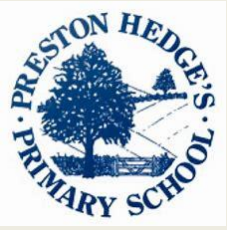


# THE PRESTON PAPER

## THE END OF YEAR EDITION



### The final countdown

BY KRISH NOTAY, JULIA NYAMATORE,  
GRACE WITTICH JACKSON AND  
HARRISON COHEN

Our end of year edition is finally here!

The summer holidays are just around the corner and we have a little surprise just for you. This newspaper is (if you didn't already know) about celebrating people's differences. Having differences and things that make you unique is absolutely FANTASTIC and we as Preston Paper want you to know that you should be proud of who you are.

This newspaper is a celebration of everybody at Preston Hedge's and a reminder to all of our readers to be kind and friendly to everyone you meet inside and outside of school.

Now enough of our talking, get reading!

### Equality and diversity

BY AANYA THOMAS, HARRISON COHEN  
AND JOSHUA LUSI

As the equality and diversity team, we have done our best to improve our school. Our aim is to educate the school about important matters and ensuring everyone is able to make a difference in their community. Through educating our school, Preston Hedge's students may be able to educate the world.

So far this year we have worked extremely hard to organise events and cooperate with other school teams. For example, we have done multiple assemblies for our school about women in science, empowerment and knowing who you are. We have also learnt about inspirational people such as Lewis Hamilton and Martin Luther King for Black Lives Matter. Our school has made the equality and diversity team's job a lot easier so we would like to thank you all for co-operating with us. We would also like to thank Preston Paper for letting us have an article in their newspaper and Mrs Straiton for supporting our team and making everything possible.



### A diabetic life

BY CHARLOTTE INGRAM

Diabetes is a condition that effects your pancreas. Type 1 diabetes causes the level of glucose (sugar) in your blood to become too high. It happens when your body cannot produce enough of a hormone called insulin, which controls blood glucose. I need to take insulin every day to keep my blood glucose levels under control. If I don't keep this under control, I could have a hypo or hyper. Another thing I need to look out for is ketones, which I monitor through my Libre scanner. Ketones are a chemical that your body uses for energy.

On a daily basis, I need to carry several things with me. These include: A finger pricker, an injection pen or Omnipod, needles for the injection pen, Libre scanner, test strips, fast acting sugar food (orange juice, lift tablets, skittles, jelly babies and Maoams are some examples).

Before I eat, I need to carb. This is where I inject or use the Omnipod to inject insulin, which helps your body use sugar for energy. If I ate a sugary food without 'carb'ing, I would be extremely hyperactive or feel really dizzy and tired. Some carb free foods are: cheese, Pepperami, cucumber, carrots, tomatoes, lettuce and eggs.  
*(continued on page 2)*

### End of year quiz

*Test your general knowledge with this quick quiz*

1. Who was the first man to walk on the moon?
2. What are the four oceans called?
3. How many sides does a hexagon have?
4. What are the names of Harry Potter's parents?
5. Name all the members of the Madrigal family from Encanto
6. What sort of animal is the video game character Sonic?
7. What name is given to animals that only eat plants?
8. What are the three primary colours?
9. What is a baby goat called?
10. What are the 6 Preston Hedge's values?

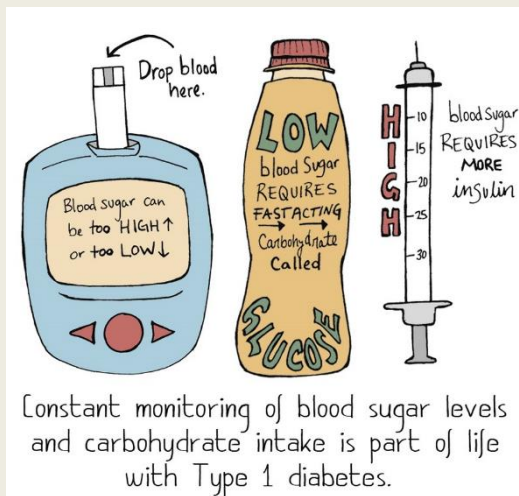


## A DIABETIC LIFE (CONTINUED)

BY CHARLOTTE INGRAM

Life with diabetes is very tiring. When I first got diagnosed with diabetes during Covid, I was a little afraid and worried what my friends would think. But I had nothing to worry about. My friends were really supportive and they understood everything I told them.

Having diabetes has made me realise how strong and determined I am. I hope this article has made other students see that it is ok to have differences and to celebrate how unique they are.

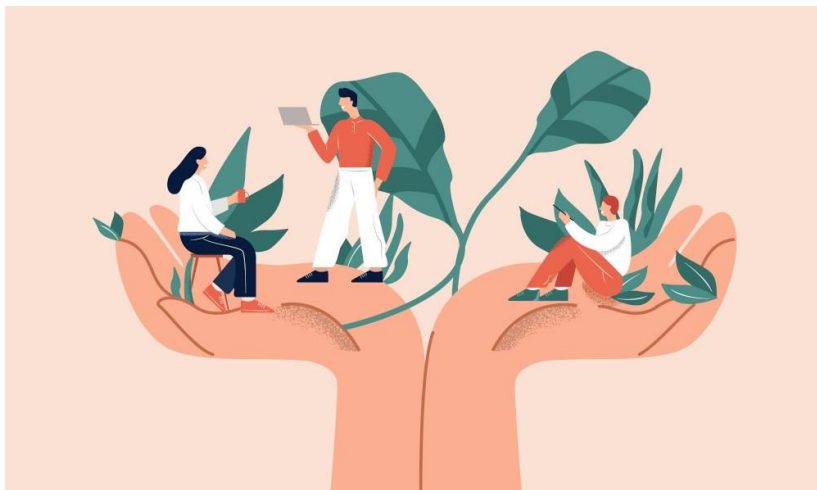


## Ways to wellbeing

Try these methods to improve your wellbeing

BY EVIE JAMES

Lots of people in the modern world don't spend enough time to stop and appreciate the world around them. This might be because they are too busy and feel they can't waste time on their wellbeing. If you feel pressured, angry or upset then there are some things you are able to do to improve your wellbeing



First of all, crafts and art! It helps you feel more relaxed and calmer. You could also put some music in the background. Maybe you could draw a few things you like; it makes you feel relaxed and nice! Do some crafts and let your hands do your work while you enjoy a day-dream.

