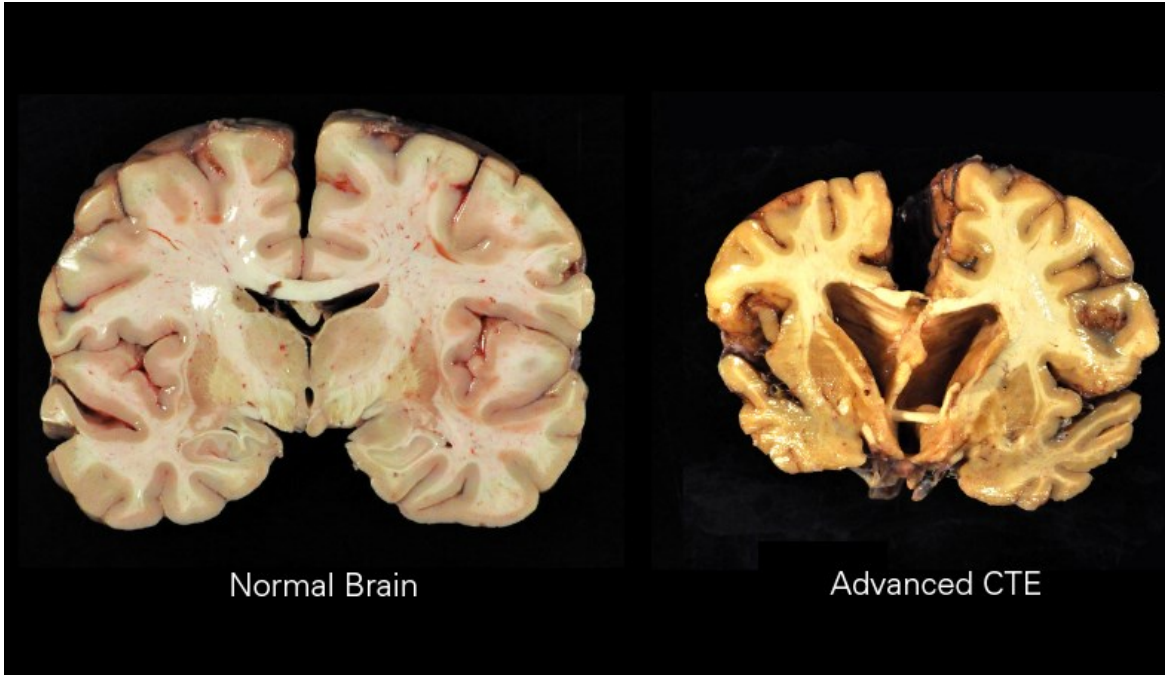


A WADHAM SCHOOL STUDENT PUBLICATION

THE QUILL



CTE, BRAIN DAMAGE AND CONCUSSION



Normal Brain

Advanced CTE

DENIAL IS NO LONGER AN OPTION



Plus Reviews, Previews and Opinions



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Introduction

Welcome to the ninth edition of the Quill, we hope you like what's inside.

This month we tackle the critical issue currently gripping contact sports, the risks of concussion, brain trauma and its links to CTE. In this edition you will read an interview with experts in this field Chris Nowinski and Nathan Howarth, as well as a look at neurodegenerative illness overall. Other than this, edition 9 also has the usual mix of reviews, features and discussion pieces.

Happy reading!

Will Ford ~ Assistant Editor

Peter Hopwood ~ Editor



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Inside this issue:	Page
News, News, News: Bake sale and book swap. By Jessica Henly, Emily Wood & Lucy Wood	4
News, News, News: Chard Together. By MJ	5
INTERVIEW: Chris Nowinski—Educating the world about CTE. By Toby Swan	6-8
INTERVIEW: Nathan Howarth—The British view on CTE. By Nancy Pattison	9-12
Contact sports and neuro degenerative illness. By Nancy Pattison	13-14
History Matters: The Legacy of Auschwitz-Birkenau. By JJ.Gray	15-16
History Matters: A visit to Avalon Archaeology. By Nye Edgar	17
History Matters: Are heroes of myth actually heroes? By Emre Tunc	18
Environmental Issues: Is veganism the way forward? By Caitlin Elborn	19
Time to Think about? Is modern art even 'art'? By Emily Watson	20
Time to Think about? Top 10 Conspiracy Theories. By Imogen Allen	21-22
Recipe Corner. By Rosemary Hooper	23
Movie Reviews: Top 5 Rom Coms. By Edie Pattison	24-25
What's worth a watch? Charlies Cult Classics. By Charlie Wellman	27
What's worth a read? By Lucy Wood	28
Sports, Sports, Sports! Why has netball become a popular sport? By Beth Hann	29
Sports, Sports, Sports! Football Roundup. By Oliver Taylor	30
Sports, Sports, Sports! Crewkerne Girls Rugby Team. By Darcy Andrews	31
Doing Wadham proud, former students changing the world—Victoria Hawkins. By Peter Hopwood	32-33
Spring Colouring	34-36
Puzzles!	37-38
Thank You	39



**WADHAM SCHOOL
PRESENTS...**

**PETER PAN
JR.**

**WEDNESDAY 14TH, THURSDAY 15TH
& FRIDAY 16TH JUNE**



NEWS NEWS NEWS

Bake Sale & Book Swap

By Jessica Henly, Emily Wood & Lucy Wood

Book swap.

The book swap was remarkably interesting because there was a wide variety of different books. Also there was newly published books as well as authentic classics, though some books were in poor conditions thanks to the many former students who have previously loved and cared for these books. All they need is some TLC (tender love and care) and they will be good to go.



Cake sale.

The cake sale raised about £73 which will all be put towards new books in the library, many people contributed with different cakes and desserts. The library was packed full of eager students ready to get their hands on some of the delectable confectionary items. Over all the bake sale was a complete success.



Challenge winners.

The first challenge that you could sign up for was the cake raffle. These were 20p for each raffle ticket 20p! The cake was of very high quality and looked fabulous. And without further a-do the winner of the cake raffle was Sophie H in year 10. Congratulations to Sophie.

The next challenge that was available was to guess the number of pages in a valuable hardback book called the *Space dragons* by Robin Bennett. The lucky winner of this book was AJ P year 10. So well done to our lucky winners and hope you enjoyed your prizes.



NEWS NEWS NEWS

CHARD TOGETHER

By MJ

On Saturday 11th of March I had the opportunity to attend an event called 'Chard Together' at Chard Guildhall on behalf of the Wadhams Quill.

The event was a multiracial and ethnically diverse event. So instead of writing a long article this edition I decided to write a quick recap of the event.

I arrived at around 11:30 in the morning wearing my press lanyard . Once I had entered I had entered the first stall to catch my eye was a representative from the 'Sari' charity which is a Feminist, Anti-racist, Pro-LGBT+, Non-profit organisation.

After being singled out by some members of the public as a real field reporter, I spotted many charities and environmental stalls.

When entering the main hall there was live performances and ethnicity rich food. When entering a small side room next to the hall I spotted Sernna Wooton the Green Party Candidate helping in the kitchen.

I sat down when a man called Micheal approached me about poetry after which we discussed its significance as an artform.

When I left the Guildhall I saw the Somerset Green Party Chairman Tim Eggins. We had a very important conversation about the event and elections.

Also when I was walking out the door I noticed a petition for taking action against bullying. I gladly signed it.

It was an amazing experience would highly recommend for anyone it such an event was held again.



ORGANISED BY CHARD'S ETHNIC DIVERSE COMMUNITIES

This is an annual event, with additional cultural days for key community groups throughout the year

PERFORMANCES ON STAGE

WORK SHOPS

ALL WELCOME

BHANGRA DANCING

ENIGMA BORDER MORRIS

GUILDHALL CHARD

STALLS

LOCAL SCHOOL CHOIR

FOOD FROM DIFFERENT COUNTRIES

ChardCast

SATURDAY 11th MARCH 2023

11am - 3pm

FREE ENTRY

Do you want to join in on the day?

FOR MORE INFORMATION ABOUT OUR EVENT: SERENA 07793 074 039 @Chard Together



INTERVIEW

CHRIS NOWINSKI,

EDUCATING THE

WORLD ABOUT CTE



1.What is your background in the field of contact sports?

I played 8 years of football (soccer) as a child and 8 years of American football in high school and college.

2.What was your background into the field of concussion and head trauma?

Prior to a career-ending concussion at the age of 24, I didn't have a background. Since then I've earned a PhD in behavioral neurosciences and written books and articles in medical journals about brain trauma.

3.What made you realise that concussions were having long term effects on you and many other athletes?

I had to retire from WWE after a concussion in 2003. I didn't appreciate the severity of the injury, and minimized and covered up my

Foreword and interview by Toby Swan

In the world of sports, concussions have proven to be a major problem for athletes. However, one person has made it their mission to change the way we think about concussions and their impact on the brain. Chris Nowinski is a former professional wrestler and American football player who has turned his attention to neuroscience. Chris is now a leading expert on concussions and their long-term and short-term effects. He has been vital in changing how we understand and address head injuries in sports. In this interview, we learn more about his work and vision for a safer future for athletes across the world.

symptoms for weeks, continuing to perform and take additional head impacts until the symptoms became so severe I was forced to stop.

4.What is CTE and why is it such a cause for concern?

CTE is a progressive neurodegenerative brain disease caused by repeated traumatic brain injuries that causes problems with thinking, and sometimes mood and behavior. It's a cause for concern because we encourage so many young people to play contact and collisions sports, and yet we don't warn them of that if they are successful and play many years, they may develop a brain disease that will hurt their quality of life.

