We are...

THE INSIGHT

The first edition of Stowupland High School’s new School Magazine.
This first edition includes…

- Front page - Edited by Hermione Johnson and Nalina Chhibber
- Message from the editors - Matilda Johnson, Hermione Johnson, Nalina Chhibber and Ellie Spurgeon
- Halloween front page - Nalina Chhibber
- A Crimson Ad - Halloween short story by Nalina Chhibber
- Halloween Paper Arts and Crafts – by Chloe Flack
- The Ghost - a haunting story by Chrisssie Quintero Hunt
- Halloween stress balls Arts and Crafts – by Antonio Cocker
- The House Fire - a Halloween short story by Hermione Johnson
- A Selection of Halloween Treats - by Ellie Spurgeon
- Halloween History Facts – by Matilda Johnson
- The Dead are Alive - a Halloween short story by Casey Wilson
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- House Halloween Art Competition - Ellie Spurgeon
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- A Book Review – by Chiarah Ruby-Budd
- Manga Club – by Mark Worthington
- Thomas’ Puzzle corner – by Thomas Watson
- Mystic Matilda – by Matilda Wakeman
- Agony Aunt Chloe – by Chloe Flack
Hello Readers,

It is with great pleasure that we can introduce you to the very first of many school newspapers. This is completely student-led and we are delighted that we had the opportunity to be able to write about what is going on within the school, as well as anything else we desired. We hope you enjoy this first edition - as you may be able to tell, the theme is Halloween!

We would like a chance to thank the people working with us; especially those who have given up their free time during lunch. Thank you to The Insight team: Chloe Flack, Betsy Taylor, Matilda Wakeman, May Richardson, Jasmine Wright, Zoe Buch, Mark Worthington, Poppy Jones, Casey Wilson, Chiarah Ruby-Budd, Chrissie Quintero Hunt, Lily Hawkins, Antonio Cocker, Thomas Watson, Mike Latka, Rebecca O’Brien, Evangeline Boreham, Lily Hibbert, Mrs Tulk AND Miss Leadon. Enjoy reading!

Yours Sincerely, Matilda Johnson, Hermione Johnson, Nalina Chhibber and Ellie Spurgeon.

Photo by Zoe Buch
THE HALLOWEEN SPECIAL

WHY DON'T YOU TRY OUR SELECTION OF BONE-CHILLING STORIES....
I leant casually on my locker when my friend Sakura came running up to me. “Akako!” she shouted in my direction. “Yes...?” I replied. It seemed strange; she was never normally this urgent. “Have you heard of the crimson room...?” her voice was so soft – I could barely hear her. “No I haven't, why? Should I know what it is?”

I took a moment to study her face and was bowled over by what I saw. A clear look of shock stood frozen on her face. Instantly I felt odd myself – particularly really uncomfortable – and I began to get impatient. She also began to drift off into some daydream. I waved at her face in an attempt at getting her attention. “Sakura! Are you going to tell me?”

“Oh sorry about that...” she shook her head slightly, as if in an attempt to focus, “well rumours are going around that there's this pop-up ad that can kill people...” Her voice was extremely grave. I couldn't process what she had just said. A pop-up ad?! How ridiculous! Suddenly I burst out laughing. “YOU REALLY BELIEVE THAT?! HA!” It almost felt like a choke at this point as the idea was so ridiculous to me. I was barely able to say it between my laughs. A pop-up ad?! How absolutely ridiculous! She turned away, hurt, and left. How I regret it.

A few days later, Sakura wasn't at school. I didn't think much of it at the time. There was some sickness going through the school and I considered it normal. How silly of me. Then, she wasn't at school again the next day, which I vaguely noticed. Then it was the day after that... and the day after that! By this time, I was worried. It wasn't like her to be off this long. Something was definitely wrong.

It was when I was daydreaming in the lounge with my mum. I remember being completely distracted and relaxed; everything seemed well with the world. Mum was idly watching the news. Something caught my attention. I don’t know what it was in particular at first – it seemed like the reporter wasn’t talking at this point. I zoned out. Then, I realised the reporter said something about a pop-up ad. I watched his lips move numbly. Pop-up ad...

The horrific feeling of dread crept unto me. I needed to get out of that room fast. The reporter continued talking about how seven different students had been found dead in our area. My mum turned to me with concern in her eyes.
“Are you ok? You look really pale!” she spoke kindly. However, the voice of the reporter and my mum’s concerns were blurring together to one. I couldn't focus. The temperature was rising. I managed to stutter a reply that I was okay and ran out of the room up to my bedroom to my laptop. Surely not…

I quickly switched it on, rushing to put my favourite song on to calm me down. I gasped in horror as I did so as on my screen was something that filled me with terror.

“T-The P-P-Pop-up…” I whispered.

