

# The Ramsey Ram



**6<sup>th</sup> Edition**



## Happy 1<sup>st</sup> Birthday to the Ramsey Ram

**Easter special**

**BBC News  
School  
Report**

**Teacher Talk**

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## Editors' Notes



Hi! My name is Jasmin Selby, I am a Year 8 and one of the editors for the Ramsey Ram! If you have any ideas or would like to contribute anything to the Ramsey Ram - There are meetings each week on a Friday lunchtime at around 1:25. I am also one of the writers for a new feature coming out this school year called 'Teacher Talk'.

Hi! My name is Tazmin Sloat and I am in Year 8, I have been part of the Ramsey Ram ever since it started. I enjoy it because there are always new ideas to explore. My favourite subject is English, which is partly how I joined the Ram. I hope you enjoy this edition!



## Easter Egg Hunt



Find all the Easter eggs hidden in this edition of the Ramsey Ram to be in with the chance of winning a prize for your tutor group. If you think you've found them all email Miss Siseman with the total at [hsiseman@ramseyacademy.com](mailto:hsiseman@ramseyacademy.com).

The first tutor group to submit their answer will win a prize.

Winners will be announced after Easter.



# The Importance of Easter

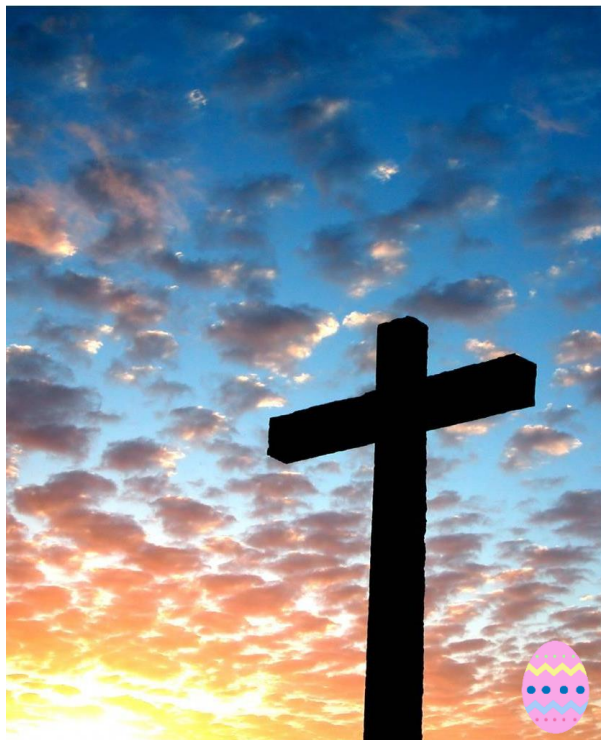
Easter is the most important festival in the Christian calendar. It celebrates the resurrection of Jesus from the dead, three days after he was executed. The Easter Story is at the heart of Christianity. Please don't instantly stop reading though because 'God isn't real' or 'I don't believe in that rubbish' because thousands of people do.

Whilst you're eating your Easter eggs and enjoying Good Friday off, which no doubt you will do, take a minute to appreciate how we are blessed with these luxuries and what Jesus had to go through and compare that to the biggest task you've had to go through...there isn't a comparison is there? Easter Sunday marks Jesus' resurrection.

After Jesus was crucified on the Friday (now known as Good Friday), his body was taken down from the cross, and buried in a cave tomb. The tomb was guarded by Roman soldiers and an enormous stone put over the entrance so that no-one could steal the body.

On the Sunday, Mary Magdalene, followed later by some of Jesus' disciples visited the tomb, and found that the stone had been moved and that Jesus' body had gone. Jesus himself was seen that day by Mary and the disciples and for forty days afterwards, by many people. His followers realised that God had raised Jesus from the dead. Christians call this the Resurrection. We call the week leading up to Easter, Holy Week.

