



THE COLUMNS

HSD's newsletter: Issue 80

by pupils; for pupils

Congratulations to Neil Bhat and Alexander Milnes who are finalists of the Young Scottish Writer! Past winners and runner-up include Grace Tang and Eve Campbell. Also a huge well done to all the House Captains, who led fantastic assemblies this week - Wallace's was definitely the best though!!

Editor-in-Chief, Sahar Jafferbhoy



The SNP – a coalition of opposed views?

Ruby McIntee

The recent resignation of Nicola Sturgeon (February 2023) brought unprecedented levels of attention to the Scottish National Party. While garnering significant and unanswered questions surrounding party leadership, perhaps more a important question is the capability and cohesion of the party without Sturgeon.

Forbes is a devout Christian and believes 'marriage is between a man and a woman'. Take it as you will. Despite her saying that her beliefs will not influence her behaviour as first minister, I argue that such a tremendously ignorant and intolerant statement alone should be enough to put her out of the running. The other candidates fare equally in their capacity for competence. That is to say, I doubt their ability to conduct themselves with any decorum in public office. Yousaf has a disastrous record, from being the only justice secretary in Europe without a law degree to his refusal to apologise after slamming football players for sectarian chants he saw in a video that turned out to be fake. And that's ignoring events at Dundee police station- where the ceiling collapsed only hours after Yousaf claimed that criticisms of the police force buildings were hyperbolic.

Gone are the days when eating a bacon roll bizarrely on a campaign trail will put you out of running for influential political roles. (Apologies to one Ed Miliband, retrospectively your sandwich-chomping antics are sorely missed).

Once again that party member voting system will be used to elect a party leader. The same system that brought us Liz Truss. She's hard to forget- despite having the shortest term as prime minister ever. I hope that the SNP party members are smarter than the Conservative party members. Not that it should be particularly challenging. A low bar, so to speak.

A high bar, however is the shoes they are attempting to fill. While there are many criticisms to be made of Sturgeon, she has managed the SNP with ruthless accuracy, consistently bringing in electoral victories and advancing the cause for Scottish independence.

I wonder, could any of these candidates do the same?

I'm doubtful.

BONES

Maya McColgan

Want strong bones? Then you'd better get a move on: bone strength for life is built in our childhood and adolescent years.

Childhood and particularly adolescence is the critical period where the strength and structure of our bones is made for life.

As soon as you reach adulthood - age 20-21 years - bones are at the densest and strongest they will be: for life. NOW is the time for laying your bone foundations. After that, the cells that break down bone dominate the cells that lay down bone. As a result, our bones will become weaker, unless we work really hard to maintain them.

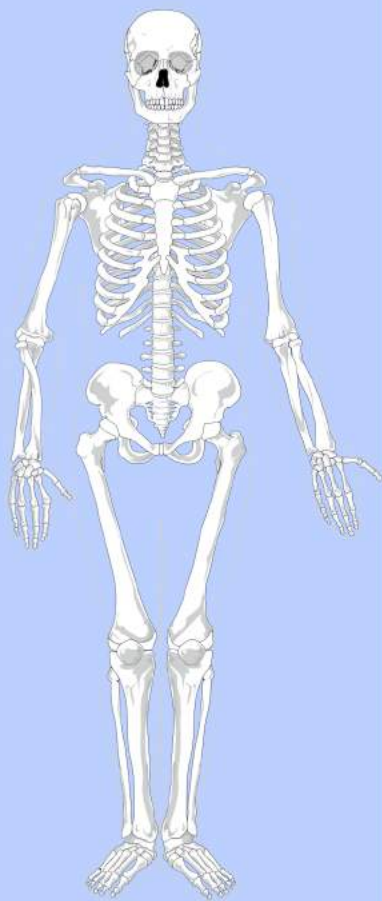
Think of building bone strength in childhood like putting money in the bank. You have until you are 21 years-old to build as big a 'bone-bank' account as you can before you start to make withdrawals from your bone reserves. The bigger the account you have, the healthier your bones will be throughout the rest of your adult life.

So how can you invest in your bone health?

1. Have a diet rich in calcium, vitamin D and vitamin K. These are essential vitamins and minerals for bone development. Getting outdoors when there is good sunlight, is a great way to boost your levels of vitamin D.
2. Being physically active is the best thing we can do to optimise our bone health. Try and do up to 60 mins of weight-bearing exercise a day. This can include walking, running, jumping, football, basketball, rugby, netball, hockey, skipping, dancing, martial arts and weight-training.