The red of the screen illuminated my face a crimson colour. All I could feel was complete, guttural dread fill me and completely take me over. There was half a sentence on the pop-up that read:

‘Do you like…’

The writing was a deep shade of black, which completely contrasted with the crimson background. I urgently tried to click off the tab but every time I did so, it would just come back up and multiply. I knew it was hopeless but I continued to try. I stopped because now the pop-up took up the whole screen.

The sentence was completed. I stared at it in fear.

‘Do you like the colour crimson?’

Then a list of names appeared on the screen. I scanned over them. Then that’s when I saw it. Sakura's name.

“N-no…no…” I choked out, as tears streamed down my face. Then I felt a cold breath down my neck. My last thought was about my name. Akako. What a coincidence… as it means red.
Do you want to make some Halloween arts and crafts over half-term? It’s something that I have always really enjoyed. I just love themed arts and crafts, so during the Halloween holiday I think it’s the perfect excuse for some themed items! For this edition of The Insight, I will show you how to make Bat Bookmarks and Origami Ghosts. Enjoy!

**Bat Bookmarks**

**To make this you will need:**

- Black origami paper. (Any colour will do)
- Black paper. (Preferably construction paper)
- Wiggle eyes stickers
- White paper
- Scissors
- Glue
- Pencil

1. Fold the origami paper diagonally on both sides.

2. Fold into a triangle (if using origami paper, remember to always have the coloured side on the outside).

3. Hold the top of the triangle and fold it towards the bottom of the triangle (to the centre). Crease well.
4. Hold the left corner and fold it towards the bottom centre of the centre of the triangle.

5. Do the same with the other corner. Crease well.

6. Unfold both ends.

7. Grab hold of the left corner and fold it towards the top of the triangle. Crease.
8. Do the same with the other corner.

9. Tuck in the left “flap” into the pocket.

10. Do the same with the other.

11. Glue two wiggle eyes stickers to the soon to be bat corner bookmark. Cut to wing out of black construction paper. Cut to fangs out of white paper. Glue them onto your bookmark.

12. Your bat corner bookmark is ready to take a bite out of your favourite books!
**Origami Ghosts**

You will need:

- A square piece of paper that is white on both sides. (The larger the paper the easier it will be to fold.)
- A black pen

1. Fold your paper in half along one of the diagonals to make a triangle shape. Unfold. Fold the left and right sides of the triangle into the middle line as shown below.

2. Fold the left and right corners back.

3. Flip your paper over the flaps of the triangles you just made in the last step, so they lay flat against the sides of your ghost.
4. Fold the left and right corners of the paper into the middle.

5. Fold the top triangle down slightly. Make an accordion fold where the ghost’s neck would be.

6. Flip your paper over once more. Fold the bottom point over. Use a black pen to draw eyes and a mouth on your ghost.

I hope you enjoyed the crafts and I look forward to publishing more in our next edition. If you have any special requests please feel free to ask me or any of the team and we will be more than happy to oblige!
At the beginning of Roman Britain, in a small village in East Anglia, lived a king and queen. The queen, Alexandra, was brutally murdered by her own servant in her own sleeping quarters. When her husband, the kindly King Claudio, discovered the horrific news he did not know what to do. He was devastated. After deliberating for a long time, he approached a notorious witch who never aged, Balayage, and implored her to bring the queen back to life. So she did. However, of course, life is not that simple. She offered back the King’s beloved wife... for a price.

The price was an extremely valuable one. Of course. One soul in exchange for another. Like any good husband, yearning for his wife, the King sacrificed a ram for his Queen. Many question whether he should have sacrificed himself; however, the King decided to take this risk. Without a human soul to exchange, the spell went terribly wrong and unfortunately Alexandra was trapped in a cursed life. Not living but also not dead, she was one of the walking dead. This was a fate worse than death – Alexandra was now a living ghost!

“Aahhhhh. What has become of my wife? She is hideous. What happened to your long luscious hair and your beautiful face?” screamed the king.

“Darling, it is me. I am the same! Just without my looks,” replied the ghost.

“Can you not see that? Am I to live a melancholy life of loneliness?” The King cowardly ran and told the guards never to let her back into the castle.

After many long years of sadness, 2000 years in fact, the ghost of Queen Alexandra had spent a great deal of time roaming the walls of the dark castle. Beneath her faded façade, a burning hatred was near eruption. Alexandra had discovered who the servant’s descendant was, a young man called Felix, and devised a despicably evil plan of revenge. One fateful night, she possessed the boy’s girlfriend, Agathe. While controlling Agathe’s body, the ghost was able to walk into Balayage’s hut, and murdered both her and Agathe.

From there on, the ghost in the Agathe’s body wrote a letter to the young man to come to the hut and to bring his family so she could give them a surprise. The ghost tied up the girl and left her body. Two days later, when the boy and his family came, they could only see a girl tied up and the ghost of Queen Alexandra. The whisper echoed around the room: “You must pay...with your LIFE!”

They were never seen again.