The Roman soldiers hated Jesus with such a passion that they put him through torture, he forgave them in the end though: bear that in mind as you go through your day, as you eat your Easter egg and as you enjoy your day off- remember that Jesus forgave his murderers. - Hannah Birch



# Ed Sheeran's Big Break Through



Ed Sheeran has sixteen songs on his latest album 'Divide'. 'Divide' was released on 3<sup>rd</sup> March and consists of some great songs. We have interviewed people around the school about 'Divide', Ed, and his music. Millie said that she loves his new album and her favourite out of the sixteen is 'Galway Girl'. The album achieved 451,000 purchases in the first two weeks of being released. It filled nine of the top ten spaces and is the number one album. The song 'Shape of You' has just logged its 9<sup>th</sup> week on the charts and has broken many records. - Jasmin Selby and Abigail March



# Teacher Talk!

This half term we interviewed Ramsey's Deputy Head, Mr. Leys.

**What were you like in school?**

I loved school. I went to an all boys school and played lots of sports like cricket, rugby and basketball. I was in every club.

**Did you ever get a detention?**

No. I went to school in Scotland and if you were bad you were hit with a leather belt. I got the belt once.

**What's your favourite colour?**

Blue

**Why did you choose to be a deputy head?**

I started off as a PE teacher. I decided then to be deputy head because I wanted to make a difference, and as deputy head you can do more within the whole school.

**How long have you been teaching?**

28 years this year.

**FUN FACT!**

Did you know, Mr Leys used to teach Miss Patching in Chelmsford and Mr Charlton here at Ramsey.



We also interviewed Aspiration's Raising Standards Leader, Mrs. Sims.

**What were you like in school?**

I was chatty, I liked being the class clown, but I worked hard and was on sports teams.

**Did you ever get a detention?**

No. I would get a warning then stop messing about.

**What is your favourite colour?**

Green, but it used to be blue

**What is your lucky number?**

4 because it's a nice even number and I have 4 children.

**What is your favourite part about teaching?**

I love seeing the student's faces when they achieve something. I like working with young people. With teaching every day is different. I like to be able to make a difference.

**Bonus Question:**

Why did you decide to be a languages teacher?

It is frustrating when you go to another country and you can't understand what the locals are saying and when the locals can't understand what you are saying. I wanted to share my knowledge of French and German with others. I have always enjoyed French and German.



# Ramsey Newsroom

On Thursday 16<sup>th</sup> March 2017, 12 students from year 7, 8 and 9 took part in BBC News School Report, along with Miss Siseman. We began our day by first having an exciting discussion about how the day was going to pan out and what our main goal was. Positively buzzing, we all went off researching individually then congregated together to vote on which stories appealed to everyone the most.

After we had decided upon our main three stories; Celebrities' wages, the new pound coin, and mental health, we then began writing our scripts and arranging interviews in our new groups. Our first job was to decide who we should interview. As our topic was Celebrities' wages a few of us arranged some interviews with Mr Lewis-James (to give us the



musical side of things), Mrs Price and Mrs Perrins (to educate us on the History of celebrities and music) and Miss Crabtree (to make us aware of celebrities impact around the world). After this was arranged, a few of us started surveying students with questions, some of us typed up questions for our arranged interviews and others began researching for our main script for our bulletin. We gradually completed these tasks which were challenging but successful. My biggest challenge was trying not to laugh- it was like the camera was a comedian, not ideal when you're trying to film in a short space of time!

Our morning was spent in preparation for filming then in the afternoon we focussed on the filming



itself. Period 5 was spent writing up articles and messages of thanks, whilst the I.T. technicians kindly edited our work to perfection! We then watched through our performances, there was a lot of laughter from everyone! We reflected on things that went well, such as the teamwork and written work; and things that did not go so well; such as timing during interviews (I may have accidentally spoken instead of Ellie during our bulletin...!) and controlling our laughter.

Overall the day was a great challenge, it tested us all to our limits, especially time management, however we had enormous fun working together and supporting one another. The room was such a wonderful environment to be in, and it was the nicest feeling when we all sat back and applauded enthusiastically when we were awarded our certificates. Thank you so much everyone for such a fun and educational day... roll on next year!  
- Hannah Birch



# Battle the Brain



Increases in mental health problems in children and young people has sparked questions about sufficient support and awareness of the topic in schools.

Over the past few years there has been an increase in the amount of diagnosed cases of mental health issues in young people. The total number of recorded cases has reached over 850,000, which has caused many members of society to question the awareness of, and support students can receive from their schools on the subject on mental health problems.