5.How is CTE connected to the issue of head trauma and concussion?

CTE is caused by hits to the head, whether they cause concussion symptoms or are nonconcussive. Our brain lacks pain receptors, and many of the hardest hits we take do not cause discernable symptoms. So while we emphasize concussion care in sports, managing concussions alone will not prevent CTE.

6.How do head trauma and concussions effect the brain in the long term?



Brain trauma can impair brain function by affecting brain structure and function. Your brain has nearly 100 billion neurons and trillions of connections between them, and when your brain stretches and moves after head impacts, it can literally rearrange your brain and change who you are. Too many brain injuries can make you not as smart, sharp, or emotionally resilient, and if you develop CTE or a brain disease, it will continue to worsen even after you stop getting hit in the head.

7. Why do you think it took so long for CTE to be seen as an issue in sports?

We didn't have the cases outside of boxing. The only way to confirm CTE is to study the brain after death. Sports organizations had no interest in investigating the long-term health of their sports, and coordinating brain donation among former professional athletes wasn't anything people were willing to do before I started in 2006.

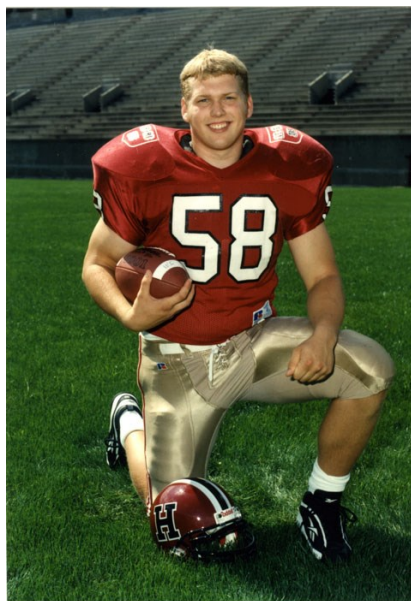
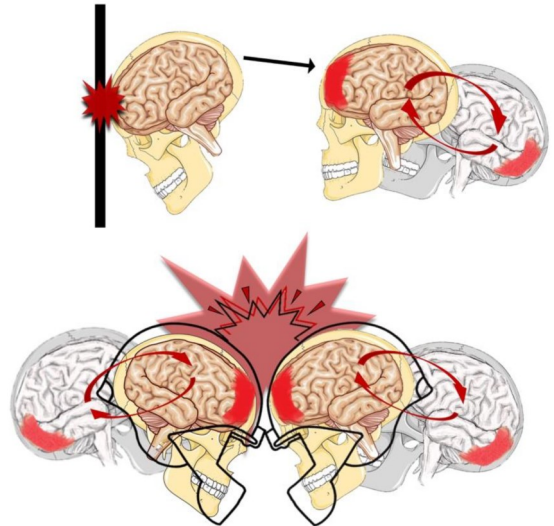
8. Have you been aware of any cases which really brought the issue of CTE to the forefront of people's minds, e.g. the death of Steelers player Mike Webster or the actions of former WWE star Chris Benoit?

When you talk to people aware of CTE, they all point back to a case that put the disease on their radar, like Mike Webster, Andre Waters, Chris Benoit, Junior Seau, or Jeff Astle.

9. Why do you think they had the impact they did?

They were beloved by their fans, and their fans are interested in their lives.

10. Do you regret playing American Football or being involved with the WWE as a professional wrestler?



If I had the information we have today, I probably wouldn't have chosen to play basketball instead of football. In pro wrestling, I just would have changed my style to be less risky, as head impacts are not inevitable.

11. What was your extensive research on and how do you think it developed our understanding or neuroscience in sport?

Our most influential research project has been building an athlete brain bank with the Boston University CTE Center, which has allowed the world to develop definitive diagnostic criteria for CTE, understand how head impacts cause CTE, and advance prevention of CTE.

12. What would be your advice on brain injury to young people playing contact sports?

No child needs to be exposed to repetitive head impacts before age 14. I would avoid tackling sports and heading footballs.

13. Other than not playing in the first place - what is the best thing people can do to limit the chances of long term negative repercussions of contact sports to the brain?

Limit your risk of concussions through the choice of sport you play, how you play, and recognizing and resting concussions when they occur.

14. In your opinion, which sports do you think are the best and worst in addressing and solving the dangers of CTE and head trauma?

I don't like to rank organizations, but I can say I am very disappointed that FIFA/UEFA still don't allow temporary substitutions to allow for comprehensive sideline concussion evaluations.

15. Do you think the rules and sporting in general have changed enough to ensure the safety of its players, if not how else could they change?

The rule changes in sports have mostly focused on concussion management. We need to focus more on concussion prevention and CTE prevention, which includes limiting exposure to head impacts. The

Football Association restricting headers and eliminating them before age 12 is the approach all sports should have.

16. Have you seen any positive change in how people are responding to the issues you are raising?

We used to argue that CTE exists. Now we argue about how to respond to it. Science changes faster than people.

17. What do you mean by “Smarter Sports” and why is this important?

Smarter sports refers to reconsidering all the rules and traditions through the lens of concussions and CTE.

18. Why do you think groups like the NFL are so reluctant to quickly address the issue of CTE and the risks from concussion and head trauma?

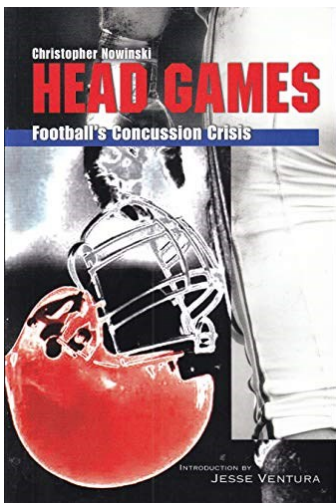
Sports organizations are worried about the financial risks of caring for former athletes as well as scaring kids away from the game, which limits their future fans.

19. Which organisations do you think have been the most responsive to the issues you raise?

I've been most pleased with the response of my former colleagues in the professional wrestling industry. WWE and others have invited me to present to their talent and changed many rules to reduce the risk of concussion and CTE.

20. What do you think is the biggest misconception people have with the issues of CTE and head trauma?

Many people still think that if they haven't had concussion, they aren't at risk for CTE, but that is not true. Many people who were exposed to repetitive head impacts but never had a concussion diagnosed have developed CTE.



21. What is your greatest achievement in concussion prevention?

I am proud that since I wrote Head Games: Football's Concussion Crisis in 2006, there has been a global change in how concussions are viewed.

22. What are the immediate signs of a concussion and what should someone do if they think they may have one while playing or doing a sport?

Here are signs and symptoms. https://www.cdc.gov/headsup/basics/concussion_symptoms.html. If an athlete has any of these within minutes or days of a serious head impact or fall, they shouldn't return to risky activities until cleared by a doctor.

23. Do you think contact sports should be banned? Why?

I think contact sports should be banned for children before age 12. It's not fair to children to be exposed to CTE before they are old enough to understand it or protect themselves.

24. Where do you see the future of contact sports?

Contact sports will remain successful as entertainment, but those sports will develop non-contact versions to fill their pipeline of future players and fans.

CONCUSSION

IF YOU SUSPECT A CONCUSSION

- Remove from play immediately
- Athlete must not return until cleared by a licensed medical professional

Athletes who return to play too soon—while the brain is still healing—are at greater chance for worsening the current concussion or having a repeat

COMMON SIGNS

- Appears dazed
- Forgetful
- Clumsy
- Slowed speech
- Behavior changes

SYMPTOMS

May not appear right away
Can worsen with activity

Physical

- Headache
- Nausea or vomiting
- Vision changes

INTERVIEW



NATHAN HOWARTH:

THE BRITISH VIEW

ON CTE

Foreword and interview by Nancy Pattison

Nathan Howarth is the development and operations director at Concussion Legacy Foundation UK. The Concussion Legacy Foundation is an organisation originating the US and is dedicated to researching concussion and neurodegenerative diseases such as CTE (Chronic Traumatic Encephalopathy) and providing support to those suffering.

Nathan's job here in the UK includes research and developing support as well as developing partnerships with stakeholders. He is also Associate Researcher and Lecturer at Oxford Brookes University with a focus on head injuries and athlete wellbeing.

1. What does a typical day look like for you?

Good question, it starts with a walk or run with my dog jessie, a black cocker spaniel. I will then check emails and

do some writings and do some research/reading. I will end up have meetings with some of the smartest minds in the space of concussion and often end up speaking to politicians, families, athletes, and healthcare leaders.

2. What was your favourite subject in school and has this been relevant to your career?

My favourite subject in school was Geography, I went onto study Human Geography at Durham University. Geography has been invaluable in giving me critical thinking skills, statistical and research skills which will remain with me.

3. How did you come to be involved in the issue of concussion and head trauma in sports?

When I was 15, I had a concussion playing rugby union and end up with persistent symptoms which I have still got in one way today. I then fell into academic/advocacy after my undergraduate studies at Durham and undertook postgraduate work at Warwick Medical School. Since falling into academia, I was approach by a colleague to join the CLF and champion concussion advocacy and research.

4. What advice would you offer to someone looking for a similar path?

Life is not easy and sometimes throws up challenges and unexpected opportunities. Follow both your dreams and ambitions but embrace the opportunities which endure. If you are passionate about something let it show and invest time in it. A quote a remember well is the most interesting in a room, okay you don't need to be the most but be engaging and be confident with an topic and if you want to join the concussion space and make sports safer you need to be confident and find those you can trust.



SCAT CONCUSSION
IN SPORTS

learning or work. Additionally, more needs to be done within the context of the health service to increase the awareness and medical understand amongst medical practitioners. We need investment in research and the care for CTE alongside the knowledge of concussion.