**Reporter’s Note to Reader:**

We could not find enough evidence to say what happened to the poor family or Agathe. However, there have been students claiming to hear the screams of Agathe and Felix’s family in Stowupland High School...

*Happy Halloween!*
Hello! Here is another set of Halloween Arts and Crafts which I thought was perfect to be shared in this first edition of The Insight. One item that is constantly used by a variety of students are stress balls – they are great to de-stress, but also to fidget with! There is a really easy way to create the de-stress ball. So, here is one of my favourite arts and crafts - a Halloween stress ball!

What you will need:

- Small plastic drinks bottle
- 4 balloons
- Some flour
- A funnel
- A sharpie/permanent marker pen

Stage 1:
Fill the bottle with the flour

Stage 2:
Inflate the balloon and put it on top of the bottle and turn the bottle upside down to empty the flour into the balloon

Stage 3
Remove any excess air from the balloon before tying a knot in the balloon.

Stage 4
Decorate your Halloween stress ball to your liking.
I was a normal girl – nothing ever happened to me. I had lived in my house in Harvbore my entire life. I had many friends and everyone at school adored me. I loved my little, simple, life. Yet out of the blue, one day everyone seemed to be ignoring me. Nothing seemed to cause this change. It was like I was not even there. So after a few months of this continuing, my parents decided I should be home schooled. It was the only way to hide the truth, I guess. Strict instructions were given to me - NEVER leave the house.

However, days ticked by slowly. I was an ignorant child looking for mischief! Of course I went outside. Out there, I met another boy. He looked at me with a large amount of distress in his eyes and immediately ran away. I pursued after him, delighted that someone actually noticed me, and eventually caught up with him when he stopped to catch his breath. As I fought to catch my own, I asked him why he had raced away from me. His reply gave me chills.

"Y-your f-f-face" he stuttered, "i-its burnt!"
I was in complete shock.
"What no it's not", I snapped, touching my face, "I'm completely fine!"
"Y-you're that k-kid wh-ho burned to d-death in the h-house fire-e next door!"
He blurted, pointing to something in the distance behind me.

As I turned around my heart thumped in my chest so vigorously my rib cage rattled. Yet sure enough there it was; my house burned to ashes. I could barely believe what I was witnessing. Just a minute ago I was in that house and everything was intact. Normal. Happy. Innocent.

Slowly, I turned back around. I felt a little sick, daring to believe him, and felt pins and needles throughout my body. Yet I couldn't tear away my eyes from the boy. He was frozen - his gaze was fixed upon my feet. I looked down in horror…something didn’t feel quite right. My eyes widened as before me, my feet started to disintegrate. It was dissolving in to thin air before my very eyes. Then suddenly it wasn’t just my feet - my whole body was disintegrating into ashes. Then softly, quickly, just like that… I was carried away into the wind.
BLOODY WHITE CHOCOLATE APPLES:

RECIPE:
1. Remove stalks of stems and insert the skewers in the top.
2. Melt white chocolate in the microwave.
3. Dip apples in chocolate and place in the fridge to set.
4. Drip red food gel down the top and sides.
5. Put in the fridge for a bit and enjoy!!!

INGREDIENTS
• 6 red apples.
• wooden skewers.
• red sparkle gel.
• 350g white chocolate.

Researched and Created by Ellie Spurgeon, Year 9
JACK O’ LANTERN HAM & CHEESE PIES:

INGREDIENTS:
• 1 pack refrigerated pie crust.
• thinly sliced ham.
• cheddar cheese slices.
• 1 large egg.

RECIPE:
1. Preheat oven to 350 degrees F. Unroll pie crust on floured surface. Use a pumpkin cookie cutter to cut out the shapes.
2. Use a knife to carve out your desired jack o’ lantern face on half of the cut-out pieces.
3. Place a slice of cheddar cheese and a slice of ham on top. Place a carved dough piece on top. Use a fork to seal the edges all the way round and reaper with the remaining cut-outs.
4. Whisk an egg in a small bowl and use a pastry brush to brush some of the egg on top of each pumpkin.
5. Bake for about 15-20 mins or until the pie crust is nice and golden serve warm and Enjoy!!!
FRANKENSTEIN RICE KRISPY TREATS:

INGREDIENTS:
- 500g rice
- 285g marshmallows.
- 3 tbsp softened butter
- few drops of green food colouring.
- Black icing.
- chocolate chips.
- edible eyes.

RECIPE:
1. in a saucepan melt down your butter and marshmallows till completely melted.
2. Stir in your Rice Krispies and food colouring.
3. Cover a tray in baking paper and evenly spread out the mixture.
4. Put in the fridge for a few hours to harden.
5. Once cooled, decorate with icing, chocolate chips and edible eyes. Enjoy!!!
- Halloween History Facts -

Written by Matilda Johnson, Year 9

As it is the chilling time of year that we call Halloween, we think it’s imperative that you are given an abundance of different facts about Halloween. Here are The Insight’s favourite…

🧠 During the mid-1800s, a flood of Irish immigrants fled to the U.S., bringing the tradition of Halloween with them.