It has been proven that children and teenagers who exercise have stronger bones (a higher bone density) by the age of 18 than those that do not take part in regular physical activity.

So - the race is on! If you want strong bones for life, then investing in a healthy diet and exercising NOW is vital.



Manchester City vs Newcastle 2023

Eilidh Acford



What was described as “Mr McBride’s seventh football trip” kicked off this Saturday. Everyone was up very early for a 5:30 scramble to get on the bus and find a seat out of earshot of the staff. After a very long drive and a stop at Southwaite service station, we finally arrived in Manchester. There wasn’t much time to celebrate though due to the traffic and we all found ourselves running up through the stand trying to find our seats. Once the chaos of getting in, security checks and rushing to the toilet was over, the match kicked off at 12:30 and seeing the players coming onto the pitch truly was a privilege. After 15 minutes of excellent football, Man City’s Foden scored a screamer. As the goal was replayed on the massive screen, we got a close up look at how Foden cleverly worked his way round the defence to finish it in the back of the net. A couple of close chances for Newcastle and it was soon halftime. After a quick toilet trip and some long queues for food and drink, everyone was back and seated, ready for the second half to begin. A few yellow cards and substitutions later and suddenly Silva was planting a goal, just two minutes after coming on, to make the score 2-0 to Man City. At 74 minutes a fight broke out resulting in several bookings including one for Haaland but nothing really came of it. A few meagre chances and one final yellow card and the match was over. The atmosphere in the stands was absolutely electric as Man City stretched their lead ahead of Man United by nine points whilst simultaneously closing the gap with Arsenal, who are now only five points ahead of them. We hung about at the end watching the Newcastle players mourn their loss with the fans and watching the City players take in the buzz of their win. After the stadium had mostly cleared, we all lined up for a quick photo, and I think the joy from the city fans amongst the students was fairly obvious. After a quick toilet break and a very long trip to the club pop-up shop it was back to the bus to check into our hotel. After a quick 45-minute drive we all checked in and unpacked before heading down to dinner. We all enjoyed a wonderful dinner courtesy of the ‘Mercure Hotel’, then it was a quick stop back up to our rooms and we were soon out and back on the bus heading to a bowling alley. After a few very successful and not so successful games, David Cargill came out with the highest score and earned himself a well-deserved fudge doughnut. Then it was back to the hotel and back to bed to say goodnight. It was another early start on Sunday as there was much to be done with an entire stadium tour and museum to visit all before heading home. After a quick but very tasty breakfast we were on the bus and heading back to Ethiad. There we met some lovely tour guides who very generously showed us round the stadium. We saw the dressing rooms, where the players enter the stadium on match days and got to stand pitch side. Then we were taken to the press hallway, where all the post-match interviews are conducted and then into the room where the managers and players answer some questions, on their own performance and the team’s performance, and we were even lucky enough to get a special appearance from the club legend himself.

Getting a first-hand look and being able to stand where top-tier professional footballers have stood before is truly something surreal and a big thanks must go to all the staff at Etihad for accommodating us and treating us. After a "quick" trip to the club shop we all headed back to the bus and headed into the city to go to the National Football Museum. It was extremely fascinating and there was lots of memorabilia from some of English footballs best moments. I do thoroughly recommend going if given the chance as there are lots of exhibits and things to interact with and a penalty shootout which I hear was a big success. After touring the museum, it was back on the bus to head back up to Scotland. With one final stop at Gretna Green, where last purchases of Burger King and Krispy Kreme were made and brought back to the bus, we said goodbye to Manchester and England as we crossed the border and drove home. With some celebrations at Liverpool's historic defeat over Man U and some renditions of Oasis we were finally home. A huge thanks to all the staff who accompanied us this weekend, made sure no one wandered off and kept calm amidst all the chaos. A very special thank you to Mr McBride, without whom none of this would have been possible. It is easy to declare that "Mr McBrides seventh football trip" was a roaring success. Hopefully he'll organise one for next year!!!!



Man Utd Thrashing

Prithvi Sudarshan

Last Sunday, Manchester United went to Anfield to play Liverpool, a fixture known for its historic rivalry. Many were expecting in-form Man Utd to win, especially because Jurgen Klopp's side had faced a run of poor results that lead them below the Top 6 for most of the season. Erik ten Hag's side had been unbeaten in their past 11 games, and Rashford had scored in 16 of his past 18 games. This match was a chance for the striker to add to his tally, but to everyone's surprise, this didn't happen!