11. In recent years campaigns like 'My names Doddie' and subsequent fundraising campaigns have raised awareness about the link between MND and rugby- how does this link to the work of the Concussion Legacy Foundation?

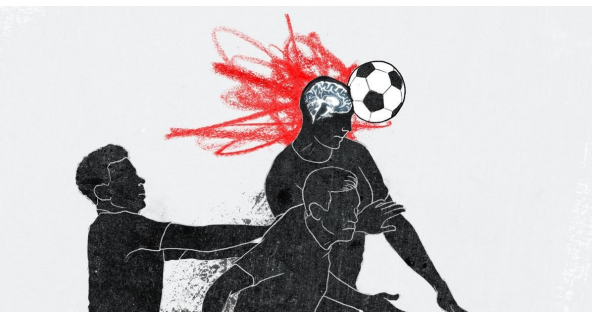
MND has been associated with a greater risk when considered age matched controls, the research came from Glasgow University, rather than My names Doddie. MND is a frequently unknown condition mainly as it is associate with more elderly individuals so those that are younger and suffering from MND increases the awareness. It also has increased the awareness of the association of MND and contact sport. Work at the CFL and our network of partnership Brain Banks globally is to understand the associated risks for all-dementias more specifically, CTE, Alzheimer's disease, and lewd-body disease.

12. How do you see the attitude towards concussion in sport developing over the next 10 years?

I think the recent announcement of the tackle height in rugby union has not assisted in these efforts. We have seen in the last 10 years a significant shift in concussion attitudes to more awareness in recognition. I think there will be an increased awareness, and I hope we see more attention to avoid concussions in contact sports. I would also like to think we will be doing everything in our power to avoid concussions in developing brains particularly those under the age of 14.

13. How do you see a raised awareness of concussion impacting the future of sports, especially contact sports such as boxing and rugby, where hits to the head are common?

I think an increased concussion and repetitive head contacts awareness will drive the change in how the game is changed. However, it comes up against the culture elements of these sports. Boxing is a particular issue because of the nature of inducing a brain injury although there is a recovery period it should not be a sport played by young children. I am sceptical that concussion awareness will have the desired effects around understanding the brain injury exposure, and this is something which is just as important.



14. There's been a conversation about the dangers of heading footballs due to links with dementia and similar conditions - what do you want people to know about this?

Football has been associated with increased neurodegenerative disease when compared to age-matched controls, it is thought that the risk is associated with heading causing repetitive traumatic brain injuries being to blame. Frequently the defence I hear is that the

leather ball previously was heavy and a greater risk. Yet, research has shown the ball is faster and is exposing players to similar forces as the leather ball, so I want people to remember that there is still an on-going risk. Players should avoid heading training to prevent the exposure. Headers should be avoided before at least the age of 12 full-stop.

MY NAME'S DODDIE
foundation

“MY ATTITUDE IS THAT YOU SHOULD DO WHAT YOU CAN TODAY AND WORRY ABOUT TOMORROW WHEN IT COMES. THIS IS THE CARD I'VE BEEN DEALT SO I'VE JUST GOT TO CRACK ON”



15. Do you think concussion awareness and treatment should be something taught and spoken about in schools? Why?

I do believe that concussion should be detailed in the physical education. Also, schools should consider informed consent when playing contact sports. I would also like to see schools have concussion policies with reference to returning to learn after a concussion.

16. Do you think this level of education would help protect the next generation of athletes?

The education system must consider more broadly than concussion the ways in which brain health and cognitive health can be maintained. Although, this is ambitious it is important to consider with the increasing levels of neurodegenerative disease as a public health aspect.

17. Why do you think different sports have been reluctant to discuss and act on the issue of head trauma, concussion and the dangers of CTE?

I think they are reluctant through thoughts of liabilities to injuries and potential changes there sports.

18. What advice would you give to a parent whose child or children were involved in sports where trauma to the head is a possibility?

My advice is understanding the risks and have a discussion with your children about do they understand that risk and really want to participate. If possible, contact forms of sport should be avoided in a developing brains.

19. What would your vision be of the future of your work and research?

The future of my work is to increase awareness of concussion and CTE amongst the general public, playing populations, and medical professionals. For my research I will be consider the interconnectivity of travel, sleep and cognition in concussion and repetitive traumatic brain injury exposure. I am particularly keen to speak to schools about their concussion policies in returning to learn, gaining informed consent, and travel around concussion.

20. In your opinion why is denial about the dangers of concussion, head trauma and CTE no longer a possibility

A recent paper has proven causal been repetitive traumatic brain injury exposure to CTE which has been reflected by a positional change to accept this link by the National Institutes of Health in USA, the largest medical organisation in the world which represents 27 health organisations. Over 1,800 brains with all the years of exposure and mounting evidence is all reasons that denial is no longer possible.

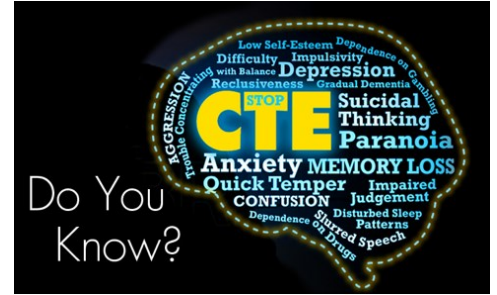
Concussion Signs & Symptoms

Summary

Concussion signs and symptoms are the brain's way of showing it is injured and not functioning normally. Concussions signs are what someone could observe about you, concussion symptoms are the things you are feeling.

Common concussion signs	Physical concussion symptoms
<ul style="list-style-type: none"> Loss of consciousness Problems with balance Glazed look in the eyes Amnesia Delayed response to questions Forgetting an instruction, confusion about an assignment or position Inappropriate crying Inappropriate laughter Vomiting 	<ul style="list-style-type: none"> Headache Light-headedness Dizziness Nausea Sensitivity to light Sensitivity to noise
Cognitive concussion symptoms	Sleep concussion symptoms
<ul style="list-style-type: none"> Difficulties with attention Memory problems Loss of focus Difficulty multitasking Difficulty completing mental tasks 	<ul style="list-style-type: none"> Sleeping more than usual Sleeping less than usual Having trouble falling asleep
Emotional concussion symptoms	<ul style="list-style-type: none"> Anxiety/panic attacks Depression Anger/aggression

Learn more at [ConcussionFoundation.org/Concussion](https://www.concussionfoundation.org/concussion)



CONTACT SPORT AND NEURODEGENERATIVE ILLNESS

By Nancy Pattison

WHAT IS IT ALL ABOUT?

In recent years there has been a growing discussion surrounding the apparent link between professional contact sport, and neurodegenerative illnesses. In the UK, you might have been aware of footballers such as Sir Bobby Charlton and Nobby Stiles sharing diagnosis' of Alzheimer's, whilst former rugby players such as the late Dodie Weir have battled MND (Motor Neurone Disease). The trend of former sports players developing neurodegenerative illnesses has been mirrored in the US as high numbers of NFL have been exposed as suffering from Chronic Traumatic Encephalopathy (CTE) and raised questions about the safety of such sports going forward.

CTE?

The NHS defines CTE as: "a brain condition thought to be linked to repeated head injuries and blows to the head." Symptoms include: mood changes, personality changes and behaviour changes, with issues surrounding memory loss and mobility emerging as the condition worsens over time.

Due to the seriousness of this fatal illness, and statements on the NHS website saying things such as 'You're most at risk if you: regularly played contact sports, such as boxing, martial arts, football, rugby and American football' it is no wonder, as more and more professionals in those sports emerge with diagnosis' of similar neurodegenerative diseases, a conversation is starting surrounding what can be done as prevention to this dangerous trend.

WHERE'S THE EVIDENCE?

As the discussion has opened up, numerous studies and extensive research has been carried out into the link between sport and neurodegenerative diseases. Some research does suggest traumatic brain injuries may increase the risk, however, there is still much more research to be done to understand this complex issue.

A study in 2019, led by a team at the University of Glasgow, compared the causes of death in a population of over 7,600 professional football players with those of 23,000 individuals from the general population. It showed that professional football players had a three-and-a-half times higher risk of death from neurodegenerative diseases (such as Alzheimer's, Parkinson's and



motor neurone disease) than we would expect.

Whilst this is shocking and is backed up of course by the prior mentioned individuals, it is important to mention, and reinforced on the Alzheimer’s official website that pinpointing why this is the cause is still an ongoing issue, as not all professional sports players exposed to repeated head trauma will go on to develop CTE and other diseases now associated with the contact sports.

Another reason research has to continue further into this topic is because right now there is minimal treatment and no cure for those suffering from the illnesses. Dodie Weir who recently lost his battle with MND began a major charity movement to raise funds and

awareness and in the US there have been several shocking cases of players suffering early stage CTE or similar, taking their own lives but preserving their brains so that researchers could use them to learn more about the debilitating nature of the illness. It is worth mentioning that CTE can only be confirmed after death- and there was a controversy several years ago surrounding the refusal of boxer Muhammed Ali’s family to submit his body to research and deny scientists the chance to learn more about how repeated trauma to his head may have affected his brain.

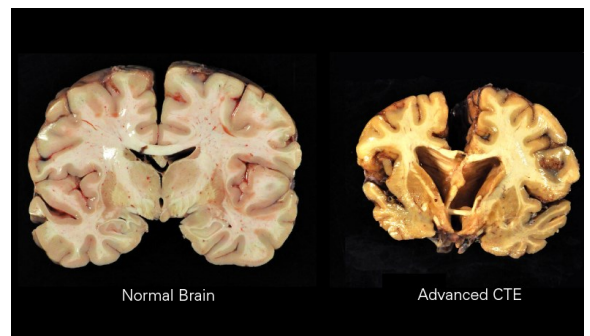
SO WHAT IS TO BE DONE?

