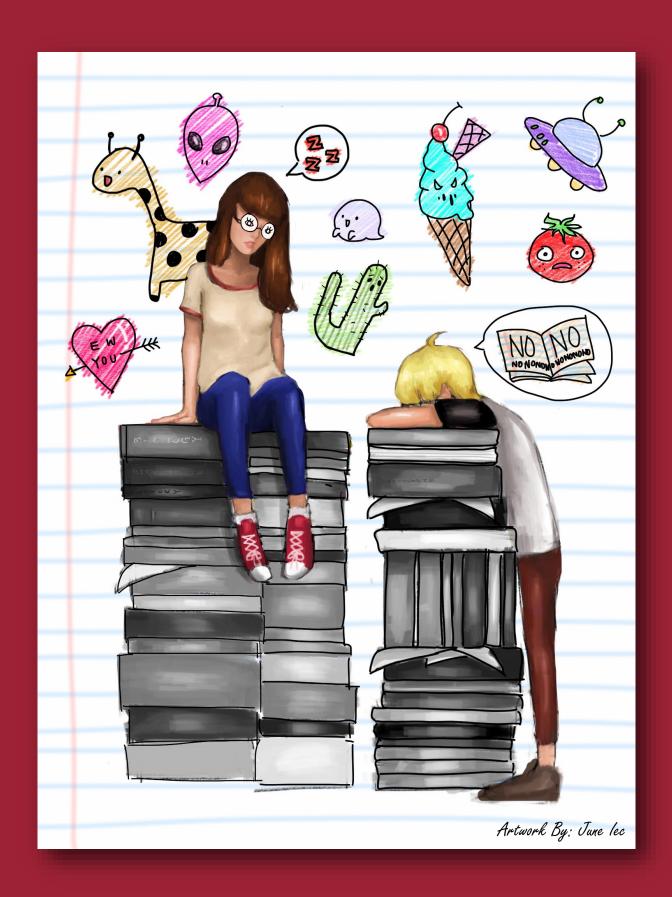
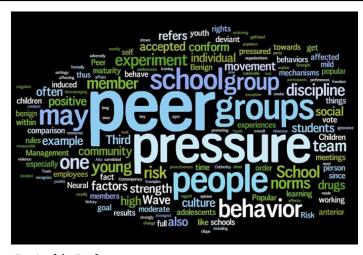
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Issue 3: May 2016



## Does Pressure Drive or Destroy?



By Archie Parker

o quote the lyrics of the legendary Freddie Mercury (Queen) and David Bowie, do you feel 'Under Pressure?'

I was on the school bus on another dreary, cold and soggy Monday morning. The bus at 7:15 in the morning can be, in fact, a silent and peaceful place, so not wishing to disturb the welcomed silence I slipped my headphones into my ears and began to scroll down my "Classic" playlist, only to stumble across the song 'Under Pressure' by Mercury and Bowie. Instead of listening to the song like any other, I listened and listened closely. The gradual contemplation at the start of the song and the first few lines, "Pressure, pushing down on me, pressing down on you, no man ask for", made me compelled to tackle pressure head-on.

**Pressure.** I loathed this edition prompt. Why? Probably because I can honestly say that I do struggle with pressure at times, but I expect that I'm not the only one. We are all victims to 'pressure' in one way, shape or form, and have used the word 'pressure' and its essence to shadow over personal crises. I have found myself constantly reverting to the word 'pressure' as a legitimate means of deterring from the imminent difficulties at hand and attempting to bounce the responsibility and or ownership onto someone else or just labelling present hardships as 'pressure' because I was just too stressed anyway.

I always get perplexed and am lost for words when people say to me "Ahh, I think it's pressure" or "Ahh, I'm stressed", because I never know what to say. Pressure and stress are two separate biological and physiological concepts, but both intertwined. **So what is pressure?** When I type 'pressure' into Google it is defined in two ways, from a physicist's point of view it is the 'continuous physical force exerted on or against an object by something in contact with it or from a physiologist or sociologist's viewpoint it is 'the use of persuasion or intimidation to make someone do something.' But, in this instance, I will be focusing on the medical and to some degree physiological definition of pressure. This can be defined in two ways (there's never one definition for anything anymore...), either as the burden of mental or physical distress especially from grief, illness, or adver-

sity or the application of force to something by something else in direct contact with it, in other words, compression. As explained, there is some overlap between pressure and stress. Stress can be defined as the **importance attached to a thing.** Therefore, we feel pressurised and 'stressed' over things that are important to us. A synonym of stress is 'weight'. The weight of expectation perhaps? The weight of knowledge or evidence to support your argument? I could go on. Whether this be a crucial university dependant exams or something smaller scale, such as passing your driving test, it doesn't matter to me, but it's what matters to you.

Take politicians for example. I don't want to get into a political debate about the current status of the British government and our ruling elites, but on a human and base level we have to feel a degree of sympathy and understanding for the job they undertake. Yes, they know what domestic and international obstacles they had to confront and surpass, but does anyone stop to think of the monumental pressure that David Cameron feels when he steps into the Commons pulpit or have to contemplate going to his cabinet and ask whether war is the right strategy. No one does, only he. Does anyone think of the worldly pressure that US Presidents (or any President for that matter) past and present feel when they take office and step into the Oval Office for the very first time? No one can capture that moment of ecstasy, apprehension, or experience that brief feeling of pressure that comes over them when they sign the dotted line and take the oath to protect and defend their country at home and abroad. Politicians continuously say they are doing 'what is the right thing for our country', you've probably heard that phrase thrown around a few times... Leaflets come through the letter box persuading us to agree to something or hear anyone pledge, but do we think about the importance to that individual, the stress and pressure that has amounted on them over the years to send you that message, and then we just sigh and throw it in the bin. The EU referendum debate is splitting the country and most of us now would have received the governments EU referendum leaflets, asking us to side with the government in the reformed EU. Personally, I'm tired of the debate and the 'what if's'. Let's just make the decision and progress forward. But, then again, that wouldn't be democracy. Would it? But the pressure, the pressure on our leader in risking his political career over this vote. Then I think to myself, how do they get away from it all? How do they escape? How do they break the shackles of expectation and pressure? All good questions, questions that neither you nor I can answer. Only them.