🧠 The tradition of Halloween originated as a way for the Celtic and other European people to hide from the spirits who returned this time of year. People wore masks when they left their homes after dark so the ghosts would think they were fellow spirits. To keep the ghosts out of their houses, people would place bowls of food outside to make them happy.

🧠 Legend has it that Jack invited the devil to have a drink with him, and tricked the devil into becoming trapped in a coin which prevented the devil to take shape. After promising to let the devil go as long as the devil didn’t claim Jack’s soul, Jack released him. When Jack eventually died, God did not want such a cunning and conniving person in heaven. The Devil – true to his word – would not allow him into hell. Jack was then sent off into the night with only a burning coal to light his path; he used a carved-out turnip to carry the coal and has been roaming the earth ever since. People in Ireland Scotland began creating their own creations of Jack’s lanterns out of turnips, beets and potatoes.

🧠 People carved pumpkin-like vegetables (such as turnips) in Europe around this time of year as a way to remember souls that had passed and to welcome them home.

🧠 The City of Keene, New Hampshire holds the Guinness World Record for the most lit pumpkins on display (a whopping 30,581). Keene was the original record holder in this category and has broken the record EIGHT times since then!

🧠 These are other names people would call Halloween - All Hallows Eve, Samhain, All Hallow Tide, The Feast of the Dead, The Day of the Dead.
This short tale explains how one Halloween evening changed two boys lives forever.

Firstly, let me set the scene. This story takes place in a realm where anything could be alive. The moon shines blood red in this realm. Anyone can be summoned anywhere – dead or alive. In this strange realm lived a relatively innocent young boy called Jack, who loved gaming more than anything in the world. Jack’s best friend, Mike, also lived in this realm. Mike was addicted to reading.

The two friends had a History homework assignment about Halloween. Mike begged Jack to go on a trip with him to the local graveyard to help with this homework, but Jack did not want to go until Halloween.

Mike decided to go to the graveyard across the street. He entered through the big rusted gates. All that could be heard from miles around were his footsteps, echoing on the pavement. Mike had second thoughts on going alone as it didn’t feel safe. It was deadly quiet and creepy about. Suddenly, he heard something. A human’s footsteps… not his. Quickly, Mike hid behind a tree. Phew. It was only the graveyard keeper… who locked up the graveyard for the night! No! Mike was trapped!

As Mike was there for his homework, he got out his notepad to record exactly what happened. However, as he bent down to retrieve it, the blood moon rose in front of him. As he stared at the glowing red orb, a musty green hand rose from the dirt. Startling white bones and dried blood surrounded it. Suddenly, about five zombies rose from the dirt. Mike started to run as fast as his short legs could carry him – anything to escape. His huge circle glasses, that were too big for him, fell off his face. He saw the gates in a blur and reached them in panic. Yet it was no use. They were shut.

At 8am, Mike’s mother had not heard from her son. She was frantic with fear and rang Jack’s mum. Once Jack heard the news and decided to check the graveyard. Jack reached the gates and shook them; they were locked. He peered through the iron bars. Then he saw a piece of Mike’s clothing on the floor… just a scrap. He was about to give up when a hoard of zombies arose from the ground. Was that Mike? Zombie Mike stood there grumbling – he was now the leader of the mob!

Hours later, no one had heard from either of them and as the years passed, the mothers still had no idea what happened to their sons.
Chloe was wide awake, lying in her bed thinking to herself about what life would be like if she had superpowers. It seemed to her that it was impossible but such a wonderful dream. She thought of all the different ways she could have superpowers. Flying… invisibility… mind powers… hypnotism. Something about that last power, hypnotism, really attracted her. She also liked the thought of having superpowers like reading people’s minds… or to haunt someone, until they go mad. Chloe usually thought of this. She was very imaginative, especially since she was very lonely and had none to talk to. No-one was there to make her laugh, or to go to when she was feeling down, so instead she wrote stories or daydreamed.

When Chloe woke up the next morning, she acted normally. She got dressed, did her hair in a scruffy ponytail, put her shoes on, had breakfast, brushed her teeth and kissed her mum goodbye. Everything seemed normal. Chloe walked into the woods unaware of what was coming next, in her own world full of daydreams. On her walk, she heard an owl hooting up above and she heard a twig snap in the distance. She looked nervously around her. Slowly but cautiously, something crept up behind her and tapped her on the back. Shocked, she turned around and shrieked. A black figure stood before her, crimson blood dripping from the figures face. The black figure also had horns on the top of the demons head - as red as roses - and eyes as dark as cole. He grabbed hold of her.

