

The Ramsey Ram



20th Edition

Sports Day 2019
Royal Baby
Parliament Visit
and much more...

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Editors' Notes

Hello, my name is Tazmin Sloat and I am in Year 10. I have been a member of the Ramsey Ram since it first started when I was in Year 7. One of the things I like the most about the Ramsey Ram is the variety of ideas that are expressed in different ways.

Hi, I'm Maximus Felton an editor for the Ramsey Ram and I am in year 10. I have been with the Ramsey Ram since year 7, just as it started. I joined the Ramsey Ram because I have always been interested in the various forms of writing. I have wanted to be part of the editorial team for a long time and now that I have finally reached this position, I want to influence and make a positive change to the team.

Bonjour, my name is Ellie Chatten. I joined the Ramsey Ram as soon as I joined Ramsey. I have published many articles in the Ramsey Ram and I'm now in Year 8. The reason why I joined and became an editor is because I enjoy brainstorming new ideas and exploring different opinions on significant topics.

Hey everyone, I'm Courtney Sloat and I am in Year 8. I have been a part of the Ramsey Ram since I first joined in Year 7 and was fortunate enough to recently be given the role of editor. I was drawn to the Ram as I liked the idea of working in a team and I am happy to say that the Ram team is one of the warmest and funniest I have worked with - don't be shy to get involved if you want to!

In this issue.....and more!!



Endeavour wins again!

On Friday 28th June, all year groups took part in sports day. During period 1 year 10 went out to compete in the team sports. There was plenty of action to see in football, netball, tennis and rounders. Year 8 went out period 2, year 9 went out period 3 and finally year 7 competed during lesson 4. Classes were able to go out and support their teams and everything came down to the relay races in the afternoon.

When the bell went after lunch all houses assembled in their areas and prepared to march out to the field. Ms Ralph and Mr Downes were sporting Mario and Luigi costumes to ensure that Endeavour stood out amongst all the supporters on the field. Aspiration had music playing and Diversity created a sea of red banners - everything was in full swing as the runners took to their starting places for each race.

The points were very close and Mr Child created a great deal of suspense as he read out the final standings. In third place was Diversity, second place went to Aspiration and Endeavour won by a single point! Endeavour erupted into cheers and jubilantly jumped around. Congratulations to all that took part!

Sophie T. (year 7)



Endeavour: 206: Aspiration: 205: Diversity: 188

Year 10 Focus Day Biology Trip

On Thursday 20th June, our last focus day, a group of both Triple and Combined GCSE Scientists went to The Daws Hall Nature Reserve in Sudbury for an enrichment trip in Biology. The day started off with a quick briefing about the aims of the Trust and the kind of opportunities it offered - the Reserve covers 25 acres of land and houses a large variety of different organisms in each different section of the reserve - there are even several beehives dotted about one of the main gardens!

Prior to our visit, the organisers had set up traps for a myriad of different animals so that we could see them - the first set of traps held mice and voles, some of which were happy to be observed and passed around the group - others made a run for it and headed back into the grass before we could get a good look at them. Next up were an amazing variety of different moths that were sleeping in their trap - they ranged dramatically in size and colour.



After these observations were made, we headed out into the fields to do some fieldwork and take some samples -

first we had to build a collection of the different variety of plants/flowers available and label them correctly before then analysing a field sample square by sample square. It was quite tedious, but it tested your understanding of the different plant species and was representative of the work people carry out in this subject area every day.

The last task was arguably the most fun - finding organisms within a small stream that ran down the side of one of the fields. This required wellington boots - using a net, we had to take a sample from the stream, and we did so effectively by pushing up the bed in front of where the net was held.

Once a sample had successfully been procured, the water was searched for

a variety of different water species, some of which were easy to spot, and others not.
By Tazmin S (Year 10)



Year 8 Focus Day: The Game of Life

This year, Year 8 spent the whole day playing our versions of the Game of Life. We had to picture we were 25 and we had to pick our job and find out if we could live on what we would have been payed. We have to figure out what our spending would be every month for everything you will need and may want; our job, monthly food bill, monthly house bill, monthly car bill, how much you have to pay in tax monthly and any other expenses. We had most of the day to have a bit of fun and see what we could do with our money.