Pressure is always omnipresent, it's unpredictable. It will never magically disappear. You have to be resilient in your approach to pressure. Confront it and break it. When we question our morality in the height of desperation or despair, contemplate taking that leap to the other side and overcome those psychological and emotional barriers. Pressure.

to some degree physiological definition of pressure. This can be defined in two ways (there's never **one** definition for anything anymore...), either as the **burden** of mental or physical distress especially from grief, illness, or advertage when you are at a crossroad in your life, whether it be pursuing your academic studies further beyond the grounds of Bromsgrove, telling your parents some thing that has been embedded in your brain for what seems like

ship. With that inside, you feel empty and lost. Pressure. So, you ask me how I would combat and control pressure? Isolate the things you love doing, your passions and hobbies and keep pursuing them. Keep a positive frame So then, don't let pressure destroy you in these coming of mind in order to keep your brain full of life and excitethe ability to contemplate and fantasise. For me, it's the smile. The old man I see religiously walking the dog every Use it as your tool and let it drive you on. day at 9am, with the same grimace, or a nice cup of warm tea left by your bedside for when I wake up. Keep active and don't lock yourself indoors all day, just do something! Athletes are able to enhance pressure and use it to

an eternity or telling someone that you're in a relation- propel them to greatness. So propel yourself forward, don't stumble backwards. And remember a healthy lifestyle is a healthy brain and a healthy brain is less pres-

months or stop you from breaking down those walls. ment, but at the same time make it free and give yourself Smash them down, take a deep breath and do it with a smile. Don't let pressure shadow your dreams, seek them small things that really make the difference and make me out and don't stop until you've achieved them. Pressure.

# THE PRESSURE

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By Anastasia Broder

ike pretty much everything else in Nevertheless, little too much and even the most motivated your all. won't use his or her whole potential.

has that awful side effect of convincing an the best you can do is embrace both. individual of his or her incapacity, planting weeds of self-doubt that infest the interior.

Ι still consider today's world, the concept of pressure is necessary. Vital even. I think pressure itself is highly controversial. On the one hand, fundamentally helpful in achieving goals and we have those who advocate the aiming higher than we consider ourselves necessity of pressure pointing to its effective capable of; it's our inability to deal correctly motivational influence, which in the long run with it that's causing self-doubt and stress. We translates into success and hard work. On the allow pressure to infiltrate our rational thinking hand, those who oppose pressure consider it by interpreting small defeats as testimony to prerequisite in developing low personal morale our failure as a person. How we process defeat and precipitating failure. Debate around forms our relationship with pressure. As soon as whether people are living under too much we stop putting so much emphasis on avoiding pressure nowadays does not seem to settle the mistakes, pressure becomes less of an enemy issue; press a little too hard and even the and more of a friend, whispering words of strongest will snap like a fragile twig: release a encouragement and challenging you to give

So yes, if you allow pressure to destroy you it There have been times in my life where I will. But pressure has some other amazing considered pressure the ultimate evil. Pressure properties. It can discipline. Demand. Dare. from teachers to get certain marks, pressure Develop. It's about making the conscious choice from the media to look a certain way, pressure to remain strong under pressure and utilize its from family to behave in a certain manner-this benefits while avoiding its detrimental side can get tedious, exhausting, and overwhelming. effects. Of course that takes time, effort, and Suffocating under the currents of expectations practice; breakdowns are unavoidable, but in and projections, one can't help it but feel time, developing immunity to dangers of inadequate. No matter how much effort is put, pressure is possible. Pressure is the ultimate one never manages to be good enough. Pressure locomotive of life, and failure is inevitable, so

#### The Secret

Years have passed and Time has come to fade Most of my memories except For one, that hasn't decayed.

It has stuck with me like a disease
Through the years of famine and drought.
A disease that makes me writhe
In blissful agony and shout.

For mercy and liberation to wash Over me, like a brilliant wave Of all the many things that Bring the ignorance I crave.

Liberation from this memory that Has me in ropes of insanity, bound, And mercy from the destructive doubt Circling my head, round and round.

The wretched silhouette of infidelity
Rearing its ugly face in every corner of my mind
And extinguishing the solace of love
That I never left behind.

A secret rooted now to the
Deepest, darkest crevices of my soul
One that cannot perish even after
The years of madness having taken their toll.

It refuses to leave or perhaps
I am reluctant to let it go
Because it is my last chance
Before the world, to put on a show

To show them that my love for you
Ultimately overpowered the hate
And that eventually forgiveness arrived
At the doors to your heart but perhaps too late.

For you had passed on to the place beyond,
And I have, in this lonely world, remained,
But no longer do I grieve for I have grown
quite fond
Of the secret of love, with which, my soul you
have stained.

By Nandini Bulchandani

### **Publisher for Nobel Laureates — Bromsgrove Alumnus Stephen Page**

Stephen Page, CEO of Faber and Faber, reflects on Bromsgrove and his career in an industry that, against all the odds, is flourishing.

at a Bromsgrove Foundation event, in London.

A son of the then Prep School headmaster (after whom Page House is named), he fondly recalled his teachers, admiring and inspired by their passion for their subjects. In gaining power, But ultimately, what people sometimes forget particular, he remembered his English and Politics teachers - is that, despite their influence and power, Amazon needs the latter nicknamed 'Bolshy-Wolshy' - for their willingness publishers. Perhaps Amazon would wish it otherwise, but to depart from the syllabus and their support and encourage- despite a major dispute about pricing and Amazon's domiment; not only did they help him succeed in school, but nant position in some markets, the publishing world has develop his own views and interests. His teachers inspired a remained strong. sense of responsibility and self-starting, of taking opportuni- Page captivated the audience during his ensuing speech; he ties with both hands. Page recollected an outing to see King Lear in theatre; before the last act, his English teacher left. When asked by the students, he explained that he 'can never watch the end' for his overwhelming engagement in the play; his enthusiasm for literature and the arts influenced Page.