In the first half of the match, both teams had chances, with Liverpool arguably having a few more. It was only in the 43rd minute that Liverpool added a goal to the scoresheet with Cody Gakpo scoring a curler into the bottom corner. After halftime, to make matters worse for United, Darwin Núñez scored a header past De Gea to double their lead. Gakpo then scored a brace in the 50th minute, followed by a crossbar-rattling finish by Salah in the 66th minute. Núñez then scored his second goal with another header, and Salah scored his second in the 83rd minute of the game (his 129th goal in the Premier League, breaking the Liverpool Club record) To finish the game Firmino scored in the 88th minute, marking his last appearance against United, as a Liverpool player.

Telling a United fan late last year that Gakpo would score two goals past the Red Devils would be unfathomable, considering it looked like it was confirmed that he was going to join Man Utd after Erik ten Hag showed a great deal of interest in the Dutch forward

The 7:0 thrashing has sparked much debate from pundits about the attitudes of players, especially club captain Fernandes, but Rashford assured fans and critics that the players did not give up.

Ten Hag has also confirmed that Bruno Fernandes will remain Captain when Maguire isn't playing and told reporters that the Portuguese international is "an inspiration to the team".

CHAIWALA REVIEW

Caitlin & Sara



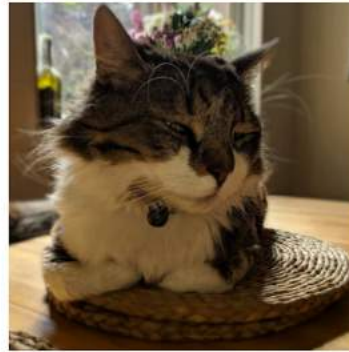
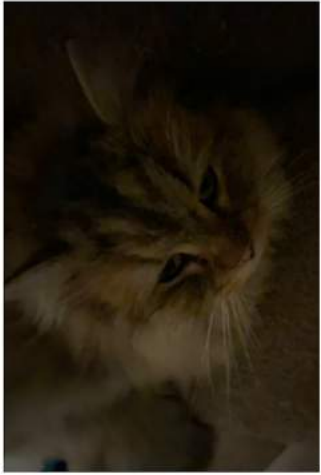
My first experience with ChaiiWala was on one of Sara and mine's many lunchtime adventures. We have been back many, many times. Every time I try something new and every time it's amazing. So far samosa chaat has to be the fave, and literally any flavour of chai you can imagine - it puts the Starbucks chai latte to shame. As a person whose cultural foods consist of shortbread and sheep stomach, I always love trying foods from around the world, and this British chain for Indian street food is exactly why I love it (that and the whole mutton innards with gravy kinda grosses me out, I can't lie). I have tried most things on the menu, but the specific item I am reviewing today is the loaded fries. It has chicken tikka chunks, spring onions, tomatoes, cheese and their

special house sauce, topped with their gunpowder spice. I thoroughly enjoy the blend of flavours and it hits just the right spot. It's now become my regular order and is consistently great every time. I definitely recommend you head down to ChaiiWala right away if you're looking for a new place to try. This is your clear sign to run, not walk, to ChaiiWala.

Upon overall review, we give Chaiwalla a four out of five. It's a refreshing contrast to the widespread American fast food chains dominating our high street. Introducing a bit of home to friends is a new and exciting experience which can bond people through culture and food. In conclusion, it is now our highest rated review (..and our only one) Until next time folks!

HSD Cats

Formatted by Ruby & Sahar





Should I watch this film?

India Simpson

A common conundrum for the film enthusiast – and most people apparently – is deciding whether or not a film is worth watching. It is true that sitting down in order to watch a film takes up your time, and it may be easier to simply watch an episode of a television show instead. Especially since, with a television show, you already know you will like it if you have watched some episodes already. So how do you know if you'll like a film?

Ratings are the initial idea... but they don't always appear accurate. If you've ever looked at a rating on 'Rotten Tomatoes', for example, you might find they rate films you disliked; highly, and ones you loved; poorly. I find that 'Letterboxd' is a much better rating site to use. Letterboxd is sort of like a social media platform for films – but it's not your typical social media. The good thing about Letterboxd is that the rating is an average of every single user's opinion. You can see how many people rated it each star or half-star, and you even get a graph to display it. If a film's ratings are all from 3.5 upwards, the majority of watchers liked that film. One that has reviews evenly spread throughout is more divisive amongst its audience. A film with a 3.6 average rating which is primarily spread from 3 stars to 4.5, is a less risky film to watch than one with the same rating, where all the ratings are spread from 0.5 stars to 5. That film is a much riskier choice – but perhaps as they say: 'higher risk, higher reward'.