Another thing you can do is some reading. It may be surprising to hear, but a lot of people don't like to read! This is such a shame as there is a book out there for everyone. Read on your bed if you can't go to sleep, you could even use your imagination to write a story. It helps you get better in English, Math, Science, Music, Curriculum, Geography and much more. If you are bored, read! If you like a specific series or author, search them up! Just try your best and follow your dreams and never give up trying to improve both yours and others wellbeing.

## Riddle me this...

BY KATIE WHITE

1. What has a ring but no finger?
2. What has keys but cannot open anything?
3. What has rivers, but no water, cities, but no people and streets, but no houses?
4. What has holes but still holds water?
5. If you've got me, you want to share me. If you share me, you haven't kept me. What am I?
6. I shave every day, but my beard stays the same. What am I?
7. I never ask a question, but I am always answered. What am I?
8. What is in front of you, but can never be seen?
9. What has many teeth but doesn't bite?
10. I am on the ground, but I never get dirty. What am I?

## GETTING TO KNOW EACH OTHER

Get to know members of your school with this end of year treasure hunt

Sometimes talking to an unfamiliar teacher, or even a student in a different year group, can be a scary experience. So, we at Preston Paper decided that the perfect thing to do before the end of the school year would be to arrange a 'getting to know each other treasure hunt'! The aim of the game is to answer all the questions below and write them on a piece of paper. The first 3 students to collect all the answers will be given a prize, and the next 7 will receive a cooperation gem for their class. What are you waiting for?! Get moving!

1. What is Mr. Medley's dog called?
2. What is Mr. Ayres' favourite drink?
3. What is Krish Notay's (5M) favourite superhero?
4. What is Luke Bonner's (5P) favourite Star Wars film?
5. How many pets does Miss Philpott have?
6. What is Miss Cadge's favourite colour?
7. What is Mr. Robinson's favourite type of music?
8. What is Freya Richards' (3S) favourite biscuit?
9. If Molly Wittich-Jackson (6A) was a pizza, what would she be?
10. What is Nicole Weng's (4B) favourite film?

When you have answered all of the questions above, take your answers (on a piece of paper with your name and class) to one of the newspaper team. Good luck!

## HOW YOU CAN MAKE THE WORLD A BETTER PLACE

BY ELLIOT FRASER-ALLEN

Here are some things you can do yourself to help the world become a better place:

- Be kind to everyone
- Don't waste things, especially food
- Help people who have less than you
- Help animals (especially endangered ones) survive in the wild
- Help people in need
- Help plants and wildlife survive

If everyone worked hard to do all of these things every day, the world would become a better place in no time!



## Glorious Gujarat

BY DARIAN TAYLOR

My religion is Hindu but I am writing about Gujarat because it is my background and I am extremely proud of it. Gujarat is a region in India on the west coast. It is renowned for its beaches, temple towns and historic capitals. It is believed that Gandhinagar, which is a city situated 23 kilometers from Ahmedabad, is the greenest city in Asia. The city is said to have close to 50% of its land covered in greenery and with that much greenery, there is no doubt that the air is as pure as it can get!



Did you know Gujarat has 14 airports? This means you can fly in from practically any part of the country to any part of the state. This gives easy access to countless cultures that call Gujarat home. The cultures in Gujarat include Hinduism, Islam, Jainism and Buddhism.

Gujarat is also home to the Gujarat Titans, the IPL (Indian Premier League) cricket team, who won the league this year! My favourite player on the Titans is Hardik Pandya.

I hope you've enjoyed reading about my background and I hope it has inspired you to research your own background!

## Celebrating Eid

BY AYESHA MOHAMMED

A few days ago, it was Eid; if you don't know what Eid is, it's a celebration that is part of the Muslim religion. In the morning, we like to go to the mosque and pray. In the evening, me, my family and my friends go out to a restaurant together. Eid comes after Ramadan. Ramadan is when you fast for thirty days. We get eidi and presents (eidi is a gift that is given to children by older relatives or family friends as part of the celebration).

Fun fact – there are two Eids with two names, Eid al-Adha and Eid al-Fitr!



## Boys doing ballet

BY LEWIS ARMSON

Ballet is not just for girls; boys can do it too! In fact, anybody in the world can do it. You don't even need any special, fancy accessories, you just need the drive and perseverance.

### Why should I do ballet?

Ballet can improve stamina and it can also improve confidence. If you take a ballet exam at an early age, you are prepared for exams, such as GCSEs when you're in Year 11.

### My experience in ballet

I have done ballet for 7 years, and I have taken 2 exams. Examiners come into my dance school and they look for technique and stamina, but there are other examiners who might focus on presentation. I have made friends through ballet and it has improved me as a dancer in other styles, such as modern, tap and street.

So, what are you waiting for? Start doing ballet!