“Look into my eyes,” he murmured. When she did, he immediately hypnotised her with his mind control. “You will now hypnotise people to make an army to take over the world.”
At The Insight, our aim is to ensure that every competition created by teachers are reported and analysed. One of the first house competitions this year took place recently. On Tuesday 19th October, two of our editors were able to take an insight into the entries. We have narrowed down our favourites to TWO exceptional entries.

The evil witches: Brooke Campbell 8MR Violet Carroll 7RT

We are eagerly anticipating Mr Bartholomew’s announcement on who is the winner. However, we would like to say a huge well done to everyone who took part – especially to Brooke and Violet! We would not want to be Mr Bartholomew – it’s too close a call!
- How to draw Halloween edition -
Written by Betsy Taylor, Year 7

How to draw a spider on a computer!

Hello all artists, animators, or anyone that just wanted to look at my creative page. For our Halloween Edition, I am going to be showing you how to draw on a computer some Halloween images.

Firstly, draw a large circle in the middle of your page and add smaller circles for the eyes.

Secondly, draw 4 (bridged slightly) lines on both sides for the legs. If you wanted, you could add little hairs on the legs for a better look.
**How to draw a skull on a computer!**

For my second section for this addition, I will show you how to draw a skull. This is a favourite of mine!

Firstly, draw a small circle (in pencil) and a 1cm by 2cm rectangle just underneath for the jaw. Like this:

![Sketch of a skull](image)

Next, you need to draw 2 ovals on the circle for eyes and in the rectangle, draw 3 lines 1cm long inside it for the teeth.

![Sketch of a skull with eyes and teeth](image)

Then, draw some mini circles next to each other for the nose. Shade in the eyes and nostrils for dark effect.

![Final sketch of a skull](image)
And finally, add some lightning bolts behind for extra spookiness and then it is completed!
- Ask the Librarian: Book Recommendations -
An Article Written by Thomas Watson, Year 7

Our magazine is constantly looking for book recommendations. We are extremely lucky to have such a dedicated librarian who constantly reads! As a result of this, Mrs Burns always knows exactly which books are relevant and exciting.

For this edition of The Insight, our school librarian (Mrs Burns) has suggested the book “The Honest Truth” by Dan Gemeinhart.

This is a rare and extraordinary novel about big questions, small moments, and the incredible journey of the human spirit. It is about a boy called Mark, he is a normal child who likes to write Haiku poems and take pictures with his camera, follow him through his journey to unravel his big adventure. If you would like to read this, then check out our school library and it should be there.

Top 5 Halloween Reads from Mrs Burns

5. Crater Lake by Jennifer Killick
4. Frozen Charlotte by Alex Bell
3. CRYPT The Gallows Curse by Andrew Hammond
2. The Haunting of Aveline Jones by Phil Hicks
1. The Screaming Staircase by Jonathan Stroud
Exciting, unusual, dramatic:
Stowupland High School had an extremely unusual sports day this year. Before the main event, Monday 20th September saw a variety of field events including High Jump and the Tug of War heats. However, on Tuesday 21st September, Stowupland High School had its very first Sports Day in September.

It was an extremely impressive day, which saw various students competing in many events, and one really lucky element was that the rain held off for the afternoon. Instead, it was pure sunshine! There were a variety of events that took place, such as the 800m sprint, the 300m sprint, the 200m sprint, the 100m sprint and the relay race. Not forgetting, of course, the tug of war finals!

Firstly, the 800m race took place, which was very challenging for many of the competitors. It was a nail-biting watch as the second lap generally changed everyone’s expectations! All of the sprints also were extremely great to watch throughout the various year groups. The 300m sprint was very tight, the 200m sprint brought tension to the crowd, and then the 100m sprint was very fast and furious!

Luckily I was able to interview some of the athletes right after their race. Chrissie Quintero Hunt in Year 7 stated how nervous she was about racing, but that she felt extremely good as she crossed the finishing line. One student, Jardine Hodgkins, got silver in her race and was extremely proud of her event. One of the most eventful races to watch was the relay as everything changed at every moment during it! We asked Lily Hawkins how she felt about it – she described how her legs felt like concrete and she was very happy for competing. We at the Insight believe that all competitors did a brilliant job during Sports Day.
A huge thanks must go to the crowd. They were full of support for everyone racing and it was extremely exciting to hear the shouts and cheers from the students and teachers alike as the events took place. This was also commented by some of the competitors after their events; Luke Simmons, a Year 9 student, stated how it was really nice hearing the audience cheering and supporting him.

Finally, The Insight turned to Mr Broom to ask him how he felt Sports Day went. As Head of P.E, Mr Broom was a very important part of Sports Day as he led and managed the whole day. Mr Broom stated “It was a very successful afternoon. All Year 13 helpers did very well and I would like to thank them. It has been organised. Everyone has been in the Sports Day spirit and the wonderful crowd has been really supportive.”