If you download the Letterboxd app and make an account, you also have access to the reviews. If you've not marked the film as watched, the site marks all the reviews with spoilers, so unless you select 'read anyway' you won't spoil the film for yourself. Letterboxd reviews are a combination of intelligent, in-depth analysis of the films; criticism of directing or acting; praising scenes or performers; and often very funny comments people have about the film. Having seen a film, going through the reviews filtered by popularity is a good way to have a laugh about something you enjoyed – or perhaps didn't enjoy – which is indefinitely funnier.

In answer to the question? Look at a graph of the ratings, not just the numbers for a better representation of its audience reaction. Reading Letterboxd reviews is always worth your time; and if you still can't decide, watch it anyway and possibly rate or review it yourself in order to help someone else asking the same question.

The Tower of London

Maisey Lafollette

The Tower of London was built in 1066, when William the Conqueror was king. The tower has been around for thousands of years and has a very complicated history. It has been a home for royals, a fortress, and an infamous jail.

During the Tower's time as a palace many monarchs added fancy rooms for themselves and others such as their children. To show their wealth, many royals had pets such as lions, polar bears, tigers, elephants and much more. Sadly, many lived very short and sad lives. Chapels were an important part of the palace, though they were often used for executions. When I was there, the Beefeater giving the tour told us that America wanted to buy Tower Bridge and replicate it in America, but they bought the wrong bridge! They bought London Bridge which looks nothing like Tower Bridge, which I found amusing.

As a fortress, the Tower was used to protect the Crown Jewels. The White Tower, when it was built in the 1070's, was the tallest building. Many monarchs added large walls, filled the moat and added many more towers, such as the Bell Tower, the Byward Tower, Lion Tower and Middle Tower. All of this was built to protect the Crown Jewels, which are very expensive, with several gems and crowns incorporated. When I was there, I loved seeing the Crown Jewels, but some were away being prepared for the King's coronation in May.

The Tower of London was also a jail from 1100-1952. Many famous prisoners were Anne Boleyn, (one of Henry VIII's wives) Sir Thomas Moore and Guy Fawkes. During a time when it was illegal to be Catholic, hundreds were tortured and executed here, including those involved with the Gunpowder Plot. Catholics were not the only prisoners at the tower. Many were political prisoners, criminals, prisoners of war or much more. Many prisoners had to walk the infamous steps of Traitor's Gate. The Tower of London is also home to eight ravens and superstition believes, that if all of the ravens were to leave the British monarchy will fall. Due to this, while the bird flu is spreading, they have seven out of eight ravens in a large cage to keep them safe from other birds that may have the flu, as well as to keep them away from foxes. One of them has refused to go in the cage and when I was there, as soon as the Beefeater mentioned her, she swooped down over him!

Overall the Tower of London has a fascinating mixed bag of history, including prisoners, jewels and ravens. The Tower is truly amazing to see and learn about. I definitely recommend going to see it for yourself.



COMBINATION SPORTS

Izzy Clark



It's hard enough being good at one sport. Athletes spend their whole lives training their bodies to be the best for what they do - whether it's running, jumping, kicking or swimming. Being the best at one thing is difficult - so what about two? Three? Five? Seven? The world of combined sporting events is varied, with such famed events as the triathlon to ones as obscure as cycle ball. In the Olympics, four Summer sports can be classified as combined sports - either as mixed sports such as waterpolo or multiple disciplines, such as the decathlon and heptathlon. In the Winter Olympics, both Nordic Combined and Biathlon are classified as multi-disciplinary sports, with Biathlon being the surprising mix between skiing and shooting. But what about the ones that aren't at the Olympics? Triathlon - running, swimming and cycling - is the most famous non-Olympic combined sport, but others - such as bossaball, polocrosse, slamball, and the ridiculous sport of chess-boxing - deserve more attention. In the writer of this article's personal opinion, here are the top five combined sports ranked by outlandishness and weirdness:

Number 5 - Footgolf. A hybrid of football and golf, footgolf is exactly what it seems. It's golf, but with your feet. Originating in 2008, footgolf has its roots in codeball, a fad sort from the 1920s in the United States. It's a relatively small sport, but there are national teams for several European countries, and the sport also has its own governing body - the FIGF. On the scale of absurdness and bizarreness, footgolf scores a solid 2/10.

Number 4 - Cycleball. It's football, but on bikes. Hilarity ensues. But seriously, cycleball is as strange as it sounds and as cool as it sounds. Cycleball traces its roots back to the late 19th century and was featured in the 1989 World Games, as well as the 2005 and 2007 Asian Indoor Games. Despite this, it's unlikely we'll see it at the Olympics any time soon. For sheer humour alone, cycleball gets a 4/10 from me.