Obviously, research needs to continue to learn more about the links between contact sport and neurodegenerative illness- as well as the illnesses themselves but already there have been alterations in the way sport is played and taught. The England Rugby website has sections on how to play in safe conditions and tackle with techniques to lower the risk of concussion, whilst the FA have laid out new guidelines surrounding the heading of balls in football in an effort to protect their players from an evident risk of neurodegenerative disease.

CONCLUSIONS?

There is a clear link between contact sport/repeated head trauma and neurodegenerative disease and whilst more research needs to be undertaken to fully understand the exact causes - it is encouraging that national associations of football and rugby are taking heed of the diagnosis’ of their former players and attempting to safeguard the future.

For more information and statistics surrounding this issue I would suggest the Alzheimer’s society website (<https://www.alzheimers.org.uk>) and the Concussion Legacy Foundation (<https://concussionfoundation.org>) which carries out specialist research surrounding concussion in sport.



History Matters

The Legacy of Auschwitz-Birkenau

By JJ.Gray

40 miles away from Krakow lies Auschwitz- formerly known as Oswiecim- the center of holocaust remembrance due to being the home of the most well-known Nazi concentration camp: Auschwitz-Birkenau. Originally when it was first set up as a prison for polish prisoners of war in 1940 there was only one camp; as time went on and by 1943 it had expanded due to use for imprisonment and killing of Polish Jews, Jehovah's witnesses, homosexuals, criminals, Romani people and other "undesirables" under the Nazi regime. By the end of World War Two 1.1 million people were killed there, with the majority being Jewish. Overall, it is estimated that 6.6 million Jewish peoples were killed in concentration camps, ghettos; but it could be more due to the destruction of evidence by Nazi officers who worked in the camps.



One thing that amazed me about the history around Auschwitz was the town. Oswiecim, as it was originally called before the Nazi's renamed it Auschwitz when they invaded in 1939. It was a multi-faith community with 58% of the population being Jewish due to Jewish people moving there to escape persecution in the 16th century. Oswiecim was overall harmonious, with both Christian and Jewish people living and practicing alongside each other. Jewish neighbours would light candle and join in with celebrations of their non-Jewish neighbours and then in return they'd also decorate for Jewish festivities. There were known antisemites within the community by they didn't often take any notice, otherwise they'd ruin the towns homely atmosphere.

But it is important to note that concentration camps were not the only places where Jewish people were held. Many Jewish people tended to be held in ghettos, large walled towns. Many of these ghettos had conditions just as dire as the concentration camps, those healthy enough to work were put to hard labor and mass killings would take place outside the walls of the ghetto often with no warning.



In February a group of 4 sixth formers went on a trip to the camps with the lessons from Auschwitz Group, with the aim to understand and implement a more comprehensive Holocaust understanding within our communities. It was a long day with



flights at 4am and a lot of walking, but in the long run it was worth it to experience the camps at Auschwitz-Birkenau up close and with other like-minded young people, holocaust education providers and a Rabbi- Rabbi Shaw- who provided us with spiritual information and led us in prayer before we lit memorial candles late at night. As expected, the trip was not only physically exhausting but also emotionally exhausting; the sheer volume of personal items on display and the stories of those who lived in the camps broke our hearts and angered some of us to how people could've let this happened to the extent it did let alone order others to hate as much as the Nazi's did.

The main goal of this trip was to humanize the holocaust. Often you are given the death toll of the camps and what life was like in them but never told about the formidable individuals who lived in them. Innocent people who were persecuted based on a small part of their identity- a part many hardly even gave much notice to. Lived life among their neighbours, as seen in the history of Oswiecim. While looking at the display of some of the millions of shoes I saw three distinct pairs: A pair of dark red heels, a Childs trainer and a baby's soft sole. I thought of each probable individual in my head: a young woman who liked the finer things in life, a schoolboy who played football with his friends and a baby perhaps just learning to walk. This is how we should remember the holocaust. Not just by the statistics, but by the people who lived and died.



History Matters

A visit to Avalon Archaeology

By Nye Edgar

In the first week of March, we decided to go to Avalon Archaeology. Avalon Archaeology is a place in Shapwick, near Glastonbury, where they reconstructed an Iron Age Roundhouse, a Roman villa, and Anglo Saxon Long Hall and a Viking longship. While we were there, we had a guided tour around the site.

The guide told us about the construction of The Iron Age Roundhouse. The Iron Age Roundhouse on site was not yet complete, but it did have windows with creative patterns on the shutters. The next stage of construction would be to add the wattle and daub to create the walls. The Roundhouse they constructed last year was blown down in a storm, and they have been working on a new round house. They needed to wait for the right conditions to reconstruct the Roundhouse as they needed to collect the right type of branches. If conditions are right, traditionally roundhouse construction only took about a week to complete fully. The Iron Age Roundhouse would only last about 10 years until it will get destroyed and they will then build a new one on the same ground.

Next the guide told us about the Roman villa, which was very interesting because she told us about the underfloor and wall heating (a hypocaust) and it would heat up the home by about 10 degrees in the winter. Inside the villa there was a mosaic being constructed on the floor and this was taking a very long time to complete as each piece had to be cut and laid by hand. On the walls there were a lot of pictures of Roman gods such as Bacchus and Diana. In the Roman villa they would have had entertainment while they were eating their dinner.

The tour continued into the Anglo-Saxon Long Hall. Inside the Longhall there was an open fire pit and some seats around it. To the top of the long hall there were a few chairs and a big picture describing the Anglo Saxons fighting off a Viking invasion. On the table in the Anglo-Saxon Long Hall there was a traditional board game made out of wood. On the furniture in the Anglo-Saxon Long Hall there were carvings of dragons, fish and other creatures, and on the bed there were two dragon heads which were said to ward off bad dreams.

Outside, there was a Viking longship which was a cargo variant of the classic Viking warship. The guide told us it was the 'white van' of the Viking world. It travelled from Denmark and Norway all the way down to Scotland and beyond to transport cargo and goods. The Viking longship was very low and would have been laden with goods making it heavy. This meant that the water was

about an inch away from spilling over and onto the boat. When you were sailing on the ship it must have been quite scary seeing how close you were to the water.

Avalon archaeology is a great place to visit and I highly recommend visiting there if you're in the Glastonbury area.



History Matters

Are heroes of myth actually 'heroes'?

By Emre Tunc

I'm sure we've all heard of Achilles, after all, he fought in one of the most famous wars, in one of the most famous scriptures, The Iliad. That being said, is he truly a hero. For some basic information, Achilles fought during the Trojan War, a fight lasting 10 years between the Greeks and the Trojans, fighting with the Greeks, when he was born his mother dipped him in the River Styx by his ankles, The river of hatred, this in turn made him immune to any kind of harm that wasn't on his ankle specifically (Though this more just a modern day explanation, in the actual myth he was just a very skilled fighter who was almost never harmed).



Now, beginning with the analysis on if he would be considered a modern day hero or not, he took part in the Trojan War, now its important to mention that this was no choice, before he was born his mother Thetis was told by a prophecy that her son could go to war, and have his name live forever, but would die there, or he could stay behind, living a long and fruitful life but dying in obscurity. During the war he was by far the Greeks greatest warrior, to the point where during the time where he would single handedly ransack towns, as stated in Stasinuses Cypria. Now this could be said that he only did it as it was war, so he can have a pass here. That being said, he also claimed Bryceus as his partner whilst doing this, and I do mean claimed, she did not agree. This happened a lot in the war as well but as far as I'm aware this does not happen in today's wars, and does thus not deserve a pass.

In addition to that, after killing the Trojans most powerful warrior, Hector, he took the corpse, draped it on his chariot, and rode around with it in Troy for everyone to see their champion dead. This is disgusting in modern day, but was likely more horrific to the ancient Greeks, you see any warrior killed would be returned to their families to be given a proper burial, without this burial, he could pass on to the afterlife. This is also made it an affront to the Lord of the dead, Hades himself. This does however bring up a rather interesting point, Achilles knew that he would win the fight, but he also knew that once Hector was dead, he would die soon after, as long as Hector was alive, Achilles could not die, and in killing Hector, he confirmed his fate. Though just a final tidbit, his prophecy was technically correct, his name has lived on forever, and will for as long as humans are around, after-all we named a tendon after him, and spawned the phrase of a persons Achilles heel, their ultimate weakness.

Now comes the time for judgement, is Achilles a hero? Im going to have to say no on this one. Ultimately, in my mind, Achilles is no hero, say what you want about what you can do during war, but I personally think raping women and dragging famous heroes corpses around isn't a heroic trait. And whilst he was fighting on the 'correct' side of the war, as it was the Greeks who lost Helen of Troy after she was kidnapped by Paris, that does nothing to atone for the egregious acts he committed during said war.



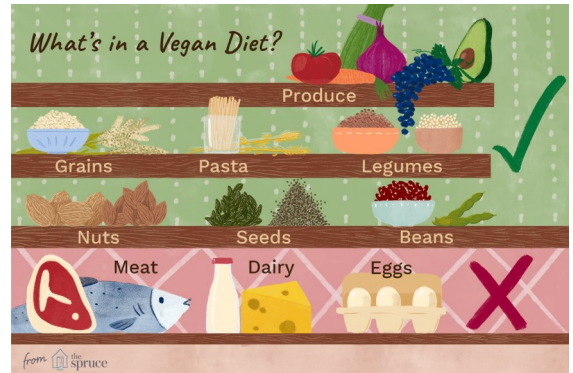
ENVIRONMENTAL ISSUES

Is veganism the way forward?

