



THE COLUMNS



HSD's newsletter: Issue 82

by pupils; for pupils



Two years ago, Sarah Everard was abducted, raped, and murdered by off-duty Met police officer, Wayne Couzens.

In May 2021, a Met officer was arrested and has subsequently been charged with three counts of voyeurism, following allegations from when he was both on and off-duty.

Last year, Child Q, a black schoolgirl, was strip-searched by two Met officers, at school while on her period.

These are just a few horrifying examples of the state of the Metropolitan Police, among the many that are reported, and the many more that slip past unseen.

In light of this week's report, which found, "institutional racism, sexism and homophobia" within the force, calls have emerged, pleading for the eradication of the Met. As put by Doreen Lawrence, the force is, "rotten to the core". A generation after the Macpherson report, following her son's murder, which for the first time identified the Met to be institutionally racist, nothing has changed. In reality, it's worse - sexism and homophobia have been added to the list of toxic cultures that perpetuate within the Met. This is unacceptable. Something has to change.

Editor-in-Chief, Sahar Jafferbhoy



HSD Hockey!

Alex Bayne, 1XI Captain - Scottish Plate Champs

The 2022/23 hockey season has been a successful one to say the least. From playing our weekly Saturday fixtures, to competing in cups, plates and tournaments. The first XI have performed brilliantly throughout the last 7 months. We have ended our season on a high, winning the Scottish Plate in a competitive 2-0 win against Glasgow Academy.

The team's journey to the final was not an easy one as we played Jordanhill at home in the semifinal. Going into the match as the underdogs we knew this would be a tough game but the girls were raring to beat the previous Scottish Cup finalists. With an outstanding performance from all sixteen girls as well as goals from Milly Houstoun and Izzy Skinner we finished the game with an incredible 2-1 win. This wouldn't have been possible without our supporters behind us all the way.

On the 17th of March, we travelled to Peffermill to compete in the final. It was a big day for us all and emotions were high. The first half of the game was close, with both teams having good bursts of play. However, in the last five minutes of the half we won a corner which resulted in a goal scored by Emily Elder, putting us ahead just before half time.

After some wise words from Mrs Anderson, the girls were ready to go again. We came out composed and dominated the second half. With many attacks came another goal by Emily Elder, with this 2-0 lead HSD controlled the tempo of the game. The final whistle went and the celebrations began as the crowd flooded up to the side of the pitch. After our celebrations we headed back to Dundee with our medals and plate in hand.

A final thank you to Mrs Anderson and Mrs Baxter for all your help this season, we couldn't have done it without you.