Asked about his fondest memory of Bromsgrove, he smiled slightly; he hadn't been asked the question, or even considered it, in a while. Page remembered a prank he and a friend had played on the Chaplain in choir. They had stuck him to the pew with pins (I don't know how they did it), and naturally, he was apoplectic. Annoyingly, it was Page that was blamed. But the great thing about Bromsgrove, he said, was that rebellion, although officially discouraged, was almost welcomed; the school understood that it was normal, and they were just having fun.

His counsel to aspiring publishers was emphatic: 'Learn about the industry, not just the product.' He Harold Pinter, it seems they're more relevant than ever. advised 'immersing yourself in the industry' by working in a (Page hosted a lunch for the two to meet each other). bookshop and getting other book-related work experience. Post-graduate degrees in publishing enable you to get paid (living allowance) work experience – Faber accept a few students each year from different universities, including eight from UCL. Although 'good grades are important', 'a lot of people have them'; you need to do something or act in a way that defines you, that makes you unique and indispensable. People that are well rounded, smart, quick, personable and interesting - they're the ones that will get the job. Remember to have the humility to listen and learn, adapting to your environment; don't just talk about yourself.



Although he'd always loved books, he hadn't wanted to work in publishing until he was 22. He had studied History at university and played in a rock band for a year before Alia Derriey realising that his music career wasn't going to work. He knew

he loved books, so he looked to a friend of his father, who was in publishing, for advice on getting into the industry. He suggested working in a book store, which Page did for a year before joining Longman publishers as a marketing executive.

Does Kindle (Amazon's e-reader) hurt publishing? I interviewed Steven Page (Lupton, '83) before he spoke Surprisingly, he is positive: 'it has transformed the industry', introducing a revolutionary technology for reading. However, the company has a great deal of power, and a near monopoly on the e-book industry, which gives them very strong bar-

> proved an engaging, occasionally humorous, occasionally dramatic speaker, and brought the publishing industry to vivid life.

> Page is committed to the industry, insisting that it's not dying, but needs to remain a relevant workforce like television, music and film – not a 'cosy place'. He quoted Woodie Allan, from his film Annie Hall: Publishing is "like a shark. If you stop swimming, you die".

> With the theme of 'legacy', Page explained the challenge that Faber faces of living up to its history as an established, prestigious house, 'publishing the past today' (40% of its revenues derive from previously published work), whilst continuing to publish current authors. He described Faber as 'small and independent - yet renowned - with a huge support of authors and poets'; as some of the company's authors include Literature Nobel prize winners Orhan Pamuk and

> When Page joined Faber in 2001, he advocated greater focus on the appearance of books, saying that 'digital books have urged publishers to create more beautiful books'. Similarly, he increased engagement with book stores (both big and small), urging them to improve their layout and look, because they 'encouraged an explosion in reading', and will continue doing so.

> Amazon has disrupted the way we buy books, threatening high street stores. However, he cited that last year print book sales increased 6% while e-book sales have declined, decidedly proclaiming that 'people are now embracing books AND e-books, realising they can co-exist'. Although only half of the UK like books, those that do *really* like them; they're passionate about them, which is perhaps why the industry is less inclined to subscription services such as Spotify and Netflix which have hurt the music and film industries.

> The publishing industry needs more diversity to reflect society; although there are programmes to encourage minorities to work in the industry, he insisted that more needs to be done. Additionally, the public library service is under threat from spending cuts; it needs to be saved because for some, it is the only way they can access books, especially in childhood.

> The audience of 100 was clearly energised by Page's engaging description of his job and the industry. For people who may not have considered it as a potential career, keep in mind that it's a lively, creative industry full of people who love books, enjoy engaging with authors and relish its commercial side.

#### Alia Derriey

Whilst reading this book I went on the U4 French trip to Normandy and Brittany. It was a lovely trip (although I was Despite their contrasting upbringings and environments, glad to have my book with me); my favourite part was when we visited the quaint seaside town of Saint-Malo – where, as it happens, this book is set. It was such a great, almost magical experience: by the time we went to the town, I felt like I their interests. From a young age, Werner has been infatuathad already lived there, walking the streets with Marie-Laure ed with inventing and science, especially radios; Marie-(one of the two protagonists).

So, what's it about? you wonder. That is, if you haven't already heard about it – it won the Pulitzer Prize for Fiction in 2015. The novel wasn't expected to be such a hit; the writer

himself has said he thought only a small audience would enjoy it because of sometimes lengthy descriptions of radio technology trigonometric and calculations.

nonetheless, people loved it. Perhaps this is due to its innocent, endearing protagonists: Marie-Laure, a blind girl who lives in Paris with her father, a museum locksmith. The other is Werner,

a German orphan who lives in a coal mining village. Although set in the Second World War, this story isn't really about concentration camps or inhumane Nazi prisons (although these are featured); it mainly

focuses on the average French experience in occupied France, and the malevolent influence and power of the Hitler Youth. By giving a voice to both sides, Doerr doesn't present a narrow, overly biased view of the war, but merely lets you

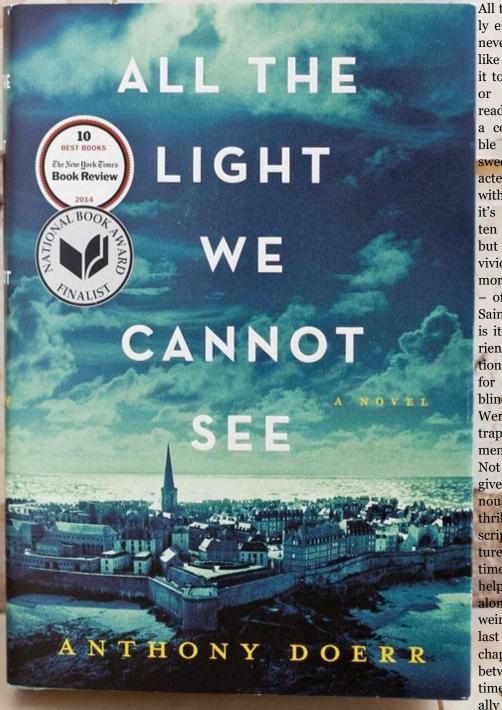
come to your own conclusion about the war - and the ordinary people stuck in the middle.