By Caitlin Elborn

There are a lot of mixed opinions about vegans, some people love and agree with what they do, whereas others think they're doing something aimless as it doesn't benefit the environment or anything at all.

There are some benefits and some disadvantages of being a vegan. Some that involve health and some that involve the environment.



Some health benefits include a potentially reduced risk of heart disease by lowering levels of cholesterol. Where eating processed meats and red meats could lead to much higher cholesterol levels. Other health benefits of a vegan diet are lower chances of getting certain cancers and easier management of diabetes.

Although vegan diets can have a lot of positive side effects, they could also have a bad impact on someone's body and health. Vegan diets can cause a higher chance of anaemia if the body isn't getting enough iron and can't produce enough red blood cells. Vegan diets most commonly cause vitamin deficiencies if not nutritionally balanced.

On the other hand, veganism does affect the environment too. Some may argue that vegan diets positively affect the environment by using less water. Animals need a lot of water meaning it can take thousands of litres of water to make a single beef burger, 2,400 litres in fact. However, a vegan burger would only take around 160-180 litres of water. (That's around 15 times less)

In other ways vegan diets also waste large amounts of water. For example, one litre of almond milk takes around 6,100 litres to make, where a litre of cow milk only needs about 630 litres. (10 times less)

Vegans will argue that meat eating has a negative impact on the environment because of deforestation in Brazil to make room to graze cattle but equally it could be argued that soy production has its own negative impact on the environment. Because of the increase of demands for soy products large amounts of the Brazilian rainforests have been destroyed to make space to farm more. Soy also has been shown to produce greenhouse gases that contribute to climate change.

In summary there is no real way to make your diet impact free. Whatever your choice we should all be more thoughtful about where our food comes from, sourcing local, seasonal, ethical and sustainable products wherever and whenever we can.

GO VEGAN



COMPASSION



NONVIOLENCE



FOR THE ANIMALS



FOR THE PLANET



FOR THE PEOPLE



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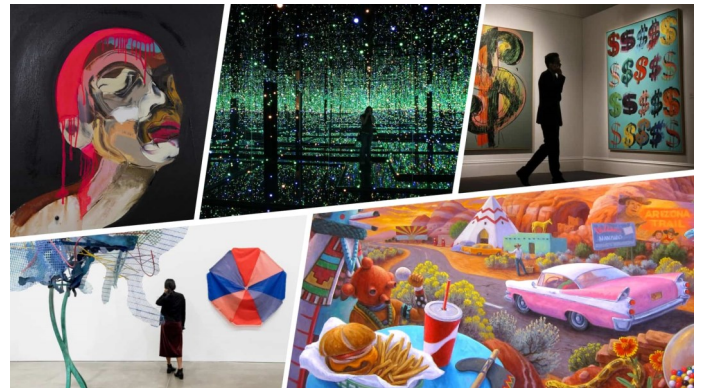
office@wadhamschool.co.uk

Time to think about...

Is modern art even 'art'?

By Emily Watson

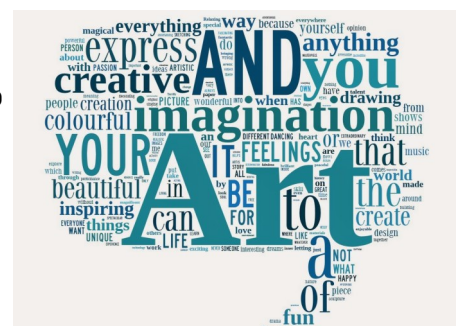
To answer this question I myself had to think about a time a few years ago when I too shared the generic opinion that “oh anyone can make that” and “it’s just a bunch of colours on a canvas” and these are in fact true, modern art doesn’t take as much skill as something like a black and white hyper-realistic human portrait and sometimes it is literally just colours spread onto a canvas with a knife but it’s equally admired by art critics, so what exactly are they looking for? Well my opinion (and many others) is that what sets modern art apart from hyper realistic portraits is that it has the ability to provoke thoughts into the viewers head unlike a human portrait or a landscape painting, it makes the viewer see aspects of the world through a different lens and it can highlight all sorts of things such as: how the artist can portray emotion through the use of colour and shadows and they can play with the overall image of the printing just by changing one tiny piece.



Another aspect of modern art that people tend to forget is that it’s for the artist too, so when they’re painting it they’re letting out all their emotion and the feelings they get when the paint into the canvas, and mostly modern art is just fun to do. Its such an enjoyable experience as an artist to just throw paint around and see how it looks on the canvas, and Fiona most artist it makes the happy even if it doesn’t look skill-full or like it took hours its still get a rewarding result and an enjoyable experience. And really if modern art wasn’t considered a real art artists like Jackson Pollock would never have become popular stayed popular for such a long of period time and even now his works sell for millions because people really do like it and the artists love creating the pieces.

As well as that, people don’t seem to realise that modern art is still popular because it’s easy to make yourself and its massive on the internet, people seem to think the fact that there’s not much skill involved is a bad thing because “anyone can do it” but this makes it more appealing to have as decoration in your house. To make a painting that looks like a Jackson pollock but it costs barely anything to have in your living room is such an appealing idea and the fact that you can just do it at home and make a piece that fits the decoration of your house is why it’s still in fashion. The fact that DIY is so trendy and enticing to viewers that the #DIY has over 270 billion views on TikTok means that many people love recreating art pieces they see as room décor is a really good thing for keeping modern art alive and still exciting for people to see.

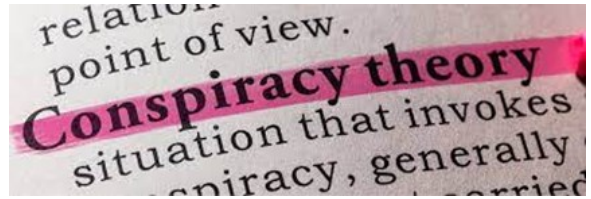
Now, I love modern art and I think its beautiful that people can portray so much emotion purely through paint or clay or just some pencils because they care so much about the art and it means so much to the artist that it can also mean so much to the viewer. I also love how easy it is to make a stunning modern art piece and I think that this to me is a really attractive feature and it’s a big reason as to why I care so much about modern art now as in the past I thought it’s useless and lacked any real meaning, but I see it now, I see how it helps other artists find their style as well because its such a freeing experience.



Time to think about...

The Top 10 Conspiracy Theories

By Imogen Allen



Number 1

The American moon landing- The Moon landings were faked! Apollo 11 didn't happen. Humans never set foot on the Moon. Conspiracy theories surrounding the Moon landings have proved worryingly persistent in the 50 years since Neil Armstrong and Buzz Aldrin took their first small steps on the moon. NASA's landmark achievement is still being challenged. Despite there being a wealth of information online debunking these conspiracy theories.

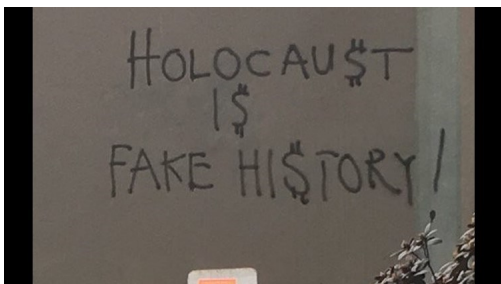
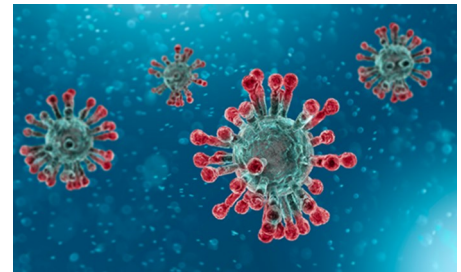


Number 2

The Princess Diana's murder-when Diana died in Paris highway tunnel, conspiracy theories started. The idea that such a beloved and high-profile figure could be killed so suddenly was a shock. This was especially true of Princess Diana. Princesses don't get killed by a common drunk driver. The theory was that she was killed by the UK government

Number 3

Covid- The conspiracy theory that covid never happened and it was man made so they could inject people with microchips is a more recent developed conspiracy theory. The idea the vaccine had a microchip and the government are tracking us via the microchip.



Number 4

Holocaust didn't happen- one of the most famous conspiracy theories is that the holocaust was made up. The idea the death toll was exaggerated and it never happened. It was a way Hitler scared his opponents it was all a stage set.

Number 5

Area 51 has loads of aliens- The conspiracy theory that area 51 is full of secret aliens and is top secret. This theory surfaced as it is not accessible to the public and under 24-hour surveillance. Area 51 employees reach the facility by way of airplane. They fly in and out of a restricted terminal at McCarran International Airport on one of several unmarked planes permitted to fly through the airspace above.



Number 6

Government mind control- The CIA was testing LSD and other hallucinogenic drugs on Americans in a top-secret experiment on behaviour modification. This is so that they can control the population easier.



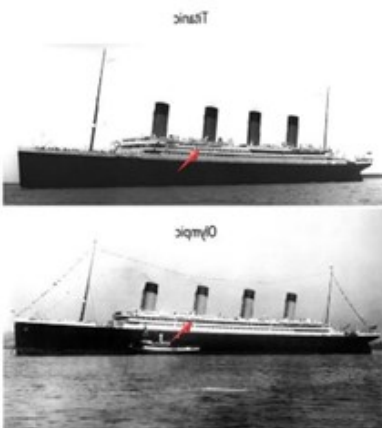
Number 7

Elvis Presley is still alive- this conspiracy theory is that Elvis is still alive and being held in a mental asylum. This theory surfaced when Elvis had a look alike who was in a mental asylum. This has hooked the media and the conspiracy theory started.