Ollie Hall, 1XI Captain - Aspire Cup Champs

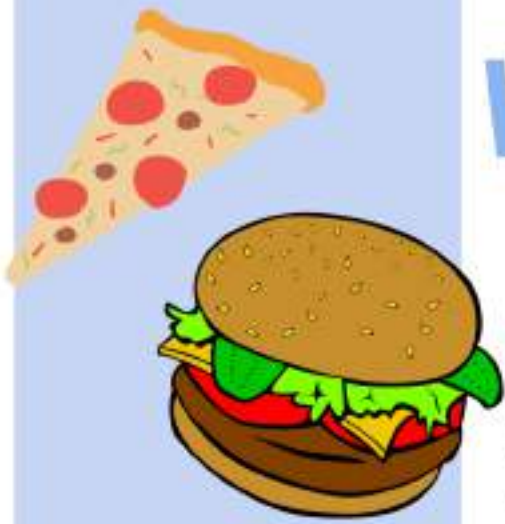


After a tough group stage where we won all our matches 1-0, 1-0, 2-0 and 9-0, we faced Trinity Academy in the Aspire Cup Final. Trinity Academy applied a lot of pressure to our defence in the first ten minutes where we defended relentlessly and managed to keep the score even. After some silky dribbling from our forward, we won a short corner. The initial pass was miss-trapped however John Donald adapted quickly and fired a ball into Alistair Clark who put the ball in the roof of the net with a menacing shot, giving the High School the lead. This led to a shift in momentum which saw the High School apply immense pressure on the Trinity defence. A ball fired into the D was expertly deflected by David Cargill who managed to find the corner of the goal, beating the keeper - 2-0 for the High School. Another goal was expertly finished in this period of dominance by Lewis Simpson, when one of our midfielders drove the baseline and found him free in the D for a simple flick finish into the corner. This put Dundee High at 3-0 going into the break. However, at the start of the second half, the pressure applied by Trinity onto our defence was too great for us to contain, which resulted in them scoring a penalty flick to make it 3-1. However, the boys weren't fazed and Alistair Clark responded quickly with another two goals completing his hat trick and putting us up 5-1. However, Trinity would score another goal after hitting us on the break making it 5-2. In the last few seconds of the game, we won a short corner resulting in one last chance to score before the game ended. After a great save from the Trinity keeper, the rebound was nailed into the goal making the final score 6-2, meaning that the boy's 1XI hockey team had won the Aspire Cup.



we are what we eat

Maya McColgan



Junk food may taste good, but it does nothing that is good for our health; including our mental health. Junk foods are ultra-processed foods, and they make up a whopping 57% of the average British diet. These foods, such as: white bread, hot-dogs, pizza, biscuits, microwave meals, and ice-cream are made by adding salt, sugar and fat, as well as artificial colours, preservatives and stabilisers to the food.

Junk foods contain lots of calories, but they don't contain any of the vital nutrients that we need to nourish our brains, skin, heart or joints, or to help us grow and be healthy. These foods are deficient in fibre, protein, vitamins and minerals: all the elements we need in our diet to help us function at our best.

Research shows that eating junk food on a regular basis can lead to an increased risk of: obesity, heart disease, stroke, high blood pressure, fatty liver disease, some cancers, and type 2 diabetes.

Even more worrying - given the poor access to mental health services in this country, as well as the £156 million the NHS spends each year on anti-depressants - is that ultra-processed foods can have an adverse effect on our mental health. In particular, consumption of ultra-processed foods has been linked with increased risk of depression and anxiety. On the contrary, a healthy diet consisting of fruit, vegetables, whole grains and fish is associated with less risks of anxiety and depression.

Why? Researchers believe that compounds in junk foods might alter the gut microbiome. Good bacteria in our gut have been found to play a positive role in our mental and cognitive health. It is thought that junk food depletes the good bacteria from our gut.

Think about it. What we eat directly affects the structure and functions of our bodies and our brains. Like an expensive car, our bodies and brains function best when we give them premium fuel. So reduce the junk food fuel if you want your body and your brain to function at their best.

Sexual Harassment: Our Reality

Meagan Dailly

Since time began, women have been sexually harassed, on the basis that men have been unable to have a basic understanding of the simple two-letter word: "No".

In the year preceding June 2021, the English and Welsh police reported that 61,158 women were raped or sexually assaulted. This trend is steadily increasing. Between September 2021 and September 2022, in England and Wales alone 70,633 victims reported rape or sexual assault to the police. Though reports of rape from victims and rape itself are increasing, charging and conviction rates remain almost as low as when records began.

The odds of being attacked by a shark are 1 in 11.5 million, whereas the odds of a woman being raped or sexually assaulted are 1 in 4, and yet it is perfectly reasonable to have a fear of sharks, but it is seen as "absurd" for women to have a fear of men. No, it isn't all men, and it isn't all sharks, but it is enough for women to need to take the appropriate precautions to prevent themselves from getting hurt.

There is an unnecessary level of stigma surrounding sexual violence, which has been specifically designed to protect the men who think that it is okay to behave in this barbaric manner. Due to the misogyny that has been embedded in our society for millennia, the disgusting behaviour of these men has been accepted, taught and gone unquestioned for far too long. It recently came out that there have been over 1500 complaints to the English and Welsh police regarding sexual offences against women and girls over only 6 months. Of those 1500, only 13 have been sacked. And no charges have been brought against these officers. Sacking these men doesn't solve the problem of our police force breaching the very laws they are meant to uphold, it just means that these monsters are out on the street with even less supervision than they already had. The police are sweeping the issue under the rug, thinking that a couple of firings will get the British public and international media off their backs.