Number 3 - Bossaball. Combining elements of volleyball, football, trampolining and gymnastics, bossaball has its roots in Brazil and other South American countries and is played on trampolines with a volleyball net across the court. Often found on beaches, bossaball is usually accompanied by live music, and aims to create a positive, lively atmosphere for both players and the audience. It's still quite silly, and thus receives a 6/10.

Number 2 - Slamball. Full-contact basketball on trampolines? Sounds like fun? This is slamball, which reached its peak in the early 2000s. Players body-slam each other in mid-air, bouncing across the court, aiming for a slam-dunk. Popular in the USA, slamball is loud, fast-paced and somewhat aggressive. In my opinion, slamball gets an 8/10 for entertainment and madness.

Number 1 - Chessboxing. It's real, it's weird, and it's popular. Players alternate between 20 minutes of chess and a round of boxing, with the winner determined by either checkmate or knockout. And whilst chess might not be classed as a sport, chessboxing is. With origins in satire and performance art, chessboxing firmly takes the title of the weirdest combined sport of all time - 10/10.

So the next time you're wanting to try a new sport, why not try something new, combined, and, let's face it, a little weird?.

banana loaf

Lauren Humphries

Ingredients:

125g butter
175g sugar
2 eggs
2 Bananas (mashed)
1 tsp bicarbonate soda
1 tsp baking powder
2 tablespoons milk of choice
225g plain flour



Method:

1. Preheat oven 180°C
2. Cream butter and sugar together using a wooden spoon.
3. Add the eggs, mashed bananas then the bicarbonate soda dissolved in boiling milk.
4. Lastly sieve then add flour and baking powder and mix until smooth.
5. (Optional) sprinkle in some chocolate chunks for a choccy surprise!
6. Pour mixture into two greased loaf tins and bake for 20 mins.
7. Take out of the oven to cool for 15 mins and enjoy

Ongoing Conflicts

Jack Mitchell

As the war in Ukraine continues to devastate the country, I thought it would be useful to take a brief glance at just some of the other conflicts that have been forgotten. The war in Ukraine today reaches the 380-day milestone and it has lived in the headlines ever since the beginning.

When Myanmar (also known as Burma) gained its independence from Britain in 1948, the parts of the country faced the beginning of the ethnic war that is still ongoing. Up to one million people have been displaced and nearly 200,000 killed. Over the decades, multiple overthrows of government have taken place with the most recent in 2021. In 2021, the civilian government was overthrown early on New Year's Day by some of the military which caused many protests. The deaths previously mentioned were mainly caused by the clashes between the Buddhist nationalists and the anti-Islam protests and the recent anti-coup protests turned violent.

Just two years after their last war, it is expected that the unresolved conflict between Armenia and Azerbaijan is firing up once more. The war is about an area called Nagorno-Karabakh which is disputed, but internationally recognised as part of Azerbaijan. Armenia appear to be on the back foot as their arms dealer and ally Russia is busy in Ukraine. The main problem is that the majority of the population of the land are Armenian. The war in 2020 lasted only six weeks but claimed the lives of 7,000 people.

The Ethiopian war in the northern Tigray region officially ended late last year but tensions are constantly scaring analysts. The war was between the Tigray People's Liberation Force and the federal soldiers of Ethiopia and neighbouring Eritrea. The war has been particularly devastating for the Tigrayans, who are extremely poor and who have had much of their little-existing infrastructure destroyed. The number of people who have lost their lives is estimated to be up to an astonishing 600,000. The country has received a little under £1 billion since the start of 2022, but it hasn't appeared to have helped many.

In the Sahel region of Africa, Islamist groups have been wreaking have been devastation. The countries in the region – Burkina Faso, Mali and Niger - have had much of their territory taken from elected governments. In Burkina Faso, an estimated 40% of the country is controlled by Jihadist groups. As well as this, groups such as the Tuareg rebels, Al-Qaeda and Islamic State have been fighting each other. Nearly 12,000 have been killed since 2012.

All of these regions must work together with rivals and the rest of the world hopes that they can reach ceasefires and ends to these devastating conflicts diplomatically.

EDITOR'S NOTE

Sahar Jafferbhoy

It's been absolutely baltic this week... I've still not seen any snow though! If sports matches are able to go ahead tomorrow, good luck to both the hockey and rugby teams! Thank you to all the fantastic contributions this week :)

happy weekend!

THE COLUMNS TEAM