Mental health issues within children and young people are surprisingly common. One in ten children and young people are affected by a mental health problem, and research has shown that only 30% of these young people receive the appropriate professional support that they need. Surveys have shown that half of the teenagers that suffer with mental health illnesses try to cope alone and that a third of students don't feel confident enough to speak to an appropriate member of staff within their school.

Young people suffer with a wide range of mental health issues, some of the most common being:

- Depression
- Self-harm/ suicidal thoughts
- Generalised anxiety disorder (GAD)
- Post-Traumatic Stress Disorder (PTSD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Eating disorders

One in six young people will suffer from an anxiety-related problem and in the UK alone, 1 in 25 people are affected. How long the anxiety lasts depends on the individual themselves, but without treatment the problems can last for several years. Many people who suffer with anxiety suffer from panic attacks, phobias and general nervousness and worry.

Depression is one of the most common mental health issues, although most people think depression only occurs in adults. That is incorrect as in fact 2% of children aged 12 and under suffer from depression. It affects around 80,000 young people and in extreme cases, depression has been known to lead to self-harm, and even suicide.

The UK has the highest rate of self-harm in Europe, according to research. 1 in 15, and in some cases possibly 1 in 12 young people self-harm, whether it be by scalding, cutting or burning. Most young people, however, don't self-harm so badly that they end up hospitalised, or seeking medical treatment. On average, 200 15 to 19 year olds and 400 20 to 24 year olds commit suicide every year.

Eating disorders are actually mental health problems, which is a fact that some don't realise. Eating disorders are up to 10 times more common in girls than boys, with more than 1.6 million young people in the UK affected. The most common forms of eating disorders are:

- Anorexia nervosa
- Bulimia nervosa
- Binge eating/ comfort eating

These are just a handful of the mental health problems that millions of young people face every day. A petition has been launched to promote awareness and support available in schools. It has nearly 50,000 signatures so far, and its aim is simple: to make mental health education compulsory in primary and secondary schools.

The government has already agreed to give teachers the correct training to deal with the mental health problems that they may encounter within their students. Our independent research shows that 4 out of 5 students from the Ramsey Academy would be in favour of being taught about mental health problems that young people can have.

- Tazmin Sloat



# Ramsey Rice Crispy Cakes

## Preparation time: 15 – 20 minutes

What you'll need:

60g/ 2 oz unsalted butter

3 table spoons golden syrup

1 x 100g bar milk or dark chocolate

90g/ 3 oz Rice Krispies

## How to make them

Melt the chocolate in small bursts in the microwave or over a bain marie (in a bowl over a saucepan of simmering water)

Add the butter, cut in to small pieces, stir in till melted

Add the syrup, stir

Add the Rice Krispies and stir in to the chocolate mix, gently

Spoon in to 12 bun cases

Leave to cool.



# Journalist visits Ramsey Reporters

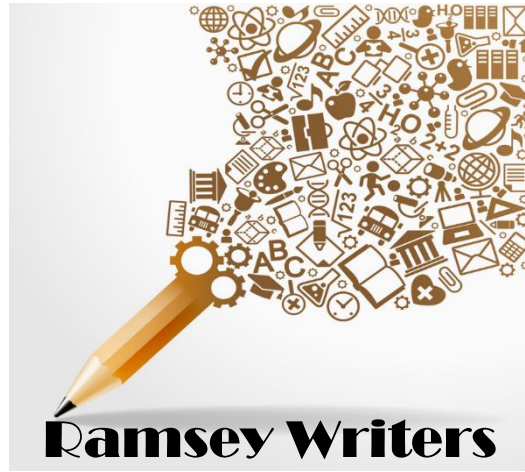
At the start of this half term a visitor from the Halstead Gazette came in to talk to us about being a reporter.

Sean Davies arrived on Friday 24<sup>th</sup> February and he described his role to us and gave us an idea of what his job is like on a daily basis. We asked him some questions that we had prepared for him, there were questions such as: 'What makes a good report?' and 'What is it like to be a reporter?'