How are we supposed to trust the police to protect us when our police force contains the very criminals we report to them?

The reality of the situation is that this rape pandemic is only getting worse. Maybe that's because the numbers have always been the same, but more people no longer feel the stigma that has always surrounded airing this sort of dirty laundry, or maybe it's because this behaviour has been around for so long it's become part of our DNA? Whatever the reason may be, we have to fight back against this seemingly-new "pandemic" which is really the oldest of them all.



Mrs Watson's Jokes

for the last time, here are some of Mrs Watson's worst jokes!

Why did the echo get detention in the last week of term?

It kept answering back.

Why was the teacher cross-eyed on the last day of school?

She lost control of her pupils.

What do Maths teachers serve for pudding during the school holidays?

Pi.

Where do sheep go for their Spring break?

The Baa-hamas.

Who's in charge of the School during the Easter holidays?

The rulers.

Why was the obtuse angle so upset on the last day of school?

Because he wasn't right all year.

What do lobsters do on the last day of term?

They shellabrate!

Knock, knock

Who's there?

Noah

Noah who?

Noah more school – it's the Easter holidays!!

QUIZ OF THE WEEK

Zara King

1. How many legs does a spider have?
2. In Australia, how many 5c pieces make up \$1?
3. What colours appear on the Japanese flag?
4. How many sides does a nonagon have?
5. The Eiffel Tower was gifted to France by which country?
6. What number between 1-20 is said to be bad luck?
7. The Tiger is the largest type of big cat in the world. T/F
8. What is an Ankylosaurus?
9. What colour bandana does Raphael wear in Teenage Mutant Ninja Turtles?
10. Are 2, 4, 6 & 8 odd or even numbers?

1. 8 2. 20 3. White and red 4. 9 5. USA 6. 13 7. True 8. Dinosaur 9. Red 10. Even

'Togs for Tots' Modern Studies Trip

Eilidh Acford

Last week, five Higher Modern Studies pupils were invited to have a tour of, and learn about, a local charity, 'Togs for Tots'. It is a charity supporting children and babies in Dundee, and the local area. It was started by a single mother who had children's clothes that were too big and wanted to exchange them. Over the years the idea grew and grew, with more people in need of clothing and equipment, and eventually the charity 'Togs for Tots' was formed. They provide clothes for children of all ages and support new mothers with baby equipment they may not be able to afford. Last year 'Togs for Tots' received 1,022 referrals; this shows how important their work is and how desperately they are needed in Dundee. The tour was incredibly insightful; we learnt that the charity doesn't own its building, and they move regularly, having to rent spaces. We also saw the large store of clothes that they have to send out to the children in need. This was particularly impactful as it helped us to see what a massive help the charity is to the community. I do implore anyone reading this, that when you are thinking of throwing out your old clothes, you instead, donate to local charities like 'Togs for Tots' which do amazing work for the community.



DISCOGRAPHY REVIEW: THE OH HELLOS

Izzy Clark



"The Oh Hellos" are an American indie-folk duo from Texas, whose captivating and dramatic music has hooked the internet for over 10 years. Comprised of siblings Maggie and Tyler Heath, plus a dozen-strong ensemble, The Oh Hellos' eight full releases span genres and emotions, combining traditional pop and rock music with hallmarks of Celtic-inspired folk.

You probably already know one of the band's songs - "Soldier, Poet, King" - from TikTok and Instagram, where the song has gained a cult following and spawned numerous online trends and quizzes. For someone looking to get into the band's music, "Soldier, Poet, King" is an easily-accessible first introduction to their diverse discography, with its repeating motifs building to a climax that invokes the feelings of a renaissance fair, a garden ball and a music festival all at once.

Off of the same album as "Soldier, Poet, King" - "Dear Wormwood" - the band also boasts several other brilliant tracks. My personal favourite is "Thus Always to Tyrants", an energetic folk anthem with a catchy beat. Other tracks of notice include the original "Bitter Water" and the group's recording of "Danse Macabre", complete with violins, guitars and drums which transform the solemn melody into a fantastical power song.