Number 8

Frozen by Disney- A famous conspiracy that surfaced in the 2000s was that Walt Disney had

frozen his body before he died and to hide this Disney introduces a 'Frozen' Disney film this was so when you search up Walt Disney Frozen it would give you the film rather than the theory



Number 9

The Titanic never sank- This is one of the well-known conspiracy theories. It suggests that the Titanic didn't sink but the Olympic did and it was planned. This is because many big names pulled out last minute such as the CEO of the bank of England and many more important figures.

Number 10

Hitler never killed himself- The most famous conspiracy theory is that Hitler never

killed himself in the bunker instead escaped to Argentina a Red Army report confirmed that Hitler was dead. But this just a cover up because he had just escaped. Why was the body never shown or realised to any other countries only the USSR saw it as they were first there? Then they "disposed" of it.





By Rosemary Hooper
COSMIC BROWNIES

Prep time | 10-15 minutes

Cook time | 8-10 minutes

Total time | 25 minutes

INGREDIENTS

- ◆ 110g unsalted butter
- ◆ 100g light brown sugar
- ◆ 60g granulated sugar
- ◆ 1 large egg
- ◆ 2tbsp golden syrup
- ◆ 1tsp vanilla
- ◆ 180g plain flour
- ◆ 50g cocoa powder
- ◆ ¼ tsp bicarbonate of soda
- ◆ ½ tsp salt
- ◆ (additional topping eg. chocolate icing and crushed mini eggs)



RECIPE

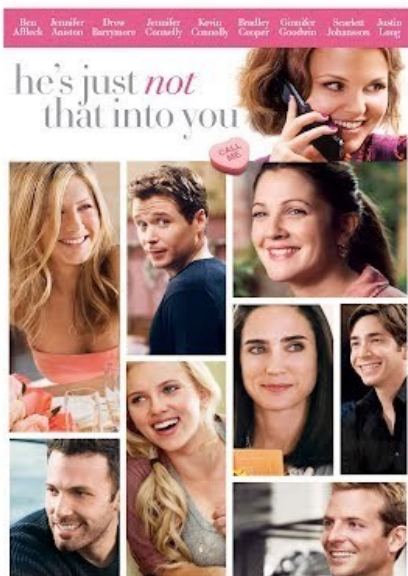
- 1) Whisk butter and both sugars together until light and fluffy
- 2) Mix in egg, golden syrup and vanilla into the butter sugar mixture until combined
- 3) Add left over dry ingredients and mix until it forms a dough (the dough should look slightly wet but still hold to a spoon/mixer)
- 4) Once all the ingredients are mixed scoop out a tablespoon of the mixture and roll it into a ball, place the ball onto a baking tray and repeat this until all the dough is gone. Make sure the balls are spaced out so when cooking they do not join up together
- 5) When all the balls are made put them in the oven for 8-10 minutes (for a softer, 'cookie dough' texture I recommend baking them for 8 minutes) Bake at 180C/160Cfan
- 6) Once out the oven allow the brownies to cool before adding a topping if you choose to have one. I recommend using a chocolate icing and crushing mini eggs on top for the Easter theme! (to crush mini eggs place them in a sandwich bag, zip it up and hit them with a rolling pin until they are broken)

ENJOY!!!

MOVIE REVIEWS

Top 5 Rom Coms

By Edie Pattison



1. He's just not that into you (2009)

this film is all about how females are fed lies from a young age about how, if a man is mean it means he likes you. The film is narrated by a character named Gigi (Ginnifer Goodwin) who throughout the film is trying desperately to find love. The film also tells the story of many other couples and people who all have their own issues. One of my favourite plots in the film is a married couple, Ben and Janine (who are portrayed by Bradley Cooper and Jennifer Connelly) are re-doing their house, then in a corner shop Ben meets a woman named Anna (Scarlett Johansson) and he falls in love with her so he has to try and juggle with both his wife and his mistress.

cast: Ginnifer Goodwin, Scarlett Johansson, Bradley Cooper, Jennifer

Aniston, Ben Affleck, Jennifer Connelly, Justin Long, Drew Barrymore.

2. Notting Hill (1999)

this film is about an average travel book shop owner named William Thacker (Hugh Grant) who lives in Notting Hill. One day he meets and falls in love with a world-famous actress named Anna Scott (Julia Roberts). As the film progresses the relationship does as well but in a dramatic turn of events it goes sideways and Anna ends up agreeing to return home to America. But with help from his friends/family/room mate William races around London trying to find Anna before she leaves.



Cast: Julia Roberts, Hugh Grant, Rhys Ifans, Hugh Bonneville, Gina McKee, Emma Chambers and Tim McInnerny.



3. Definitely, Maybe (2008)

this film is about a little girl whose parents are getting a divorce, when she goes to her dad's house, she asks him how he met her mum. Her dad (Ryan Reynolds) refuses but decides to tell her a story about three women who he dated but changes their names and she has to guess which one is her mum. In the end she finds out who her mum is but feels bad for her dad as he'll be lonely. she decides to track down one of the women who her dad really loved so they can be together.

Cast: Abigail Breslin, Isla Fisher, Ryan Reynolds, Rachel Weisz, Elizabeth Banks and Kevill Kline.

definitely, maybe
For Will Hayes, a second look at the past will give him a second chance at the future.



M O V I E R E V I E W S

4. 50 first dates (2004)

this is a film about a man named Henry Roth (Adam Sandler) who has found the woman of his dreams, Lucy Whitmore, (Drew Barrymore) but the thing is that she only remembers him for a day. Lucy was in a car accident in which she sustained a very serious head injury meaning her memories reset every morning. Henry wants to help as she is “the one” and he wants her to remember that. so, he makes her a film showing her what has happened in her life so she can live her life the way she wants. The only problem is, she doesn’t want to hold him back from his life so they have to find a way to work around the problems they face.

Cast: Adam Sandler, Drew Barrymore, Rob Schneider and Sean Astin.



5. Four Weddings and a Funeral (1994)

this film is about a man named Charles, who spends most of his weekends attending weddings. although at one wedding he meets an American woman named Carrie and he falls in love. Over the other three weddings he meets her again and then at her own wedding. Although at Carrie’s wedding in Scotland one of Charles’ friends dies of a heart attack which leads to the funeral as said in the title. it is a very moving but also hilarious film.

Cast: Hugh Grant, Andie MacDowell, Kristin Scott Thomas, Charlotte Coleman, Rowan Atkinson, John Hannah, Simon Callow and Anna Chancellor.

February 23

THE QUILL

Edition 8



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THE QUILL



WHAT'S WORTH A WATCH?

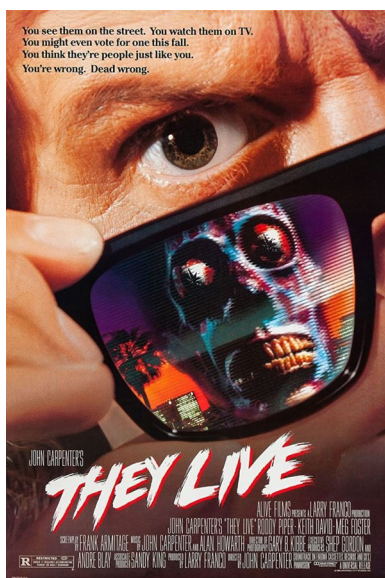
CHARLIE'S CULT CLASSICS

By Charlie Wellman

A-level History lessons with Mr. Hopwood always leave me with a list of cult movies that I simply MUST watch. Here's a few of these off-topic rambles recommendations.

Escape from New York (1981):

In this triumph from John Carpenter, the whole of Manhattan island has been turned into the US' only maximum security prison and has become a lawless wasteland. When a plane carrying the president of the united states is hijacked and crashed into the island. The government use a new convict, Ex- special forces soldier Snake Plissken (played by Kurt Russel) to get him out. They give him 24 hours to go in get the president out and be rewarded with a full presidential pardon. The film is fast paced and packed with iconic scenes along with some banging 80's tunes.



They Live (1988):

Another John Carpenter film, they live is an eye opening and revealing (In many senses) film covering an attempted alien takeover using brainwashing and subliminal messages. You follow a down and out who's just moved to Los Angeles in search of a job and unknowingly finds himself wrapped up in a nationwide conspiracy: Aliens are enslaving the population by posing as rich-middle class people and exploiting the working class and pumping them full of subliminal messages to keep them quiet. He instantly starts to rebel, killing the aliens and their human corroborators. He and some other theorists attempt to take down these aliens ending with a satisfying take that to those who were exploiting them. This film is really thought provoking and is relevant to the criticism of the media and economic state of today.

Prince of Darkness (1987):

Yet ANOTHER John carpenter film, Prince of Darkness is yet another thought-provoking film. The film starts with a group of graduate students being hired to investigate a strange cylinder full of liquid found underneath a monastery. This liquid is found to be the literal embodiment of Satan and that Jesus was an alien; then once the liquid escapes members of the team get possessed and go on this creepy killing spree. The film is one I'd recommend not watching in the dark on your own as it is full of creepy, unsettling scenes.



What's worth a read?

Wonder by R.J. Palacio

By Lucy Wood

Wonder will be one of the most heart-felt books you will read this year...

Wonder is an amazing book- even some of the greatest literature pale in comparison. I, personally, have never come across a book with such heart and such warmth, I felt with the characters. In sad moments, I felt down and I moped with these characters, and in happy moments, I had a sense if euphoria.