Marie-Laure and Werner are surprisingly alike: they're both 'innocent', although Werner sees (excuse the pun) more of the war than his counterpart. They're also passionate about Laure has had a great love for molluscs ever since she went to live in Saint-Malo with her great-uncle, hearing about them in stories and feeling them on the beach for the first

All the Light is simp-

ly enjoyable to read; never once did I feel like I had to work at it to keep interested, or push myself to read further. It's got a compelling, credible storyline with sweet, lovable characters who contrast with a few vile ones; it's beautifully written (I say that a lot but it's true), with a vivid description more like immersion - of the bombing in Saint-Malo. Not only is it a physical experience, but an emotional one, especially Marie-Laure, blind and alone, and Werner, who trapped in the basement of a building. Not once does Doerr give way to monotopredictable nous, thriller/action description. The structure, although at disorienting, times helps move the plot along and keep 'grip': weirdly similar to the last book I read, its chapters alternate between different time settings, gradu-

coming closer and closer, closing the gap until 'one setting' at the conclusion. This switching juxtaposes life at different in points the war and how the



links among the characters and the not excusing their passivity, ignoways their lives will intertwine).

Something struck me when Werner and the other boys (at the boarding school) chase the weakest boy in the group. I was reminded of Orwell's 1984, specifically the Two Minutes' Hate, when Winston is surrounded by people inexplicably, furiously shouting at a picture on a screen, and he can't help but join in. Werner is the same - he doesn't really want to hurt the boy, but because everyone else is chasing him, he feels he must, and

characters have changed. Additional longs to fit in and be part of some- thing that people (or at least I) aspire narrators add layers/perspectives to thing far bigger than himself. On a to be like: honest, caring, passionate the plot and the reader's overall out- larger scale, this is what happened and intelligent. But perhaps this is look on the war, increasing the ten- with a lot of people, both in Nazi Ger- only because being blind has meant sion caused by dramatic irony many and occupied France; they (because the reader can 'see all', they simply didn't want to (or couldn't) in a way she's unrealistic, or at least can understand and appreciate the fight back. Don't get me wrong, I'm rance or indolence, but it's important to try to understand what life was like under such an oppressive, omnipotent regime. Sometimes it's easy to forget that people had ordinary lives and just wanted to get on with them. I guess it's just something to think about, and it's great that this book brings it up in a non-oppressive or explicitly judgmental way. Conversely, Marie-Laure is never 'tainted' by influence of war, staying true to her beliefs; this is why she's such a lovable character, because she's every-

she's never had much of a 'social life'; not 'normal'.

Overall, I loved this book. I can't really find much to criticise, but I will say that it's a pretty long book (although not slow-paced), and as I mentioned before, it contains some lengthy scientific descriptions - although at least for me, they were quite interesting. If you usually like historical fiction, then you'll love this – although even if you don't, you'll probably still enjoy it.



#### For the Love of Wi-Fi

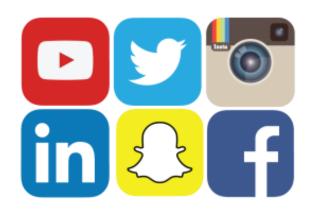
Libby Edwards

It's 8pm and you still haven't started a 1000 word essay that's due in for period 2 the next morning. You've spent the last 3 hours on your laptop; checking Facebook, scrolling through Pinterest or watching Best Vines on YouTube. You've convinced yourself that you're 'just not in an essaywriting mood' and have started season 3 of 'Orange is the new Black' on Netflix. An irreversible crime, way past the point of no return. You're not alone. Young people between the ages of 16 and 24 are spending more than 27 hours on the internet a week. More than a seventh of your life is spent online, and how do you justify it? It's the 21st Century, we're generation Z, it's normal. How do they expect us to do school work when so much free entertainment is just a google away? It's a temptation we have engulfing us 24/7 and internet-denying has almost become something to be rewarded. We become proud of an hour of productivity and so reward ourselves with an episode of 'Breaking Bad'. We have transformed into a generation of procrastination and it would seem that some form of taxing training is needed to pull ourselves out of this world of zeroes and ones. Self-perseverance and willpower is majorly tested when the pressures of success can so easily be relieved by Netflix.

But perhaps what is most concerning is the extent in which the internet intrudes our lives. We have a curtain enveloping us, like a permanent contact lens tinting our view of the world, showing everything from the perspective of social media. Vines, tweets and status updates are changing our views. But could they be for the better? The concept of social media being to share memories and ideas would seem ideal. A means of mass sharing and communicating, where's the flaw in that? We can watch anything from a TedTalk to a live stream political debate. There are free lessons on basically anything from a vlogger on YouTube and immediate feedback on a product, restaurant or even person is always available. By reading articles, pdfs, reviews, blogs etc. you are developing opin-

ions and expanding your view of the world. Through using the internet you're learning. So where does internet-use become unproductive?