Finally, he gave us some tips on reporting that would be useful for BBC School Report and the Ramsey Ram. It was an interesting and informative session



and many students are now keen to become more involved in the Ramsey Ram and BBC School Report.  
- Amber Selby.



I was brought up in North London.

I was successful in a lot of matters and by the age of eighteen I had a licence for more things than I could name; trained in most arts. Despite my success though, I still lived in North London. Despite this wonderful life, I was never grateful with what I had.

Most nights of mine I spent watching the television and the news was forever filled with casualties in Mexico, terrorist attacks, unknown attacks and clearly the worst police in the entire world, that's if there even are any.

So this is where my story went all wrong; I moved to Mexico, I desperately wanted to do something to improve this mess. Unfortunately, every night was the same- worried that I was going to be 'jumped'.

One night, a neighbour that I barely knew, was entering his house, a man in black followed. I ran, I felt the adrenaline in me; I smacked his head with my fist, unaware if the back-up behind me. A Molotov was thrown at me and burn; no more.

No more, I didn't know what had happened; I had woken up in hospital. A shy nurse told me that the use of my legs, left arm and right eye had been lost and my hand burned off completely.

This couldn't, and wouldn't be the end, over 4 years I had built equipment to help me survive and equipment specified to help me to kill the men that damaged me. I was coming for them.

To be continued...-Will Birch

### **Seasonal Poem**

Four in all,  
One contains a festive time,  
Full of happiness and cheer.  
The second is the birth of the new.  
A time of fun in sun,  
Is what awaits the third.  
The final,  
An array of colour,  
These are the four seasons,  
That shape each year.

Tazmin Sloat



# Troubled Teens

## Battle Bullying

Bullying isn't uncommon in most schools. Although many students have suffered at one time or another, most don't come forth to their teachers. Children who are bullied are more likely to experience depression, anxiety and even more insecurities than before being harassed. It is sad to think that one comment on Instagram or Twitter could cause loss of interest in favourite activities. People who have been bullied may have a change in sleep patterns or eating habits. A worry is that these issues are quite likely to continue into adulthood.

Children who are bullied will feel lonely, alienated from others and may show anger or sadness. In some extreme cases of bullying, the end destination is suicide. On average 200 15-19 year olds and 400 20-24 year olds committed suicide in 2011.

People who bully others are more likely to be involved with drugs and alcohol in adolescence as well as adulthood. They are also more likely to get into fights, vandalise property as well as drop out of school.

There are many ways someone can be bullied, be it verbal, physical, cyber, mental or peer pressure.

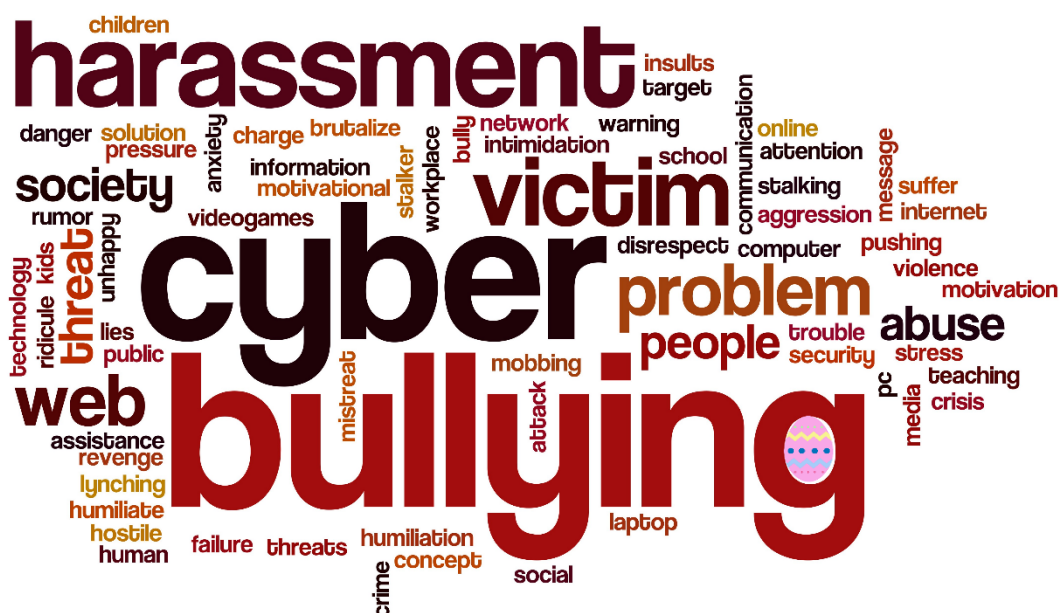
Verbal bullying is where someone calls someone else names, insults and other verbal attacks.