Following the release of "Dear Wormwood", the next four albums (titled after the four winds) help to expand The Oh Hellos' musical influences and genre-defying style.

Album one - "Notos" - stars such gems as "New River" and "On The Mountain Tall", which fulfil the folk quota of airy vocals and crisp instrumentals, with "Constellations" falling more into the style of pop-rock and acoustic than traditional folk. Their next release, "Eurus", is definitely headlined by "Passerine", whose steadily-building vocals and instrumentals leave you feeling elated and joyous despite the song's sadder tone. The third album in the four winds series, "Boreas" boasts the track "Lapis Lazuli", an acoustic-rock song boasting Tyler Heath's powerful voice. The concluding album of the quartet, "Zephyrus" is the culmination of their exploration of styles and genres, with the song "Theseus" expertly blending influences of rock and folk in harmony.

Across their discography, The Oh Hellos have tackled serious themes in their music.

From loss in "Passerine", to faith and religion in "Soldier, Poet, King", "On The Mountain Tall" and "New River" and love and change in "Constellations" and "Theseus", The Oh Hellos' music is as lively and dramatic as it is meaningful and empathetic. Their use of strings, drums, electric guitars and ensemble choirs help their music be transformed from garden folk into a cinematic audio spectacle that definitely deserves even a cursory listen.

Golden Flapjacks Recipe

Lauren Humphries

Ingredients:

250g porridge oats
125g butter
125g light brown sugar
3-4 tbsp golden syrup



Method:

1. Preheat oven to 180°C
2. Put all ingredients into a bowl and mix with a wooden spoon until combined.
3. Spread a light amount of butter on a baking tin and transfer mixture into tin.
4. Press mixture into the corners of the tin with the back of a spoon until smooth.
5. Bake in oven for approx. 15 minutes. For crunchier flapjacks, cook for an extra 3-4 minutes.
6. Leave to cool for 15 minutes, then cut into squares.
7. Enjoy!

Chocolate Nests Recipe

Amy Leburn

*This is the perfect treat just as we come up to the Easter holidays.
Be careful not to eat too many at once though!*

Ingredients:

200g of milk chocolate - but
you could use any chocolate
and change it up a bit!

85g of shredded wheat -
again you could use any
crunchy cereal (e.g. rice
crispies or cornflakes)

Chocolate mini eggs (as
many as you want)



Method:

1. Break the chocolate up and melt in a small bowl placed over a pan of simmering water.
2. Pour the chocolate into the cereal of your choice and stir until well combined. If you find the chocolate is engulfing the cereal you can always add more cereal.
3. Spoon the cereal mix into cupcake cases and press the back of a teaspoon in the middle to make the shape of a nest.
4. Place around 3 mini eggs in the nest shape you have just created.
5. Chill the nests in the fridge for around 2 hours or until they are set.
6. Enjoy :)

SNP Leadership Candidates

Jack Mitchell



As the race to become the First Minister comes to an end, I felt a brief introduction to each of the candidates would be useful. The next leader of Scotland will be announced on Monday the 27th of March, nearing two months since current First Minister Nicola Sturgeon announced her resignation on the 15th of February. The candidates in the running to become the next leader of Scotland are:

Kate Forbes: At 32 years of age, the current Secretary for Finance and the Economy is the youngest of the three candidates. Cambridge-educated, the candidate became an accountant before assuming office as the MSP for her Skye, Lochaber and Badenoch constituency in 2016. She became a junior minister just two years later before her promotion in 2020 to her current role. Forbes' personal life and views have become controversial as her church - the socially conservative Free Church for Scotland - is against abortion and same-sex marriage. Kate Forbes has also spoken out against children born out of wedlock. She has stated that she will not push for her views and morals to be seen in legislation, but has lost many initial supporters due to her beliefs.

Ash Regan: 49-year-old Ash Regan became the MSP for her Edinburgh Eastern constituency at the same time as Forbes, in 2016. She was also promoted, as Forbes was, to a junior minister role two years later and served for over four years in the role of Minister for Community Safety. However, Regan resigned in October of last year amid uneasiness with Nicola Sturgeon's support of the Gender Recognition Reform Bill, a bill which, had it been passed, would have allowed transgender people to legally change their gender at age 16 without a medical assessment. She has been sitting as a backbencher since.