We would like to echo Mr Broom’s words here at the Insight. Ryder was our winning house, and they competed very well, however we really felt our school united together through the sport. It was an extremely great day to be part of Stowupland High School and I think this newspaper would like to thank every member of staff and student that was part of organising the event. Well done everyone!
- Culture -

A poem written by Lily Hibbert, Year 12

It sparks through my veins,
Lights up,
A current flowing through my body
Synapses responding with every connection
Every part of my life consumed
Transformed from what it was previously

The music lilts like a Summer’s day
A different dance that ripples through every part of me,
As though I am one wave
In this sea of a world
Flowing and ebbing to the rhythm
that I find within other’s
a pulse within each of us that cannot be matched by anything else

It's invigorating,
how what I think in a pinprick of a moment
Is also a thought reflected in another language
The only difference in the word’s on the page
our letters
curling and intertwining in different directions
yet the intention the same

It’s the diverse tastes on my tongue,
different and crackling with rich electricity found in the air
It’s the oxygen I breathe
It’s the countries I see
It’s culture
- Jekyll and Hyde Performance: A Trip to Remember! -

On Thursday 14th October, a selection of Year 10 and Year 11 students were given the extremely exciting opportunity of attending the Jekyll and Hyde theatre trip in Bury St Edmunds. Jekyll and Hyde tells the story of Gabriel Utterson, who hears the story of a man trampling a young girl on the streets of London. To his absolute horror, he discovers that his good friend Dr Jekyll is a close acquaintance of Mr Hyde, and worries that Jekyll is being blackmailed. Utterson, enraged from what he hears, decides to find out who Mr Hyde is and try to stop him from corrupting any of his friends.

Although there were a variety of changes from the original story – including adding an extra character to the show – it was a thoroughly good show to see. Various students reported back that it was one of the best performances they had ever watched and has helped them to imagine (and understand) how plays should be performed on stage. Huge thanks must be made to Miss Curtis who organised the trip, as well as Miss Green who also went to help ensure the smooth running of the day. All in all – a must see!

- The Matilda Trip: A Fantastic Day Out! -

An article written by Lily Hawkins, Year 9

The Matilda Trip was a highly awaited school trip for many students who are involved in the school’s stage production. Around 50 Stowupland High School students could not wait for this event and the atmosphere, as everyone got onto the coach, went from happy to extremely excited.

As the coach made its way to London, the tension and excitement grew even louder. The journey went on for nearly two hours and when London approached the chatter increased – including conversations about the famous London landmarks including the London Underground! We at The Insight were so excited to be inside the theatre in particular. It was a tense atmosphere in there as we all couldn’t wait for the production to start. The stage design particularly had us in a trance; it was so good. The production was absolutely fantastic and we had an amazing time. It really lived up to expectations. We would like, at the Insight, to say a BIG thank you to: Miss Lear, Miss Pollard, Mr Tanswell for making the Matilda trip possible. It was a great day.
One current social issue that has recently been raised is the Texas abortion law, one of the so called “heartbeat” bills that has managed to pass through the social justice courts despite the efforts of the US Supreme Court to block it. This law is one of the most radical to have passed in US history, and serves as an almost near – total ban on abortion, also meaning that any private citizen is able to sue an abortion provider who violates the law, which could further lead to harassing lawsuits from anti-abortion groups that could cause an end to clinics within the state. The Senate Bill 8, passed through the Republican – dominated Texas legislature and therefore signed into law by the Republican governor, Greg Abbott, bars abortion once embryonic cardiac activity is detected, which is usually around only six weeks, and doesn’t offer any exceptions for cases of pregnancy that couldn’t have been stopped by the people having to carry the baby, such as rape. As a result of this, it will probably force many abortion clinics to close, preventing the majority of Texas women (85%) from accessing abortion care. Many women will also be prevented from accessing abortion care due to the fact that it’s extremely difficult to be aware of a pregnancy as early as six weeks, the effect of carrying an unwanted child throughout a pregnancy causing a great deal of psychological stress for those forced into that position and also causing many long-lasting mental health issues that could be avoided if this law wasn’t allowed to pass through the courts.

Even though President Biden has made an effort to prevent the bill from taking effect, stating that the bill completely goes against the constitutional right established under the Roe V Wade human rights law, the effort was a last-minute attempt and so it’s likely that more could have been done to prevent this bill from being passed as soon as it has. Although many other bills have attempted to be passed in recent US history, their efforts have never been successful, and so this is what makes this bill even more devastating for women and those who are able to carry children, and there’s been an obvious violation of human rights taking place and a clear step back in equal rights for women has occurred. As a consequence of this problematic bill, many large abortion and equal rights charities have launched several petitions and open letters aimed at the Texas state, as well as the US Supreme Court, hoping to enact change and attempt to minimise the damage that has already been inflicted with this bill coming into action. For those who would like to sign any of these, there are a couple linked below:

https://www.weareplannedparenthoodaction.org/a/we-must-fight-back

https://www.change.org/p/governor-greg-abbott-fight-against-texas-new-abortion-law
One exciting opportunity at the school is the Manga club, which is a space for those interested in manga, as well as anime, to explore the books that they’re reading and share lively discussion with people who have similar interests. This club is held weekly in the school library, at a lunchtime within the week, with all years being invited to participate – due to this, there’s a huge possibility of making new friends within the club, also offering a place for those who perhaps aren’t always comfortable in larger groups to fully explore their interests and talk about their hobby of reading manga (a style of Japanese comic books and graphic novels aimed at a wide audience) with those around them.