Physical is a far step above someone calling another a pig. Physical bullying is where physical violence is used to harm the victim. They may punch, kick, or slam their victims or even strangle in some cases.

Cyber is one type more used with the increase in technology. This is where someone messages someone with horrible content. It is technically a form of verbal bullying but it is on a different level, in some cases cyber bullying is nastier than verbal bullying.

Mental bullying is technically not a type of bullying it is the aftershocks of bullying. From where the bullying has brainwashed the victim's brain and are tormented by the previous encounters of their bully. The brain gets stuck on repeat with the horrible actions of their bullying.

Peer pressure is another problem for people. Dangerous challenges set by best friends or stupid pranks are hard to decline; if refused, this could result in bullying. Peer pressure is what people can use to stop smoking, win races but can also start smoking and drug habits. Sayings like 'Only once can't hurt' could potentially kill you and / or your future. -Amelia Slack



# Paper Towns Book Review

AUTHOR: JOHN GREEN

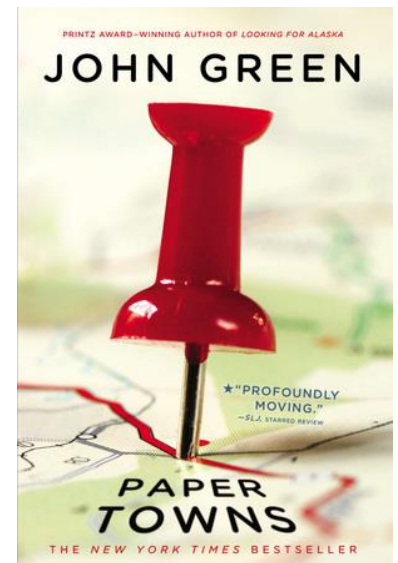
RATING: 8/10

"Paper Towns" is the second novel by John Green, the author of bestselling book and award-winning film 'The Fault in our Stars'.

It is about a geeky boy called Quentin Jacobson who has always secretly liked his popular next door neighbour, Margo Roth Spiegelman from afar. She is girl who is surrounded by mystery, as she disappears for days on end on an exciting adventure across the country, leaving no clues to her whereabouts.

Quentin and Margo have lived separate lives until now, when she takes him on an adventure of a lifetime...

The next day, Quentin goes to school, but Margo has gone missing...



## Micro:Bit

The Micro: Bit is a coding device that was planned, designed and created by the BBC. Their aim was simple, the Micro:Bit was to inspire millions of children throughout the UK to get interested in coding, and more importantly, computer science and technology. In recent years, the UK have faced a shortage of adults having careers in the computing sector. The BBC produced the Micro:Bit to change that.

The Micro:Bit is classed as a pocket-sized, codable computer. It can be coded via website links for computer/laptop, on by the official app for mobile devices. On the website/app, you can use a variety of different coding platforms, such as Python or Microsoft Block Editor. On the website, there are handy "lessons", which explain how to code certain ideas via the chosen software. We would recommend starting with Microsoft Block editor to code your Micro:Bit!

The Micro:Bit contains 25 LED red lights, which play the most important part in your coding. Either side of these lights are two programmable buttons which can be coded to activate something. The Micro:Bit has many features built in, such as an accelerometer, magnetometer, magnet and Bluetooth technology. An accelerometer is essentially a detector for motion, and a magnetometer is a compass which can detect the direction you are facing, your location and your movement in degrees.