It is more than a book, it is a message to all who feel different- whether it is a noticeable difference or just barely a scratch on the surface.

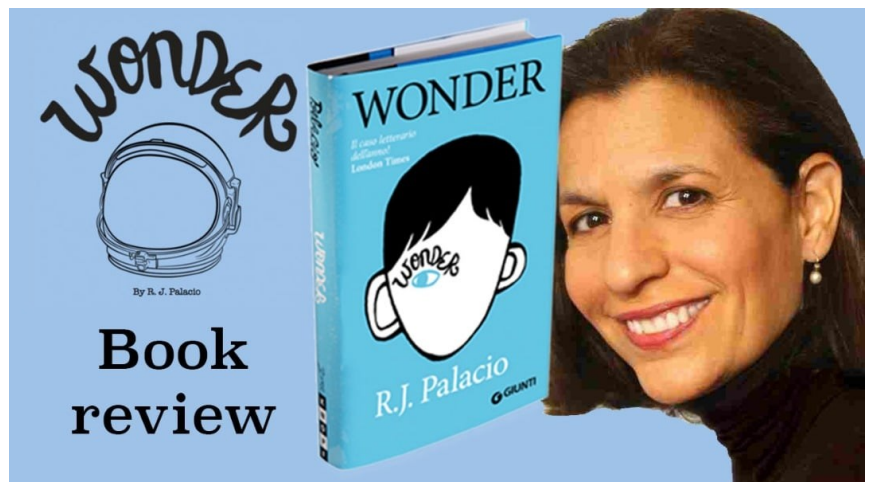
The characters are more than just characters in a fictional story, they, like so many others, are imprinted on are minds- they shape our choices and influence our decisions, maybe if everyone had time to read this book the world would be a happier place.

These characters in the book overcome challenges anyone could face, they may not be slaying dragons but they are still remarkable. Maybe these types of heroes stay with us longer because they remind us of ourselves.

We, as humans, can come up with explanations on how we were created, we understand the theory of evolution, and we change the world- but one thing everyone finds difficult is understanding other people.

What is the most difficult thing a human being of our intelligence can do? It's to understand, it's to promote kindness, it's to listen.

And yet, throughout all our trying to 'understand' and to 'listen', there is this book that illustrates that challenge in a way we didn't even know was possible.



Sports, Sports, Sports

WHY HAS NETBALL BECOME SUCH A BIG SPORT?

By Beth Hann

Netball was first developed in the late 1890's a few years later after basketball was invented. The sport became popular with women throughout the British empire as they used it as a way to socialise and stay healthy. Netball was initially invented because women weren't able to play basketball in the same way men could because of their dresses as the sport included dribbling and jumping. Therefore, to solve this issue they adapted the rules, which are still traced back to today, to make sure they were able to play in their dresses. After being developed, the game quickly spread throughout the world with the first match in England at Madame Ostenburg's College in 1895. Clara Bear began to create official rules in 1898 which then led them to be officially published in 1901. After this it quickly became the most popular women's sport played



Over 20 million people play netball across the world today. It is very popular in countries such as Australia and New Zealand. Some very well known players include Maria Folau (New Zealand), Helen Housby (England) and Liz Watson (Australia). These players inspire young people all around the world to start playing netball.

Netball is usually labelled as a women's sport however it is widely played in countries such as Australia, Canada and India. Boys typically aren't taught netball in PE which leads them to think that it is only a sport played by women. Hopefully in the future boys may be taught it as it is widely loved and played by boys all over the world.



**WORLD
NETBALL**



Sports, Sports, Sports




FOOTBALL THIS TERM!

By Oliver Taylor

The football this month is exciting. We have seen some surprises! Massive changes too. So let's get straight to the point.

THE CHANGES

We have seen the sacking of Patrick Viera let go from Crystal Palace, with Roy Hodgson coming back to replace him. Jesse Marsch also being sacked from Leeds on the 28th of February. Barcelona has been charged for paying the referees from 2002 to 2019.

1		Arsenal	28	40	69
2		Manchester City	27	42	61
3		Manchester United	26	6	50
4		Tottenham Hotspur	28	12	49
5		Newcastle United	26	20	47

BEST SCORES & OTHERS

England has beaten Italy on the 23rd of March 2-1. Harry Kane becomes the top scorer for England EVER, after scoring his penalty yesterday. Declan Rice scored the first as well, with Luke Shaw getting a red card.
















Chelsea continue their poor form even though they're in the Champions League quarter-finals, they're drawing a losing to smaller teams, and being 10th.

Southampton pull back from 1-3 down from Tottenham Hotspur, to score in the 77' and 90+3' to draw 3-3.

Bournemouth beat Liverpool 1-0.

Liverpool beat Manchester United 7-0! That's all Liverpool fans can talk about at the moment.

Real Madrid lose to Barcelona twice this month.

6		Liverpool	26	18	42
7		Brighton & Hove Albion	25	15	42
8		Brentford	27	9	42
9		Fulham	27	1	39
10		Chelsea	27	1	38
11		Aston Villa	27	-4	38
12		Crystal Palace	28	-16	27
13		Wolverhampton Wanderers	28	-19	27
14		Leeds United	27	-9	26
15		Everton	28	-18	26
16		Nottingham Forest	27	-27	26
17		Leicester City	27	-9	25
18		West Ham United	26	-10	24
19		AFC Bournemouth	27	-29	24
20		Southampton	28	-23	23

Sports, Sports, Sports

CREWKERNE GIRLS RUGBY TEAM

By Darcy Andrews

Crewkerne Girls Rugby Team was set up by one of the lovely ladies in the woman's team around a year and a half ago. It is a fantastic way to introduce girls to rugby and learn some basic skills. Unfortunately, the team lost a considerable amount of members after the first season and hasn't built the numbers back up again.



As someone who has continued playing the whole way through it is devastating that we are not able to play matches and build an amazing Crewkerne Girls team. We also had the opportunity to buy a kit which sadly hasn't been used to represent Crewkerne as we have not had chance to play a match. We would love for more girls to come along and simply have a go at learning rugby skills and practicing with us.

You do not need to have any experience with playing rugby; our newest member only started two months ago without any rugby knowledge, and she has picked everything up really well, thanks to our brilliant coach Kevin Shurvinton! Kevin is a great coach and constantly encourages us. He will talk you through instructions and is always consistent. Every week, he has our equipment for the evening set up before we even arrive and has all our activities planned out.

The activities we do are always useful and entertaining. For example, we do passing drills, touch games, kicking competitions between each other and recently we have started tackling and contact positions.

Kevin and other Crewkerne Rugby team managers/ coaches have set up loads of opportunities for us such as training with a Bath rugby coach, visit from a chip van after our session, team meal at The Burger Shed, Christmas party, rugby days with all the Crewkerne teams, activity days at other clubs in the area and we also have a woman from the ladies team come along to give us tips and advice each week.



Every night at rugby is enjoyable and we always have a laugh, we are close with each member of the team and always look out for each other. It is an excellent way to build friendships and include more fitness into your routine. We will welcome anyone new to the team and make sure you feel at ease.

Our rugby club is also an effective way to include extra work towards things you do inside school. For example, one of our Year 11 members is using rugby as one of her chosen sports toward GCSE PE. There are also a couple of us who have decided to put rugby toward our physical Duke of Edinburgh section which Kevin has helped us out with and agreed to be our assessor for. The Crewkerne Girls rugby team is an effective way to achieve these things while still having fun.

We meet every Wednesday evening at 6:00-7:00pm at Crewkerne Henhayes field. You can get in touch with Kevin at this Email address: girlsrugby@crewkernerugby.com or just come along for the first time and get details after.



Doing Wadham Proud, Former students changing the world

Name - Victoria Hawkins

By Peter Hopwood



1) What years were you at Wadham?

Years at Wadham: 2012 - 2015

2) What memories do you have of Wadham?

- Berry always losing sports day!
- Completing the 10 Mile Charity Walk, in what felt like 100°C heat!
- Watching the school productions of *Our House* and *Grease*.



3) Who was your tutor?

Mr Hopwood

4) What subjects did you enjoy the most at Wadham and why?

My favourite subject at Wadham was PE. I absolutely loved everything about it, especially the teachers, Mr. Pryor and Miss Baulderstone. At school, I never felt

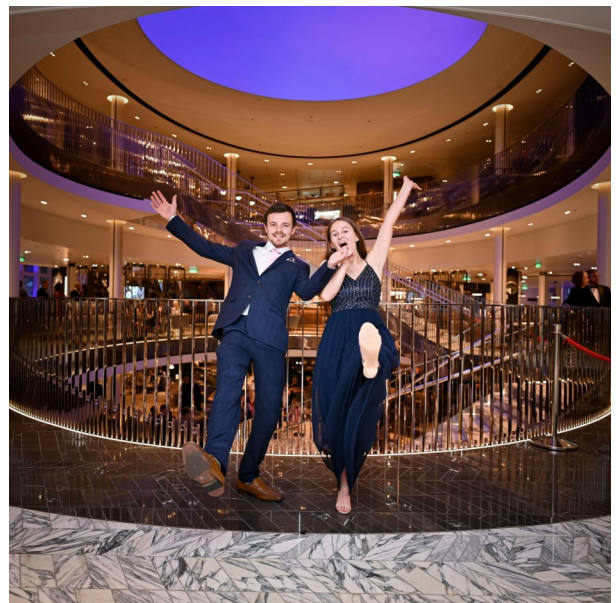
confident academically. I was not the best at English, Maths or Science. But in PE that did not matter and I was able to feel part of the 'Wadham community'.

5) What did you decide to do post 16 and why?