As well as reading manga together, there’s also the opportunity to participate in other activities surrounding manga such as drawing different characters from Manga and also watching Anime (a style of Japanese film and television aimed at both children and adults). Upon interviewing one of the participants of the group, Emily Edwards, I was told that some of the Manga discussed include; My Hero Academia (HA for short), Attack on Titan, and Assassination Classroom, some of which have been adapted into well-known animes themselves.

Emily also mentioned that there’s the possibility of a professional manga artist coming in to see the club, which would be an insightful experience for anyone thinking of a career in this industry. Another participant that I interviewed about their interest in manga was Angelina Wright, who has drawn some manga pictures for this edition of the school newspaper. Angelina first began drawing manga as she wanted to try something new, having previously worked in different art forms, and was also inspired by her friend to try this new style of drawing. When working on her art, Angelina typically works from either manga novels that she has read or from the internet, both of which help her to produce her own interpretations of the pictures that she’s working from. Whilst many people may have never thought to read manga before, it’s an amazing opportunity to learn about a different culture other than our own and is also a good way to explore different writing styles, with the Japanese style of writing being read from right to left, rather than our traditional way of reading from left to right.

Furthermore, research also suggests that by reading manga your mind has the ability to become more flexible due to the different writing style that you’re encouraged to read in, and also suggests that this style of reading is one of the more suited writing styles for those with dyslexia and who are on the Autism Spectrum, due to the multimodal nature of the books focusing on images and visual language rather than strictly a descriptive form of writing.
On Thursday 14th October, Stowupland High School students took part in the Suffolk Schools Cross Country competition. These students competed in 6 races; the minor girls race, the minor boys race, the junior girls race, the junior boys race, the inter girls race and finally the inter boys race. A chart shows what time their races took place, as well as the distances the students ran!

<table>
<thead>
<tr>
<th>Race Type</th>
<th>Distance (m)</th>
<th>Time (h:mm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minor girls</td>
<td>2200</td>
<td>13:00</td>
</tr>
<tr>
<td>Minor boys</td>
<td>3040</td>
<td>13:10</td>
</tr>
<tr>
<td>Junior girls</td>
<td>3040</td>
<td>13:25</td>
</tr>
<tr>
<td>Junior boys</td>
<td>4040</td>
<td>13:45</td>
</tr>
<tr>
<td>Inter girls</td>
<td>3740</td>
<td>14:00</td>
</tr>
<tr>
<td>Inter boys</td>
<td>5240</td>
<td>14:15</td>
</tr>
</tbody>
</table>

The races were gruelling and tiring, however we as a newspaper and as a school team were extremely proud of the outstanding effort students at Stowupland High School went through! Various students reached the next round and we would like to congratulate those that did. We are sure to support those that continue. We would also like to thank Mr Dick for all the organising and support he has given us with Cross Country.
- A Book Review -

Written by Chiarah Ruby-Budd, Year 7

A Kind of Spark by Elle McNicoll
Pages:187

A Kind of Spark is a brilliant novel starring Addie who has autism. Through the book we understand her point of view as Addie is the narrator. Therefore, we follow Addie on her journey to change a stubborn town’s mind on the difference of being good and being kind. It is an outstanding book that will really capture your imagination. I would definitely recommend it.

Where to find the book:

- Our school library
- A local bookshop
- A public library

The blurb:

Addie knows exactly who she is. Addie knows that sharks are more interesting than dolphins, she knows her favourite words in the thesaurus and she knows her older sisters are opposites.

And when Addie learns about the witch trials that happened in her hometown, she knows there is more to the story of these witches just like there is more to her. As Addie tries to get her small town to get a memorial for the witches, this can challenge the way they see her.

- Manga club -

Written by Mark Worthington, Year 7

Manga is a popular type of book amongst the school and Japan. Manga is said to originate from scrolls in 1603. It survived but changed drastically to the manga we love today. Manga like Tokyo Ghoul and Boku My Hero Academia are all available in the library, where you can sign up for a new manga club, led by Mrs Burns in the library. You can draw, read and chat with friends. Ask Mrs Burns for more information – you’ll be sure to love it!
- Thomas’ Puzzle Corner! -

Across
1- You carve us
2- We cackle all night long.
3- A floating pale figure

Down
5- Brainless dead
6- Trick or ____
7- Electric storm
8- A vampires nightmare
Can you find two more BONUS words related to Halloween?