Perhaps it's knowing how to use it. Being able to separate the honest from dishonest and having a radar for those who use the internet with an agenda. Knowing where relaxing turns to lazy. Unquestionably, your responsibilities in the real world are paramount. Despite the internet expanding our global understanding and forever fuelling globalisation, it's two dimensional. It serves a small purpose in our lives: to enhance our knowledge. We can take and leave what we want from it because at the end of the day the experiences, relationships and memories we have can't be lived through the internet. The people behind the screens come from the same physical world we do and whilst you were watching that video on a weird tradition they have in Spain, a Spanish person who runs the local town hall in Pamplona just came sat next to you on the train. Despite the name 'social media', there is an undeniable possibility of unsocial behaviour which comes with it. There is a point where the Internet in fact becomes restricting. Knowing where the internet stops being gratifying and starts being a restriction is the key to its use. So the decision is yours, do you continue watching that episode or do you prioritize your responsibilities and select the internet that's of value to you and leave the rest behind?



### **Top Teacher Tips**

Exams are getting closer and stress only builds up. School life is generally stressful but when deadlines are reached and we have to sit in a quiet room in front of paper that will predict our future, our panic levels hit the ceiling. That is why I interviewed a couple of our Bromsgrovian teachers to share their experience and give us some TOP TIPS!

# Did you ever get stressed before exams back at school and if so, how did you deal with it?

**Ms Wadley:** I didn't get very stressed during exams because I balanced my time. I went home and revised for a couple of hours but then I took some timeout for myself and to see my friends.

**Mr Whiting:** I never got stressed during exams because I would revise during the day and then not work during the night. I would balance my time so that I would not make myself stressed by feeling that I should be working. Instead I would think, "I know I've worked during the day so I can now enjoy my time off."

**Dr Thompson:** Very much, yeah. It manifested itself by me panicking. My hands would shake a lot, I would become very petrified and I never really overcame it. All I would do is arrive really really early to my exams because I was just so panicked about missing it. I didn't really do anything though to calm my nerves. It was a huge problem to an extent that it made me very miserable.

Mrs Faulkner-Petrova: I used to shout at my mum a lot, lock myself in my room and do more and more revision because I thought that would help. It helped with the stress because I used to get stressed thinking I didn't know enough, so if I locked myself away and shouted everyone away, then I would think, "Oh yeah now I know everything, now I'm not stressed.

# As an experienced teacher, would you recommend the same to your students or do you have any different advice?

**Ms Wadley:** Don't do these big long chunks of revision where it lasts all day. Balance the hours by giving yourself some time out. Go outside as well and get fresh air, otherwise you end up sitting indoors for hours on end.

**Mr Whiting:** Yes, just have a break at least once an hour. 50 minutes work then 10 minutes break and so on. In the breaks make yourself come away from your work like making a cuppa. Classical music also helped to concentrate by not listening to it but using it more as a distraction that allowed you to concentrate.

Ms Faulkner-Petrova: I would recommend throughout an exam course to make decent notes and to review and revise as you go through the course, so that at the end you don't have it all messed up. I did very little work for 2 years and then at the end I had to basically learn everything, all in one big ball and that's what was stressful about it.

**Dr Thompson:** I've never known how to deal with stress so I don't really know other than to talk to people but I'll tell you this story:

When I was at GCSE we had the head of exams, he was a very evil person he would say, "if you forget your calculator that's it and I'm not going to help you". I understand why he was like that but I felt like please, come on, this is a very stressful time can you not be on my side?

So as head of IB I always model myself on the antithesis of him by saying "come in, relax". I don't know what to tell you because that's personal. What I do, as head of IB is I try and make IB exams as relaxing as possible and try and appear on the side of the students as much as possible. I had an exam once in University, it was a nuclear physics exam, and I was at the front of the hall and the lecturer who taught the course was in there as well, checking it was okay and invigilating. The lecturer, then seeing that I was panicking and nervous, winked at me and did a silly impression, which relaxed me.



Dr Thompson

#### How do you cope with stress in a situation that you cannot get out of?

**Mr Whiting:** Most problems are fixable; almost all problems have a solution to them. Recently a problem came up where I thought I couldn't get out of, which is what makes me stressed. However, even that ultimately did have a solution. Before I gave my speech at my wedding I was very nervous but now after teaching I'm used to it. Before I would find that very scary to speak in front of lots of people but now I have learnt.

**Ms Wadley:** Count to 10, if you're stuck then give yourself this small 10 second time out. Before my driving test I would get stressed because I would be worried about failing but in fact it's the stress that was going to cause me to fail, if I didn't get stressed I wouldn't fail. That motto then worked!

**Ms Faulkner-Petrova:** I will clench and unclench my hands and focus on that. Anything physical would help like fidgeting with a paper clip or a piece of blue-tak in my hand or picking my nail.



Ms Faulkner Petrova

# Nowadays, what do you do to take your mind off things, or lets say, what is relaxing for you?

**Mr Whiting:** Do something where I can turn my brain off for a bit. Something that I can absorb myself in like go for a swim, going and doing a building project or working on my car. Something I can think about but then not have to think about everything else that's going on. Do something different, which you still have to apply your brain to, but distracts you from other things that your brain normally thinks about.

**Ms Wadley:** I go for a walk. I had never done it before but the last 12 months or so I just go for walks. When I get home and the weather is nice I don't even go inside, I park my car at home and just go for a walk. Even though I won't be going anywhere I just go for a wander around because that makes me stop and it gives me the break I need between work. Also read a book that has got nothing to do with work; no EAL or grammar. Go home, sit down, walk and read a book with a massive cup of coffee.

Ms Faulkner-Petrova: Running is what mainly gets my mind off everything; once I've run 2K my mind starts to clear. Other thing is yoga but if I do yoga at home it's hard to switch off but it helps if there is no one around or in a different place. Also reading because even though it takes a while, once I'm into the book that's it. Lastly, listening to music is helpful but only when I'm listening with headphones and I'm capable to block the rest out. That I find very relaxing as well.

**Dr Thompson:** Decent advice, remember what matters. If I'm panicking about something silly like what percentage the IB scores are going to go up and down by and then I see my daughter bang her leg and start crying, it pales into insignificance. So my advice is to remember what is genuinely important. However, still revise please.