After leaving Wadham, I decided to go to Yeovil College to study Travel and Tourism. As I have always had a passion for travelling.

6) What did you do after you left Wadham?

Once I had completed my Travel and Tourism course, I applied for Camp America and was given the



opportunity to spend 3 months working at a summer camp in Michigan, USA, where I made lifelong friends. This opportunity inspired me to complete an apprenticeship in childcare, so I was able to combine my passion of working with children and travelling the world.

In July 2019, I achieved my dream job and worked as a Child's Rep for P&O Cruises and Cunard. During my time working for these companies, I was able to travel to luxurious destinations such as Barbados and New York, all for free!

7) What job do you do now?

I am currently a teaching assistant at Holyrood Academy, in Chard and alongside this job I am completing a Primary Education degree.

8) How has your time at Wadham helped you?

My time at Wadham helped me to find what I enjoy doing and to become more confident in being myself. I still have a number of close friends who I met during my time at Wadham.

9) How would you describe Wadham School in 5 words?

It's where your future begins.



Spring Colouring

*Enjoy a few pages of
carefully picked colouring...*



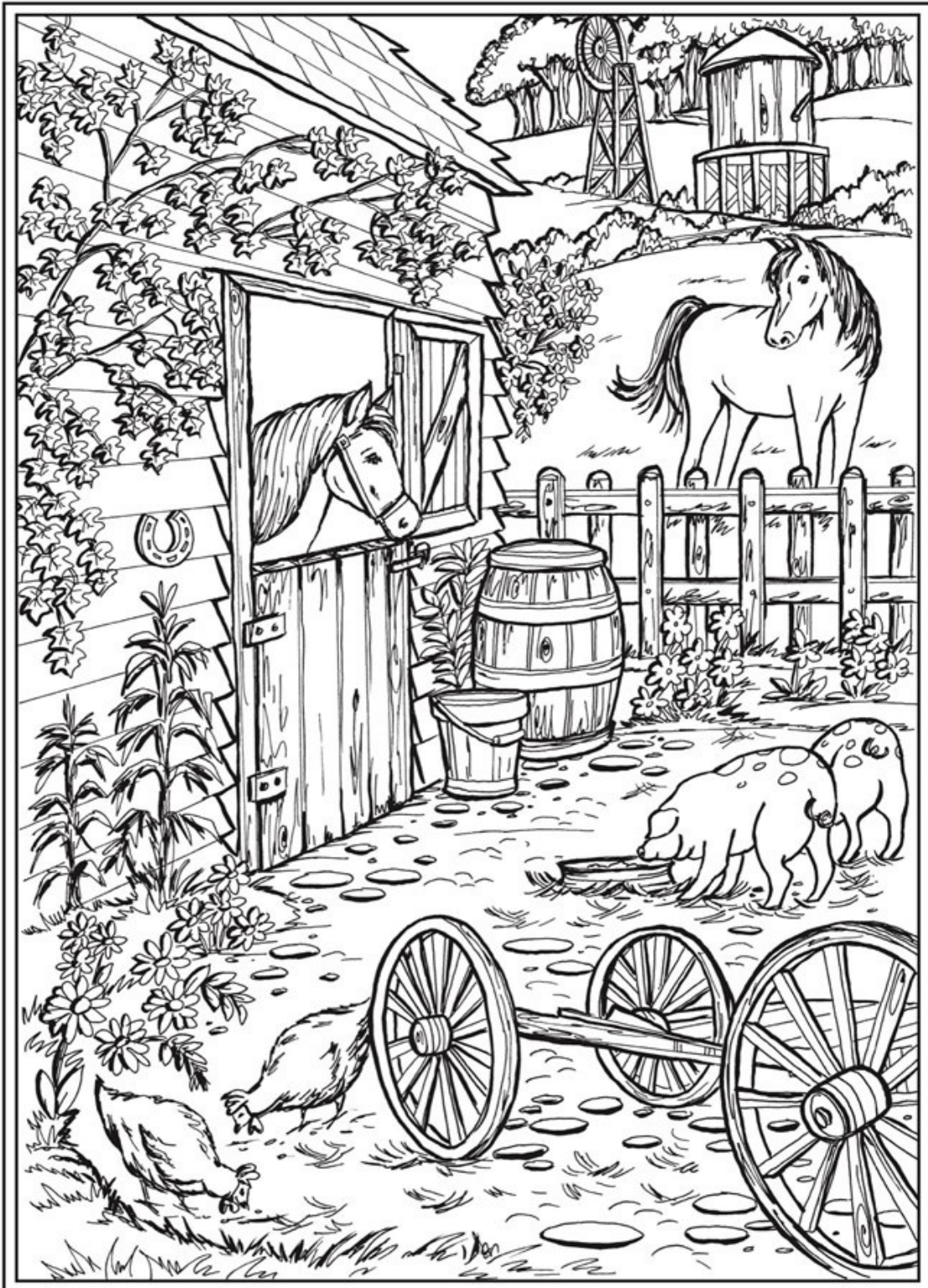
Spring Colouring

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Spring Colouring

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carefully picked colouring...



P U Z Z L E S



Enjoy a few pages of puzzles!

SUDOKU

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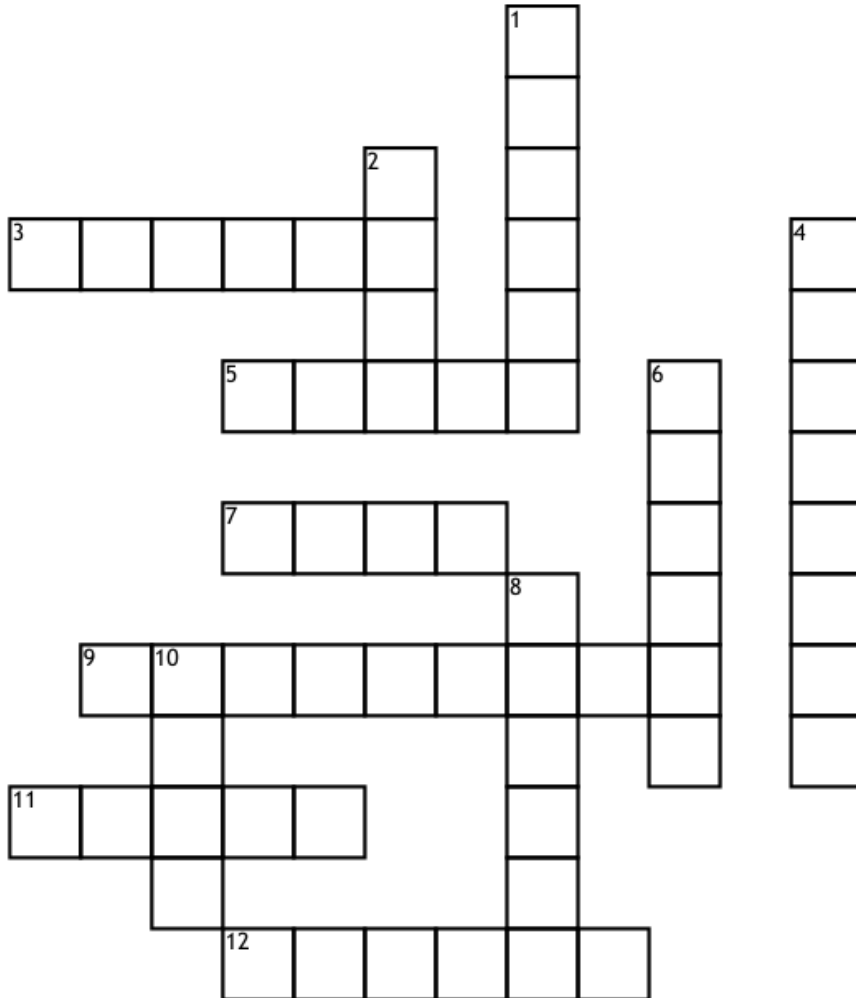
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ANSWER

- | | | | | |
|-----------|-------------|---------|--------|--------|
| BIRDS | CALF | GARDEN | LAMB | SNAIL |
| BLOSSOM | CATERPILLAR | GRASS | NATURE | SPRING |
| BUGS | CHICKS | HATCH | NEST | SPROUT |
| BUNNY | FLOWERS | INSECTS | RABBIT | TULIP |
| BUTTERFLY | FROG | LADYBUG | ROBIN | WORM |



P U Z Z L E S



Across

- 3. The season when Easter is celebrated.
- 5. He is risen!
- 7. They saw an empty ...
- 9. Easter eggs are made out of this treat!
- 11. Will he visit you this year?

12. Collect your eggs in this.

Down

- 1. These hatch out of real eggs.
- 2. We give chocolate ones at Easter.
- 4. Yellow spring flower.
- 6. You may wear one in the Easter parade.

8. Show off your Easter bonnet at one!

10. You may go on an Easter egg ...





THANK YOU!



THANK
YOU



thank
you

...to everyone who has helped put this edition of The Quill together.

**Imogen Allen . Will Ford . Beth Hann . Peter Hopwood .
Nancy Pattison. Darcy Andrews . Edie Pattison . MJ . Charlie
Wellman . Lucy Wood . Nye Edgar . Jessica Henley . Emily
Wood . Toby Swan . Emre Tunc . Caitlin Elborn . Emily
Watson . Rosemary Hooper . Beth Hann . Oliver Taylor**

The Quill is a magazine for Wadham students and is open to anyone. We want writers, artists, reporters, photographers, reviewers, critics, etc from all across the school.

If you'd like to get involved in our next edition please speak to Mr Hopwood via teams or in B23 at break & lunch or via email on Phopwood@wadhamschool.co.uk