- Mystic Matilda -

Astrology isn't always set in stone or entirely accurate but it's always fun and interesting to read what is supposedly happening in each of our lives. It, whether we want to admit it or not, gives us peace of mind and reassurance of our future which we all want as young, thriving students.

Zodiacs show us fragments of our future and if you don't know yours, they depend on when your birthday is. As well as this, each has one of the elements - fire, earth, water or air.

ARIES

(March 21 - April 20) ♈-Fire

This is a Time of great spiritual growth for you, making it even more important to surround yourself with those who love you and share your beliefs. Be willing to accept help from others.

TAURUS

(April 21 - May 20) ♉-Earth
Congratulations, this month you could get positive recognition for your work. Your plans will work out perfectly and it’s time for you to shine. Brilliant new ideas will present themselves to you and success is all but assured. Express yourself openly and honestly, knowing that those surrounding you are trustworthy. Be open to unexpected opportunities this month.

GEMINI

(May 21-June 21)♊-Air

There could be a lot of things going on for Gemineyes in the month of October that could make them feel overwhelmed. You might be extremely busy with work that you love.

CANCER

(June 21 - July 22)♋-Water

Things are working out beautifully and you know what your next big project will be. You may choose to continue to build upon your successes or move on to something entirely different.

LEO

(July 23 - August 22)♌-Fire

Life could be feeling a bit out of balance for use in the month of October. You make your work fun as you could be working multiple jobs or trying to make a change to your dream career. It’s important to keep things light and stay in touch with your inner child.

VIRGO

(August 23 - September 22)♍-Earth

Events that seem to be on hold suddenly require all your attention. There is no time to sit and ponder. You’ve got to get moving. Review the details as best as you can. You could meet someone with a very quick mind who instantly grasps what to do. This could be work related.

LIBRA

(September 23 - October 22)♎-Air

This is a time when you can do whatever you set your mind to if your heart is open. You are being asked to do many things at once. You won’t mind as long as you know you’re making a difference. You can absolutely handle any challenging situations with grace this month.
SCORPIO

(October 23 - November 22)♏-Water

It’s time to clean up your life Scorpios! Get rid of anything that plateaus your space or makes you disorganised. People who take from you but don’t give back should be released as well! You could be offered opportunities this month that could make you self-reliant.

SAGITTARIUS

(November 23 - December 21)♐-Fire

Memories could fill your heart with many emotions this month Sagittarius. It’s important to remember your past accurately, without seeing it as better or worse than it was. People who used to know you returned to your life unexpectedly.

CAPRICORN

(December 22 - January 20)♑-Earth

There is a win-win solution for you this month of October. The strength and diversity. By blending the ideas of other people with your own, you can often come up with a solution that’s magnificent.

AQUARIUS

(January 21 - February 18)♒-Air

This is a magical time in your life when wishes might be granted and dreams could come true. It may seem that good luck is following you, but actually, these happy times are your rewards for being a lovely and wonderful person Aquarius.

PISCES

(February 19 - March 20)♓-Water

You may feel as though you’re restricted by circumstances you find yourself in, but that’s just an illusion. Make a promise to yourself to refuse to be stuck in a situation that’s making you unhappy. Don’t wait for someone to come to the rescue when you can for yourself.

Enjoy your horoscopes but be patient :)  
-Matilda Wakeman
Hello! I’m Agony Aunt Chloe, here to answer all of your questions. Unfortunately, I have only been able to include a few for this edition. However, your favourite Aunt is always here to help!

**- I’m worried about older kids bullying me. What should I do?**

Firstly, I would like to begin by saying not all older kids are mean – for example, they only put a bully on TV shows to make them interesting. But if you do ever feel like you are being bullied (whether online or in person) then you must tell a teacher, parent/carer or an older friend who can help work things out. Teachers and carers are always there to help. The last key thing to remember is you are never alone and that normally the reason people bully is because they are jealous of you. You are worth far more than the bully.

**- What if I lose something during the school day?**

If you ever lose something, the things to do are:
1. Retrace your steps – go everywhere that you were that day.
2. Ask your friends who you had hung out with that day – they may have seen it or taken it accidentally/to help you.
3. Check lost property – Everything someone else has found goes there.

Tell a teacher if it is in PE and it is your PE kit missing – they can ask the group you are with if they have it or have seen it.

But the best way to prevent this from happening in the first place is to:
- Label everything so it is easier to find.
- Before you leave each lesson, check that you have everything with you to minimise the chance of losing stuff.
- Make sure your bag is always shut.

That’s it from me today. If you have a problem that you’d like me to answer, please tell Miss Leadon (who has a confidential Agony Aunt box in her classroom) or write it down anonymously and hand it to Miss Leadon. I look forward to answering more queries next term! Remember… I’m always here!