, Canada and the Vatican pledging their support.

A couple places to donate;

British Red Cross

<https://www.redcross.org.uk/stories/disasters-and-emergencies/world/turkey-syria-earthquake>

Oxfam

<https://www.oxfam.org.uk/oxfam-in-action/current-emergencies/turkey-and-syria-earthquake-appeal/>

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Weekly Quiz

Zara King

1. The Titanic was launched in which city?
2. What is the first letter of the Greek alphabet?
3. Mamma Mia is based on the music of which Swedish pop group?
4. What is the main language of Brazil?
5. What kind of animal is a fox terrier?
6. In which sport, other than skiing or snowboarding, is there a piste?
7. What is the name of Shrek's wife?
8. Who stole Christmas?
9. Who is Peter Pan's enemy?
10. What is a barracuda?



1. Belfast 2. Alpha 3. ABBA 4. Portuguese 5. Dog 6. Fencing 7. Fiona 8. The Grinch 9. Captain Hook 10. A fish

EDITORIAL

Lauren Humphries

It's finally the half term holidays and I think we're all relieved to get a break from school and thinking about exams, I know I am! With Valentines day also around the corner I want to wish everyone a happy Valentines (or even Galentines!) Have fun and spend the day with the people you love!

have a great weekend!

THE COLUMNS TEAM