In the last lesson we had to put all of our findings together and figure out what job, car, food and other expenses that we could afford and some found out they could live off of the job/car/other things they chose, whereas others wouldn't be able to live off their job/car/other things they chose. Overall it was a good day and it really opened up some people's eyes as to how much money you actually need to live by yourself.
By Courtney S.



Anonymous Poem

Sun sinisterly smiling,
smiling down
down on the rolling wave of hills,
hills being walked by the
slender pencil children
towering the trees and
orbiting the rosy roses
with their lanky stick poses
grass grazes the white
canvas like the blue break
the fluffy vastness.



Teacher Talk – Miss Danino

1. Have you always wanted to be a teacher?

No, I haven't always wanted to be a teacher because I was really naughty in school and I didn't follow rules very well.

2. What has been your biggest achievement so far in life?

That's a hard question, I would probably have to say when I competed in show jumping (horses).

3. Did you ever get a detention in school?

Yes, I actually got quite a few for not doing my homework and for being very naughty.

4. What were you like at school?

As I have said earlier, I was not the best student and I got told off a lot.

5. Why did you decide to teach PE and were you good at PE in school?

I decided to teach PE because I was very good at sports in school and I was in all the sports teams and I love to be healthy.

Bonus Questions.

Would you rather travel by aeroplane or by boat to a holiday abroad and why?

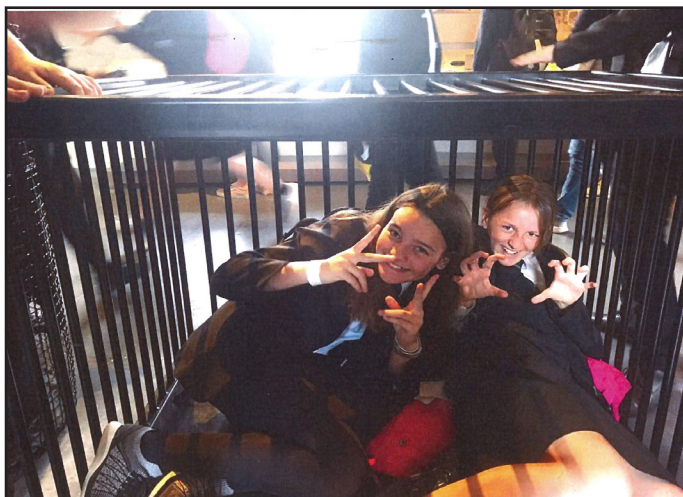
By aeroplane because it is actually the safest form of transport to go aboard.

What is your favourite food and why?

Probably pizza, a pineapple and ham pizza because it is a family tradition.
By Courtney S and Ellie C



Tower of London Trip



On Thursday 20th June 2019, year 7 got the amazing opportunity to visit the Tower of London. We left Ramsey at 7:50am and arrived in London around 9:50am. We were split into groups and explored all the different exhibitions in and around the tower. It was a fascinating trip as we got to look at all the king's armour and the king's bedroom, which had a massive four poster bed, desk and open fire.

Inside the tower, we also visited St. John's Chapel, which was a lovely church filled with candles and peaceful music echoing throughout the building.

When we were on our way to the coaches, we stopped to observe a clever Raven, who appeared to be eating a bin liner, but seconds later has retrieved a massive hot dog still wrapped in its bun! It was a really enjoyable trip and we felt like we had learned a lot.
By Sophie T and Morgan N (Year 7)

Riverdale Review

It's another B and V team up!

Much to the horror of many citizens in Riverdale the town has become a crime scene. It all started 4th July at Sweet Water River where Jason Blossom was murdered!

To find out more about Riverdale watch it on Netflix.

I would rate Riverdale as 4.5 out of 5 stars and so would the majority of the public. Riverdale is extremely popular - most seasons get an average of 1.5 million views. I would highly recommend watching Riverdale as it is funny, exciting, interesting and gripping. By watching Riverdale Season 1 you can find out the mystery killer of Jason Blossom. If you enjoyed season one you will definitely enjoy season two, three and season four when it is released.