Humza Yousaf: 39-year-old Humza Yousaf is the current Scottish Health Secretary and has been an MSP since 2011. Yousaf has been the MSP for his current constituency, Glasgow Pollok, since 2016. The first Muslim Cabinet Secretary, Yousaf has the most experience of the three candidates and according to a poll of SNP members, is the favourite to become our next leader. With his father born in Pakistan and his mother born in Kenya, he would also become our most diverse leader since the opening of the Scottish Parliament.

All three candidates are in support of Scottish Independence. We will have to wait until Monday to find out who will take the reins from Nicola Sturgeon and how they fare against the other political parties of Scotland.

Popular Films!

India Simpson

Please note that a number of the films below have age restrictions.

The popularity of films is something rather difficult to measure. Do you go by ratings? Box-office sales? Highest grossing? Most watched? Best reviews? Most awards? How do you decide? I don't think there's any one answer, however, I do believe personal opinions count for something. So, with the help of rating sites, reviews and Letterboxd, here are my personal views on the most-liked films of all time. (This is not what I necessarily believe to be the best ones). This list, whilst vaguely in order, is open to interpretation and differing opinions.

1. Titanic (1997)

Is this the most popular film of all time? I couldn't tell you. However, I think it is the film which has most often been the most popular film. It has been well-liked and well-loved since its release, and I believe it was continue to be so.

2. Fight Club (1999)

I ranked this film highly in popularity because I find it's most likely to come into people's lists when they're asked to mention the best films they've seen or their all-time favourite films.

3. The Godfather (1972)

This classic movie will be near the top of any list of 'must watch' films. It's possibly also the most quoted film of all time. If you're looking for a must-watch, everyone's-seen-it, classic sort of film, this is the one to watch.

4. Pulp Fiction (1994)

Quentin Tarantino's 'Pulp Fiction' changed the film world, along with the viewers that watched it, and was one of the most influential movies of the '90s.

5. The Shawshank Redemption (1994)

Based on the novella by Stephen King, this film by Frank Darabont tells the story of two convicts looking for consolation and redemption in Shawshank prison. It touched the souls of its audiences, and that's why I find it high in popularity.

6. The Dark Night (2008)

The first modern movie on this list, and it's from the Batman franchise, unsurprisingly. Christopher Nolan directed this film and turned the story of this classic figure into one that captivated the world.

7. 2001: A Space Odyssey (1968)

This film was an instant classic. It was directed by Stanley Kubrick and is likely to be the greatest sci-fi movie ever created.

8. Knives Out (2019)

Ryan Johnson managed to make this film have the same timeless, nostalgic feel as many of the other movies on this list, and it was an instant hit in the modern world. Despite its recent date, this movie is already a classic.

9. The Godfather Part II (1974)

10. Star Wars: Episode V - The Empire Strikes Back (1980)

Star Wars is one of the biggest franchises of all time, created by George Lucas, and it was instantly a worldwide pop culture hit after the release of the original film in 1977.

11. Spirited Away (2001)

This Studio Ghibli movie is the first animated feature on this list, and it deserves to be here. It became extremely popular - and was the first film to win an Oscar for 'best-animated feature' that wasn't in the English language, and it's also the only hand-drawn animated feature to win it too.

12. Interstellar (2014)

13. Parasite (2019)

14. Joker (2019)

15. Everything Everywhere All at Once (2022)

This is the most recent film on this list, but after its recent win at the Oscars, it's shot up even further in popularity and is likely to be popular for a long, long time.

16. Inception (2010)

17. The Shining (1980)

18. Citizen Kane (1941)

19. Schindler's List (1993)

20. Avengers Endgame (2019)

The second highest-grossing movie of all time, and in the Marvel cinematic universe? Yes, it's going to be on this list

21. Forrest Gump (1994)

This film is undoubtedly often mentioned when one mentions 'comfort films'.

