

Friday 1st December 2023

Edition 3

NORTON COLLEGE

By AP

Selfcare Sundays

It is common to feel a bit blue now that its dark and cold. So if you are struggling, remember to practice self care!

- If you have a dog, take them on a walk.
- Take a long bubble bath, you could even light some candles.
- Paint your nails.
- Put on a face/ hair mask.
- Put some fresh bedding on.
- Get in some fluffy PJs and make a cup of tea.
- Sit calmly and watch a happy film.

Guess Who?

By OM

1 How long have you worked here?

Almost 5 years

2 What's your most memorable moment?

A student went into my room, removed every key on the computer keyboard and rearranged them in a totally random order.

3. What was your job before?

Worked in a factory producing parts in the building industry.

4. Would you go back?

No, I love it here!

5. What are your hobbies?

Woodworking, walking, foraging, listening to heavy metal and just generally tinkering!

6. What is your dream job?

I'd like to become a travel reporter because I would

like to go to places that are remote.

7. What do you do with students?

Cooking, offsite activities, mentoring, helping, educating, advising, DIY.



December at NCT

By JL

I personally think that when there's a celebration to be had, people should celebrate it because life is too short. However, Christmas is not celebrated at Norton College because some kids find it really difficult due to past experiences or traumatic events such as deaths.

This means that here at Norton we don't have a Christmas tree and won't be exchanging presents! I do understand why we don't celebrate because family members passing away can make it triggering for lots of people.

If you got 99 problems, tell us 1

By the Norton College agony aunt

I've just started an online relationship and my new partner wants me to send explicit pictures. What should I do?

Never do anything you feel uncomfortable with. If you are under 18 this is illegal anyways and can be classed as child pornography so if you have their pictures you could technically go to jail and be charged as a sex offender.

I've just left a long term relationship and I'm feeling a little lonely. Help!

Surround yourself with friends. Put your phone down and stop waiting for that text to come, it isn't coming. Do some self care instead. Have a bath, watch a movie and try to chill.

The Earth Element

By DL

BLUE DRAGON

Also known as a *Glaucus atlanticus*. The blue dragon is a small species of sea slug, a shell-less gastropod mollusc. These sea slugs are pelagic, they float upside down by using the surface tension of the water to stay up where they will get carried away by the winds/ waters current.

The blue dragon makes use of countershading very well by swimming upside down. The blue underside of their body faces the sky blending in with the water. Virtually invisible to almost every other creature. Not to mention by swimming upside down, the silver/grey upside of their body is facing the ocean floor, making them blend in with the sunlight's reflection.

Therefore, any animal viewing the blue dragon from above or below will not see it until they are too close. These sea slugs feast on man o' wars for fun, and many other venomous sea creatures. They store their venom/ poison in its own body to use against predators. One sting from one of these adorable little slugs will lead to nausea, pain, vomiting, acute dermatosis and post-inflammatory hyperpigmentation. This causes the simple slimy sea slug to be one of the most dangerous animals on planet earth.

Interested in chess?

The chess team is now challenging other local schools!

Talk to TR



What's hot in the kitchen?

By BH

Christmas Fruitcake

Ingredients:

- 1kg mixed dried fruit
- 2ts orange juice
- 2tsp lemon juice
- 250g softened butter
- 200g light brown sugar
- 115g plain flour
- 100g ground almond
- 1/2 tsp baking powder
- 2tsp ground cinnamon
- 1/4 tsp clover
- 100g flaked almonds
- 4 large eggs
- 1 tsp vanilla extract

1. Put 1kg mixed fruit and the juices, (150ml brandy, adults!) 250g softened butter and 200g soft light brown sugar in a large pan and set over a medium heat.
2. Bring to the broil, then lower the heat and simmer for five minutes. Tip the fruit mixture into a large bowl and leave to cool for eight minutes.



3. Heat oven to 150C/ 130FAN/GAS2. Line a deep 20cm cake tin with a double layer of baking parchment. Then wrap a double layer of newspaper around the outside.

4. Add plain flour, almonds, baking powder, cinnamon, clover, flaked almonds, eggs and vanilla extract to the fruit mixture and stir well. Make sure there is no pockets of flour.