If you liked watching shows such as Jane the Virgin; 13 Reasons Why; Beverly Hills 90210; Pretty Little Liars or Super girl, then you will love Riverdale - start watching now and see if Betty and the gang can find Jason's killer! Read the next edition for a review on Season Two!
By Holly S (Year 8)



Heddingham Castle Trip

On Thursday 16th May, Year 10 History GCSE students visited Heddingham Castle - the site has been chosen as the topic of Local History that makes up a fifth of the grade awarded to students at the end of the GCSE course. The physical features of the castle are heavily focused upon throughout the course, hence why it was vital that the trip was conducted.

With the expertise of our History teachers from the Humanities Department, we were led through all five floors of the Keep as well as its elegant gardens. At the very top of the 110ft castle stood the remaining two of the four watchtowers that were originally built as a means of defence in the medieval time period. Underneath the roof was the dormitory floor, which was where, before the addition of the mansion house in the Georgian era, the owners (the deVere family) and any highly important guests would have slept, often in alcoves.

Beneath the dormitory floor was the minstrel gallery that stood just above the Banquet Hall - this was where musicians and entertainers would entertain the guests of the day during a ball. The Banquet Hall itself is reflective of the Norman time period in which it was built - chevrons decorate the plasterwork of the arches and stone above the fireplace.

The Hall is also host to the largest arch in a domestic building in Western Europe - the 28ft arch in Heddingham Castle is highly impressive still even today. The penultimate floor is the garrison floor, which would have been where soldiers and blacksmiths were stationed. The basement at the bottom was originally used for storing food and water, and it is known that there was also a water well on this floor as well.

Of course, in the centuries since its construction, the Keep and the grounds have changed dramatically, hence the absence of the forebuilding and drawbridge, the stunning mansion house that sits not too far off and the intricate design of the gardens and the lake that surround the castle. These changes are also key to note, as they are reflective of the castle's owners within different time periods.

The trip was very insightful and has had an impact on the lessons surrounding the topic - it is a lot easier to link knowledge and subject specific terminology to the physical features that we have seen first-hand. Although the spiral staircase was a bit tricky to navigate, all enjoyed the trip - especially the photos - and wrote some useful notes that will certainly come in handy in



Royal Baby



On 6th of May 2019 Prince Harry and Meghan Markle were delighted to announce that they had a baby boy called Archie Harrison Mountbatten Windsor and he was christened on the 6th July 2019. It was a private ceremony and it was just for family and the press and media were not invited. They also took the classic royal family photo as pictured below. It has been said that Archie will never be king because it will be prince William then his children so he might never get to be the king.
By Hannah S Year 8

Swimming World Record

On Sunday 30th July at Guilford, Sussex sports park, I got invited by my cousin Rory to take part in a 100X400 freestyle relay. He wanted to raise money for cancer research as both his grandmothers have fought against cancer and he gave me the opportunity to be involved. He invited swimmers from all over the country, including America to take part in the world record attempt. The old record that was set in Australia was 8 hours, 16 minutes and we beat the record in a time of 7 hours, 54 minutes.



And so far we've raised over £30K and still ongoing!
By
Rose V
Year 9



Reality TV Effects

The affect reality TV has on the stars: (This article contains talk about suicide, death and mental health) If you or someone you know is struggling with mental health contact ChildLine at 08001111 or the Samaritans at 116123. They are both open 24/7).

We all know reality tv isn't the best thing for our brains, but how has actually being on the show affected the stars? The horrible truth is, reality tv has a pretty high mortality rate. In fact, it has been claimed that 38 stars have taken their own life after having ties to the shows. The most recent death to this date (11/06/2019) is the suicide of the Love Island star and former footballer Mike Thalassitis. It has been reported that his body was found in a north London woodland area. It is believed that it was death by hanging. This happened about a year after he starred on the much-loved show, Love Island.