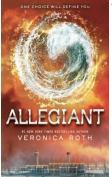


Ms Wadley

### **Top Four Books for Relaxation**

It's exam season, there's no getting away from it. But, as our trusted teachers advised in Anna's article, a little downtime is always good for dealing with stress. And what better way to escape than delving into a really good, all-consuming book. Here are my top-four:

1. Allegiant – By Veronica Roth



Allegiant, a fast paced dystopian novel, is the last in the *Divergent* trilogy. If you haven't read the whole series, I strongly suggest you do, as it is otherwise hard to follow the plot and characters - the story continues smoothly from *Insurgent* (the second in the trio). The plot is fast-moving and gripping; I could hardly put the book down.

The main characters Four and Tris have to go outside the wall of their experiment city of Chicago, after discovering that divergents (people that are 'different', with strong abilities in more than one area and that are considered dangerous by the government) are needed beyond the borders of the city. Everyone was made of aware of this information in the video released to the public at the end of the Erudite headquarters raid. Now they must leave the only place and family that they have ever known in order to find a peaceful solution to their city which is now embroiled. Once they are outside of the wall they must quickly decide who they can trust as a heartless battle breaks out, threatening the entire

population. In order to survive, Tris is forced to make an almost impossible decision involving the ultimate courage and sacrifice.

2. Paper towns - By John Green

Paper towns is the third Young Adult book written by Green. Young, shy Quentin and Margo were best friends when they were young but they've grown apart as they've gotten older — it's senior year and they hardly know each other. However, Quentin is in for the night of his life when Margo (one of the most popular girls in school) asks him to help her in her mischievous plan to seek revenge on several friends who have betrayed her in the past. The next morning, after a night full of fun and adventure about town, Margo is nowhere to be found. With the help of a small group of friends and some clues left behind, Quentin goes on a mission to find the girl who stole his heart. I really like this book, as although it is not as fast paced as some of the other books on this list, it is a great teenage love story. If you don't enjoy this type of book then this might not be the one for you.



3. Mockingjay - By Suzanne Collins



Again, Mockingjay is the last book in a big series – this time, the famous *Hunger Games* trilogy. The chances are, you've already seen the movie, but nonetheless I'd recommend the book because it really is that well written. It's an epic dystopian science-fiction war book. As with *Allegiant*, I recommend you read the whole trilogy in order to get the whole story.

Now realizing that the stakes are no longer only for survival, Katniss teams up with her closest, most trusted friends (Peeta, Gale and Finnick). They leave district 13 to liberate the citizens of war-torn Panem and kill President Snow who is obsessed with destroying Katniss. Knowing what she is trying to do, he sets up deadly traps, trying to kill her in any way possible. What lies ahead for Katniss and her friends includes dangerous enemies and moral choices that will ultimately determine the future of the millions of Panem citizens. This book is another fast paced page-turner — a pleasure to read.

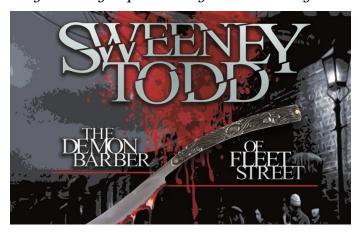
4. Paper Aeroplanes - By Dawn O'Porter

This book is different from the others, set in 1950's Guernsey. Protagonists Renee and Flo aren't meant to be friends because of their opposing personalities: Flo is studious, thoughtful and introverted whereas Renee is ambitious, not afraid to speak her mind. But against all the odds, Renee and Flo have been brought together, united in their shared loneliness and dysfunctional families. But there are many obstacles that they must overcome. At 15, life stretches out in front of them; anything can happen and betrayal feels like the end of the world. *Paper Aeroplanes* is gritty, poignant, funny and powerful; it's a snapshot of small town adolescence, growing up and the power of female friendships.



### Attend The Tale of Sweeney Todd

My Sweeney Experience by Nanci Burbidge



Sondheim production, only that it was a what we have achieved will remain." 'musical', if I'd have known at the time that many people. Oh god!" Unbeknownst to me at the time completely themselves because despair of my fellow study members and family.

never feeling so destined for failure in my life. I this up well. don't have much faith in my own singing ability.

in the most angelic voice, wondering how on memories I will keep forever." earth I was going to follow it up. As I stood decision I could've made. Lesson one, always theatre. research what you're auditioning for! I'd just rendition of "I'd Do Anything". The next five people to last a lifetime.

minutes would go surprisingly quickly and I would end up being quite proud of my first audition for a musical.

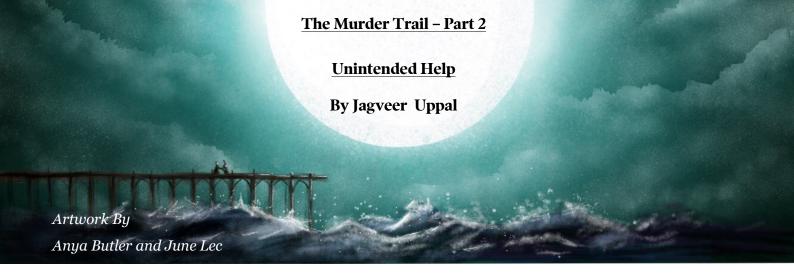
Once the cast list was complete rehearsals got underway, and so began the late nights, lack of sleep, non existent free time and hammering in of lyrics and lines.