5. Tip into prepared tin, level the top with spatula and bake in the centre of the oven for two hours.

6. Remove cake from oven, poke holes in top and spoon over 2tbsp of (chosen alcohol, ADULTS). Let cool completely in the tin.

Bon Appetit

What are you playing? By OH

Get ill with diseases

I recently started playing DayZ and I believe that it's an experience that everyone can and should have. So far, I've

Loved playing DayZ and it has been an amazing journey. I have hunted animals, robbed ATM's, made allies, looted military and travelled far. I agree that DayZ is one of the most realistic survival game I have ever played. You have to reload each individual magazine, you can



from unsafe water and die, you can get too cold and die, at the end of the day, everything is out to kill you. If the dead doesn't get you, a

survivor will. In DayZ, you can build bases, repair cars, make allies or make enemies, raid bases or explore and hunt animals.

The gameplay is challenging, so I recommend that you start on a PVE server so you

Can learn the game while you're having fun. This server means people cant attack you so it is easier to play.

Lean on me

By JB

Mental Health Matters

Generalised Anxiety Disorder

6 in 100 people will be diagnosed with generalised anxiety disorder in the UK. This means that over 8 million people will experience an anxiety disorder at any time. Less than 50% of people with generalised anxiety disorder can access treatment through mental health services. This means most sufferers will not be given the right support.

Some people with this condition can experience symptoms such as restlessness, fatigue and irritation. They may feel extremely worried or nervous more frequently than others, even when there is little reason to worry. For example, people with generalised anxiety disorder can struggle with things such as family events, or even going to a shop.

Another symptom people may experience is panic attacks. These usually occur when there are high levels of anxiety, the person suffering will have symptoms such as shortness of breath, racing heart beat, excessive sweating, they may feel sick or dizzy, hyperventilation and trembling or shaking.

How to help someone experiencing a panic attack:

Remember, everyone is different and some strategies wont work for some people! One strategy

is to use **The Grounding Technique:**

Get them to list:

- **5 things they can see,**
- **4 things they can touch.**
- **3 things they can hear.**
- **2 things they can smell.**
- **1 thing they can taste.**

PSHE debate: Should the legal age for smoking be increased?

If you are struggling with mental health, tell a friend, family member, teacher or trusted adult.

The Music Corner

By JS

Taylor Swift has done what others never could. The superstar who managed to switch from country music to mainstream which made her a pop culture icon. Her second album, Fearless, which she produced in 2008, showed off her songwriting ability and got her a mass audience! Unfortunately, her first six albums were owned by a talent manager called Scooter Braun because she sold her record label. This is why she has decided to rerecord all of the songs on these albums, so that she can own the copyrights to her own music. This means that she can get money from her own music, which makes sense really.

Life Goals

In the Navy

By HB

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I want to join the royal navy as a seaman specialist. They drive the ship, act as lookout and guard the ship when under attack. I want this job because I can travel the world and I will get to drive really big boats! I've wanted this job since I was ten years old because I found out my aunty served in the navy and really enjoyed it and now she has a big house!

In order to get this job, I have completed my license in power boating and I have also been in cadets for five years. This job pays you £23,496 at the start but rises each year. After 10 years, you can get £62,000!

If I don't join the navy, my back up plan is to be a chef because I make a banging carbonara!

Dungeons and Dragons Club

The Planet Athem

A planet compromised of three large land masses; hundreds of islands and an abundance of water. Athem is known for its many species and creatures that evolved here, but also its eternal chaotic cyclone that inhabits the sky of the planet. As the planet rotates and landmasses shift, every island, continent and civilisation eventually passes through the cyclone. This changes the environment and rains chaos upon whatever enters.



Need a safe space with like-minded people?
The Rainbow Room club meets every Monday
Talk to EF for more details

By JW



The Makers

They were an ancient race—originally the gods of Athem. They tower over mountains and were the first inhabitants of Athem. They kill any sentient life. They consume rock for sustenance. They communicate via loud, deep “whirring” sounds that can echo around the world. They have a unique ability to turn rocks to paste, which they can mould and harden which allows them to build land and make weaponry instantly. Their body is made of stone so they heal instantly.

Want to write for the school newsletter? Talk to your English teacher for an English tick!