So, what actually causes mental health issues like, depression and suicidal thoughts? And why has it affected reality tv stars? Well, most people go onto these shows hoping to become millionaires but end up in debt, while others go under the knife after being made to feel ugly on the show. I did some digging and discovered that lots, if not all, of the stars say it was "the biggest regret of my life" one former Love island contestant-Zara Holland- says that being on the show completely changed her. She said; "I was tired all the time and I noticed a massive change in my personality. I kind of had no go-to at all and I wasn't really that happy." "I never thought I'd be able to get out of this dark place I went to. It was really hard. It was a very weird experience and I never thought I'd be able to get better."

Earlier this year she was referred to a psychologist and put on anti-depressants after she discovered that most of the things that triggered her depression came from being on the show.

I spoke to Melanie Jackson, a mental health nurse, about the issue, she said; "Emotional resilience needs to be explored before entering into any kind of contract with a reality TV show. Many of these kinds of shows have young people under the age of 25 and where the brain is still in development and they have not yet learnt the skills to manage their emotions or had much life experience. Where they are under so much exploitation, seen by the public, watched 24/7 and judged by the media the contestants of these shows are affected by other people's opinion of whether they are good enough.

Even if a person who has no attachment issues and no previous mental health conditions their core belief about themselves would be questioned by the constant judgement of others. From a person living a "normal" life to suddenly living a "celebrity life" can have a huge impact on their lives and surrounding families and if there are any negative thoughts that they previously had about themselves could increase and result in depression. In some circumstances depression can lead to thoughts of suicide which is an unbearable feeling of wanting to end their life. To prevent suicide of a contestant, an in-depth psychological assessment before the show should be completed as well as continued psychological support for when they come out." By Lois C Year 8

Geography Field Trip

This half term year 10 went on a Geography field work trip. We spent the majority of the day at Walton-on-the-Naze. Whilst there we did tests on the effects of long shore drift and studied the area around us. We looked at the different types of coastal defences and how they were used at the beach.

Later in the day we went into the local town to conduct surveys on local bystanders, we asked them a variety of questions about the reason that they are in Walton and to gather their thoughts about the coastal town. We also counted the number of cars moving in and out of the town over a set period of time.



For the last 30 minutes of the day we got to walk around the town freely to explore before getting back on the coach to get back to school. By Max F Year 10

Send My Friend to School Parliamentary Action Day

Ever since a residential training weekend in March, I had been preparing for the Parliamentary Action Day, and finally, it had arrived! The Send My Friend to School Campaign is one that many readers may already be familiar with, especially as it has a special place in so many different PSHE classes. The goal of the campaign is to fulfil the UN's 4th Sustainable Development Goal and unlock education for children globally. Every child should have the right to a quality education, hence I wanted to take action and join the campaign. Unfortunately, even in the 21st century, there are still 262 million children globally locked out of an education for a seemingly never-ending variety of reasons such as conflict; poverty; prejudice and a lack of resources. In January I had to undergo an interview to join the campaign and luckily, I was accepted – Max Felton and I became campaign champions, making the Ramsey Academy one of only ten schools across the UK to have Campaign Champions taking part in the Action Day.

By Wednesday 19th June, the Parliamentary Action Day had arrived. The day before all the campaign champions met up in London and organised last-minute preparations and reviewed the itinerary for the Action Day – we couldn't believe how far we had come. The next day dawned, and then, it was time to shine.

Unfortunately, due to issues with public transport, our itinerary had to be altered, but we still managed to make it to Parliament in good time. Before we even went through security, however, we took part in an organised photo stunt – using props including a cut-out of a school and keys, we managed to convey the idea of this year's campaign – Unlock Education for Everyone. It was then time to enter the Houses of Parliament, and excitement was buzzing in the air!

Making it through security without any incident, we were led to our first meeting of the day – meeting the members of the International Development Committee. It was here that we questioned two members, Stephen Twigg (Labour MP for Liverpool West Derby) and Henry Smith (Conservative MP for Crawley) about their approaches to international education and what they wished to do in the future. Although it was nerve-wracking asking two important MPs these questions, they gave fantastic answers and it was good to see that despite their political differences, they seemed to be in agreement overall.