However, the best part, as always and the bit I love the most when being part of the rehearsal process is the coming together of the whole cast. This is because we begin as friends, but end as one big family. I think the best summary of this was given to me by none other than leading lady Nyree Williams, a.k.a Mrs Lovett, "This year the September 2015: the eagerly awaited email play has been longer in the making, and whilst it calling for auditions from the aspiring actors of has been hard at times, I never failed to come out the school is received with much excitement of rehearsal with a smile on my face. The with some apprehension. Scrolling Sweeney cast have gelled better than in any other straight past the welcome backs, whens, wheres performance I've been in, and I'm sure I speak on and whos, the proudly stated title 'Sweeney behalf of everyone when I say that the bonds we Todd: The Demon Barber of Fleet Street' hit me. have formed as a company won't be broken. Even had no background knowledge of this if we don't all keep in contact, the memory of

consider it an opera, I may have run a mile. My Personally, one of my favourite things about initial thought, "Ooh a musical, about time", my drama is the camaraderie we build during second thought, "Singing, properly, in front of rehearsals. Everyone appears comfortable being this would be something that I wouldn't stop ourselves 100% into all that we do without doing for six months and, in fact, am still doing worrying about being judged by others. From the long since the production has ended, much to the first rehearsal in the studio to the last moment we spend together backstage, everyone is fully supportive of one another and always willing to So up the wooden stairs of the drama studio I step in with words of wisdom or a much needed went to my audition, song lyrics in hand and hug. My fellow cast members managed to sum Rachel, who gave a fantastic portrayal of the character Tobias expressed the views of many of the cast, "I made so many new I watched my fellow cast member Rachel Xuereb, friends and the whole cast were like family. The soon to be named Tobias, belt out a classic production made me remember how good it feels Disney song and then master a scale with ease to be on stage and the experience created

before Mr McKelvey and Mrs James I knew my After six months of rehearsals we finally got to choice of "You've Got the Love" by Florence & the perform the show in front of an audience over Machine (yeah, really) was about the worst three nights and one matinee at the Artrix

discovered Sweeney's parlour was based in If any one reading this has ever thought about Victorian London and wondered if a song from joining the drama group, I would say go for it. It the classic musical 'Oliver' performed in a will be one of the most rewarding things you do cockney accent might have been a better choice. I during your time at Bromsgrove, and you will figured I'd probably left it a bit late to perfect a create memories with some of the most talented



- "Cheers." He raised his glass. She raised hers.
- "Cheers John." She sipped.
- "Hey, drink up." He angled her glass parallel to her mouth.
- "John!" she exclaimed, gulping and smiling. "What's the occasion?"
- "Oh," John refilled their glasses. "Do we need one?"
- "No. But most people have one when drinking this much." she replied guiltily.
- "Yes. Very true. But, you're not people." he chuckled to himself
- "You've married me; you're stuck with me 'till your old. You don't need to use lines like that anymore." she said while tilting her head, peering expectantly at her husband from the corner of her eye. They both looked at each other and smiled.
- "I am old, Kat." he gave a guffaw. Katherine smacked him on his knee and leaned forward.
- "And..." She was stopped. A knock broke their gaze, resonating round the room. Like a gun shot, it came again sharp and firm. Then again.
- "For God's sake!" She stormed across the room as though she'd heard an insult made behind her back that she had to confront. John hadn't reacted, and remained in a drunken slum on the sofa. Katherine's frustration dissolved as soon as she saw the creature stood in her door way.
- "Hello there." Its voice matched its face: vile and offensive. She froze with disgust. After overcoming the brief stupor she'd entered she managed to splutter the words:
- "You are... what exactly?"
- The creature, not at all aggrieved, continued. "I'm a friend of John's." His words slithered around a pair of gargantuan teeth peeping proudly out from under his top lip. "I'm... someone he should remember." He twitched his knife-like nose. "I definitely remember him."
- "I..." Ignoring Katherine, the diminutive homunculus-like creature invited himself in. His dress, like his nose, was undeniably sharp. He waltzed around the house in a brown suit and a pair of old-fashioned leather gloves which he regularly fastened and pulled down further onto his hand, as though preparing for a job he had to do. He peeped around the corner and found the man he had been looking for.
- "Hello Jonny boy." The voice revived John, as if he'd been awoken from a deep sleep with a smack.
- "What the hell!"
- "John?" Katherine came a moment after. "Who is this?"
- "I told you, you..." he huffed "I'm a friend."
- "Yeah," John didn't sound sure. "A work friend. This is about work."
- "Oh..." the man (if you're liberal enough to refer to him as one) smiled "Yes, work."
- "Shall we talk outside?"



"What the hell are you doin'!" John now had the man firmly pinned to the outside wall of his house. His hands were latched around the collar of the man's blazer; he hoped (in the privacy of his own skull) they would soon be latched round his neck.

"I needed to tell you..." John squeezed a little tighter.

"The end of that sentence had better be a damn good one. Last time I dropped you from a fifty story buildin'; now I can make sure you stay dead."

"That's it though!" He pointed at John "You didn't. You had the perfect opportunity to. You had gun at my head. But, you didn't."

"I dropped your arse from a building!" hollered John straight into the man's face.

"Yes, but anyone else wouldn't have." he spoke quickly, frantically. "I know how Moody works; she hires guys she can use. People who've got more mug shots than baby photos. She appeals to the selfish nature of people, but you're not just people. You're not like them."

"How do you know that?" John hoisted him further up the wall.

"Because I'm breathing!" spat the now blubbering man. John let him drop onto the floor "You gave me a chance to get outta' Moony's reach. No one looks for a dead guy and now I wanna' give you a chance." A dry swallow entered the man's throat as he coughed, "What's the bitch got on you?"

"What are you talkin' about?" John shook his head as convincingly as he could.

"You wouldn't be working for her if she hadn't. You've got a wife, a house, and a conscience, so why would you want to get into all this?"

"I'm not telling you anything. Besides, what's a little man like you gonna' do," He poked him "Huh? You gonna' take down Moody? What are you gonna' do? What?"

"I'm going to burn her."

"What?" John shook his head in disbelief, laughing.

"I'm gonna' burn everything. Everything she's built over the years. Her whole operation." John looked away, still laughing. "Starting with the asylum."

"Asylum? I keep hearin' about this."

"It's where Moody gets her 'stock', as she calls it."

"Stock." John's eyes narrowed.