22. GoodFellas (1990)

23. The Silence of The Lambs (1991)

24. Saving Private Ryan (1998)

25. The Green Mile (1999)

26. The Truman Show (1998)

The definition of timeless. I don't think anyone could think this was a bad film. It has all the morals, good humour, intrigue and intelligence that will keep this movie a favourite for a very long time.

27. Jurassic Park (1993)

28. Back to the Future (1985)

19. Whiplash (2014)

To modern film enthusiasts, this movie is likely to be right at the top. Possibly one of the best films made in recent years, and deserves more recognition from the general public.

20. Spiderman: No Way Home (2021)

21. The Matrix (1999)

22. Jaws (1975)

23. Casino Royale (2006)

James Bond is one of the most loved, respected and watched franchises ever - and unlike some of the other large franchises, this one is loved by any age and by anyone.

24. Star Wars: The Force Awakens

25. It's a Wonderful Life (1946)

26. Black Panther (2018)

This is probably the most respected movie in the Marvel franchise and was liked by the largest group of people.

27. Skyfall (2012)

28. Psycho (1960)

Even the classic films will still stay on this list - how they withstand time is perhaps the biggest indicator of a good film, and this has certainly done that.

29. Little Women (2019)

30. The Social Network (2010)

31. Shutter Island (2010)

32. Taxi Driver (1976)

33. The Wolf of Wall Street (2013)

34. Top Gun (1986)

35. Goldfinger (1964)

36. The Lord of the Rings: The Fellowship of the Ring (2001)

37. Up (2009)

38. Lawrence of Arabia (1962)

39. Love Actually (2003)

40. Alien (1979)

41. Dead Poets Society (1989)

42. Raiders of the Lost Ark (1981)

43. Avatar (2009)

Despite being the highest-grossing movie of all time, I doubt its genuine popularity and how much it was liked. However, statistics are statistics, and a film that watched has to be on the list somewhere.

44. 10 Things I Hate About You (1999)

45. No Time to Die (2021)

46. Spiderman: Into the Spideverse (2018)

47. Good Will Hunting (1997)

48. Get Out (2017)

49. Independence Day (1996)

50. Jurassic World (2015)

So, there you have it. The 50 films I think are the most popular. I've undoubtedly missed many out, but I hope it prompts you to consider which films you believe are genuinely the most popular ones.



Mesut Ozil Retirement

Prithvi Sudarshan

Basaksehir midfielder, Mesut Ozil has retired at the age of 34 after suffering from recent injuries, and a lack of game time. The German born midfielder began his career at Schalke before moving to Werder Bremen. His big break took place in 2010 when he moved to Real Madrid, and won the La Liga, Copa del Rey and the Spanish Super Cup. He then moved to the Premier League joining Arsenal, where he became a fan favourite, winning 4 FA Cups and 2 English Super Cups during his stay, until his departure in 2020.

Ozil was regarded as one of the best passers in Premier League history: achieving 50 assists in the 2nd fastest time recorded. He also coined his signature shot - the Ozil Bounce - a unique technique that would repeatedly trick keepers.

Ozil's success was not limited to the domestic leagues, as he participated in 3 World Cups. Among these was the 2014 World Cup which saw a 1:0 victory against Argentina in the final. In his international career, he played 92 times for the national team scoring 23 goals. His time in the German national team, however, came to an unfortunate ending, in which he left, after stating that many fans directed racist abuse at him and used him as a scapegoat for the team's early exit in the 2018 World Cup. Ozil who is of Turkish background famously said "I am German when we win, but I am an immigrant when we lose."



Young Scottish Writer Runner-up: Alexander Milnes



Congratulations to Alexander for his fantastic achievement in the Young Scottish Writer competition 2023!!! His amazing submission was published in last week's edition of the Columns.

EDITOR'S NOTE

Sahar Jafferbhoy

After a week of dissertation deadlines and presenting at assemblies, I can't wait for a relaxing weekend! As this is the last edition of term, everyone at the Columns wishes you a very happy and restful holiday :)

*happy
holidays!*

THE COLUMNS TEAM