Next was the MP Drop-In Session, where Max and I managed to speak to our local MP for Braintree, James Cleverly, promoting our cause to him and explaining how and why he could get involved. He seemed very engaged and since then has visited a Year 8 Class in order to talk about the Campaign and his visions for it. Aside from meeting Mr Cleverly, we also managed to speak to three other very different MPs – Bambos Charalambous (Labour MP for Enfield Southgate); Alistair Carmichael (Liberal Democrat MP for Shetland and Orkney) and Stephen Doughty (Labour MP for Cardiff South and Penarth). All had different knowledge of the campaign but all of them were eager to hear more and entertained the idea of helping to promote the Education Cannot Wait Fund and the campaign in general.

Finally, our last engagement was with the Minister Harriet Baldwin – we asked her a range of questions about the campaign and how we wanted her to help fund it. She was very pleased to speak to us and was openly honest and promised to do more in the future.

The entire experience was amazing, and it felt so empowering to speak to these influential people and be heard – they wanted to know what we had to say and weren't afraid to ask questions and wanted to help push our cause further. I wouldn't have been able to take part if it wasn't for the wonderful Mrs Price – she did a superb job of organising our travel in and out of London and continued to encourage and support me whilst campaigning. By Tazmin S (year 10)



Mr Cleverley's Visit

Last Friday 5th July, our local MP James Cleverly arrived to the 8H1 classroom in order to ask and answer questions involving the "Send My Friend to School" campaign.

The "Send My Friend to School" campaign is a campaign which allows children to get the education every child wants and deserves; no matter what circumstances they may be in, such as financial struggles, community issues (like crime), schooling conditions or problems with conflict.

We learned a lot about how James Cleverley feels and respects the "Send My Friend to School" campaign and why all children deserve an education. He explained his story about an African country that had been going through war, financial issues and diseases such as Ebola. Then he found out 2 years ago that the beautiful country had uniforms on and were finally going back to school after years. The children were excited, as the story portrayed. Young people from the UK donated school uniforms, raised money and did all they could so that the unfortunate children in Africa can be lucky to enough to get the schooling qualities that us children in the UK get for a great education.

James Cleverley said many great words that inspired us to be a part of the campaign. But there was one magnificent, inspirational phrase that stood out to us all, which was when he spoke to us all, saying "You can make a difference!" This made us all proud to be included in the great campaign that is the "Send My Friend to School" Campaign.
By Lucas & Yakup (Year 8)



The Hunger Games: Series Review

The Hunger Games trilogy was written by Suzanne Collins. The series contains the following books: The Hunger Games, Catching Fire and Mocking Jay. These books follow the story of a girl named Katniss Everdeen, it is set in the future, in a post-apocalyptic world in which only one country remains, Panem. The country of Panem is ruled over by president Snow and it has 13 districts and a Capitol. The thirteenth district was bombed and destroyed by the Capitol for reasons we find out later in the trilogy.



Katniss volunteers to take her sister's place in The Hunger Games, an annually held tournament in which one girl and one boy from each district are taken to the Capitol to train for a week and then, to an outdoor arena where they fight to the death for the capitol's entertainment. This is where our story begins...

After the games the story shows what happens to the ones who survived. It is said that once you enter the games you can't get out.

In the start of the second book Katniss finds out that a quarter quell has been announced (hunger games with a twist) and the twist is that the tributes are being chosen from the existing pool of victors. Katniss is the only victor in district 12... she's going back to the games. This triggers a spiral in her mental health, she plans to escape somehow... and manages to begin a rebellion.

In the third book the rebellion catches, and a war begins, will she fight? Will she win? Will the capitol be taken down once and for all?

Personally, I loved the series I would give it five stars. My only criticism is that the last book doesn't give enough information to wrap up the series.

By Lois C Year 8

Avengers Endgame Review

Endgame is the last instalment of the Avengers storyline, and this three hour ending to the story was full plenty of familiar marvel characters and familiar stories such as Thor, Captain America and the Avengers assemble.

The movie basically starts off about a week after the end of Infinity war with Iron Man and Nebula trying to get back home and after that comes a real whirlwind of excitement, heartbreak and thrilling adventure. If you haven't seen any of the Thor movies, Avengers Assemble, Avengers Infinity War and Captain Marvel have a movie marathon before you see Endgame. By Hannah S Year 8