"I'm gonna do this with or without you. You helped me, I'm tryna' help you."

"I 'aint ever helped someone by dropin' 'em out of a window before," he muttered.

"I'm gonna burn her. I'm gonna burn everything. She's ruled this city for too long."

"Here here to that," John's laugh now sincere. He was joined by the undersized humanoid, his chuckle more painful than humorous.

### The Warp and Weft of Art -An Interview with **Hollie Barton**

Bromsgrove's department, facturing and the buildings' sol- exposition with. emn atmosphere dissipates into works, seemingly at random

The first time I met Hollie Barton, the first thought I had was that I could hardly imagine her in the sombre architecture of the school which led me to questioning my observational abilities, as I have never noticed her walking around the school... and I clearly should have. While searching for her in the Art department, dazed by the limitless creativity poured into the sculptures and drawings surrounding me, I realised that I've just walked into her natural habitat. My mind could suddenly place the Hollie Barton I'd met just a couple of days before, into this place, where thoughts and imagination are converted into tangible things. Distinctive blonde hair, tied in a bun, large eyes sparkling with life, an outfit which clearly showed her as the artist of the night - that

along the corridors.

was my picture of her, since the of weaving, the colours, unortho-

dedicated to the disappearing art couple of things that my grand-

evening we met at her art exposi- dox materials and the abstract tion, "Warp and Theft", at the nature of her creations seem to Museum of Carpets in Kidder- serve as a statement celebrating minster. In the small room of the uniqueness of interweaving museum, surrounded by strands the old and the new, the past and of materials brought to life by her the present. Having this exposipassion for transforming simple tion, was her chance to "explore textiles into stories, she allowed a her work. When you are an art glimpse of the ideas, memories teacher, you are teaching most of and experiences which shaped the the time. But then, why shouldn't different weaving works she had you also be an artist, your true made, each one depicting parts of identity?" At the same time, an untold biography. Even with though, organising it in Kiddersmall paragraphs of texts hanging minster seemed to be a metaphor next to her artworks, explaining for going back to her roots, "The hen you set foot for the ideas from which her crea- place was quite evocative, power-the first time in tions originated, the experience of ful in terms of memories...it reso-Art having the artist uncover the veils nates with my upbringing as my you of abstraction left me questioning father trained in Kidderminster". need a couple of seconds to regis- how I would have personally The whole exposition is filled ter the "reality transfiguration" perceived her work. "It's a mix with hints about her childhood that's taking place - similar to really - my work is quite abstract; and memories with her family, how your eyes take some time to I like that people make their own who have a long history in physiadjust when going from a dark assumptions about what the work cal work: "My great grandmother into a lit room. Suddenly, the is. However I wanted people to was a seamstress and she was dark suites the school is filled know what my ideas are, so that working in a factory, then my with are replaced by messy is why added my statement on mom has been a hairdresser. My aprons, the whispers from the what the work was about," she passion for crafts is hereditary, library abruptly alter into the said, when asked the key idea she but I am not only trying to assimuproarious noise of wood manu- would want people to leave the ilate the skills of my family and make them mine, I am also trying In the old factory building, to make sense of where I come the abstract beauty of the art which is nowadays a museum from. For example, I tried doing a

> mother used to do and it was so hard, but it really made me appreciate her skills more. I tried crochet but I didn't like that you had to count - it was too systematic - when I'm being creative I'll do my work quite instantaneously. My family is definitely an inspiration, a big part of my life but it doesn't mean that I want to be exactly like them."

Old memories embedded between the warps and wefts, experiences, such as the well known school inspection, captured in small details of her work, all of her creations seemed to bring out in a subtle way her perception on different chapters of her life, while also trying to break the conventions involved in weaving; "In Warp and Theft I have combined techniques such as stitch and



printmaking to show how the appropriate. I admire his way of it's a way of expressing thought traditional can inspire contempo- pushing boundaries - it makes you and opinion just through visuals." rary art practice. When I am creat- ask yourself: is it art?, is it culing my work I am always challeng- ture?, is it fashion?, as you can't The Art department has become, ing ideals. I am a bit of a rebel. say it is only textiles- and I find in my eyes, a place of manifesta-Some of the work is based on the way in which he perceives tion of human imagination - I when I work at Bromsgrove with creativity as massively inspiring." young people, which I think is quite an unusual way- is not a visual form of inspiration. It might Miss Barton about her work, there. Before ending my interview be through a conversation or by about art, about the process of with Miss Barton, I had to ask her actually working with the stu-transforming ideas into reality, on her view on the culture of creadent."

personal touch into her work, I passion for a lifetime. "I think I and say to me, "I am not creative if asked from where did she get her have always been making art for I can't do this" but with time, a which deeply resonated with her just the idea of play which comes might bring out the creativity they collections using his locks of hair, white clothes, playing with mud. risks because actually, there is no which made it almost like a piece The memory reminds me that I standard for being creative." of him- I suppose that is why I always liked the idea of working and obviously with my mom play and creativity come together - AnaMaria Cuza working with hair as well I felt it

also used hair, as a piece of me, with my hands, in a way in which

instantaneously felt drawn towards the seemingly limitless As soon as you start talking with ways in which art was perceived her eyes start radiating with ex- tivity: "I think everyone has crea-Hidden locks of hair, pairs of citement and her whole expres- tivity and it's only a matter of earrings, small pieces of materials sion is dominated by a genuine what you are exposed to or how intrigued by the unexpected smile - you can easily tell that she you use it. I'll have students come ways in which she brought her found in art, of whichever form, a into my classroom in September inspiration for creating artwork as long as I can remember - even small change, experience, or idea person: "In April last year I went together with art. I would say that were looking for. I do feel that to the Savage Beauty museum my fondest memory is from when here at Bromsgrove one thing that exhibition of Alexander McQueen I was little and my mother would is great is that we want you to try in Vienna. He did one of his first find me in the garden in clean, new things, to be creative, to take