Recently Year 8 were given a Micro:Bit each in computer science, and we were given a lesson on the basics of coding it and looking after it. There was a mixed reaction, as some people loved the whole project, whilst others were slightly dubious about its appealing nature. Overall, the project was a success. – Tazmin Sloat

# Easter Word search



Easter



P	B	J	L	W	L	E	E	L	T	J	E	X	O	R	T	D	Y	G	R	V	O	H
R	S	R	E	L	N	H	R	T	Z	D	L	W	R	C	F	V	W	W	M	I	R	J
S	C	E	N	X	R	B	U	L	P	D	O	Q	E	R	R	D	S	Q	J	H	X	C
M	V	T	T	F	Q	W	B	N	V	U	V	G	C	I	E	U	Z	R	W	I	K	N
T	L	S	G	Z	Y	Z	P	N	T	I	K	G	J	S	E	P	C	C	R	P	Y	Y
H	N	A	G	L	X	J	W	V	N	E	M	E	B	C	T	E	F	I	W	B	G	C
R	T	E	M	N	T	I	P	Q	V	V	A	J	T	R	H	O	Z	J	F	C	Z	L
E	H	G	Z	B	W	L	T	Q	B	O	L	L	S	U	T	O	M	E	B	I	B	G
K	E	B	U	N	N	Y	T	K	P	U	V	M	N	A	M	Z	C	B	L	Z	X	L
N	T	F	T	N	O	I	T	C	E	R	R	U	S	E	R	A	F	O	J	F	R	Y
F	E	T	Z	S	K	E	A	Y	Q	H	L	J	N	C	O	A	I	Q	L	O	N	W
P	K	M	S	K	C	I	H	C	U	N	H	C	R	P	I	F	W	C	G	A	C	Z
C	V	P	P	F	A	V	R	C	L	S	R	T	H	Z	M	D	B	E	B	E	T	O
E	D	B	E	H	O	L	Y	Q	F	Y	L	H	U	K	K	T	E	E	W	X	A	E
Z	N	U	K	O	T	N	J	A	S	J	Z	E	C	Z	X	H	L	R	H	B	L	D
S	I	L	W	C	F	U	S	T	Z	Q	L	S	N	C	W	G	Y	O	H	C	P	T

Find the following words in the puzzle.

Words are hidden ↑ ↓ → ← and ↘ .

BUNNY  
CHICKS  
CHOCOLATE  
CRUCIFIX  
EASTER

EGG  
HOLY  
HUNT  
LAMB  
LENT

RESURRECTION  
TOMB



# Ramsey Ronald

Dear Ramsey Ram,

I've been feeling very uncomfortable in PSHE at the moment as we are doing Sex Education. I know it sounds really stupid but I just get so insecure about my body and please don't even get me started on accidentally making eye contact with boys! I haven't had my teacher long enough to be able to say something to her but she doesn't really help the situation as sometimes she lets a little smile slip when she says a funny word. I just feel so embarrassed talking about it, it should be a private thing I feel or at least just boys or just girls, why doesn't anyone else feel like this? Sometime s the girls will even make sexual jokes which I think is appalling.

Also, we are only 13 so how has sex got any relevance to any of us yet? We aren't even allowed to do it for another 3 years, let alone knowing how to prevent it! In my opinion by allowing these lessons you are encouraging children to have sex younger, and making people like me feel excruciatingly embarrassed. How do I escape these weird classes without damaging my perfect attendance?

Dear the Ramsey Ram,

I've been feeling quite low about myself recently as one of my friends who used to be in a set below me is now in the same set as me and I've moved down. I always get lower scores than her and I can't fathom it!

I revise so hard yet she just sweeps in from late nights out and still manages to beat me, she used to be so dumb, so how is she suddenly amazing? I know this sounds ridiculously selfish and unsupportive but her constant showing off and impressive grades have pushed me to my limit and potentially back again. I promise that I'm not usually a jealous person, but as much as I hate to admit it, I am jealous! She is one of my closest friends but I can't keep up this act of being happy for her anymore, one of these days I'm going to snap. Please help me.



Hello,

Okay so there isn't any other way of wording this other than brutal honesty; people your age are having sex; therefore it is crucial that you are taught the importance of protection. Admittedly, you might not be aware of anyone having it, however I doubt it would be made public anyway.

Either visit a member of staff you trust and talk to them or express your fears to another pupil who could perhaps mention it to your teacher. Don't start picking flaws in the curriculum because whichever way you look at it there will always be more positive than negative points. This is why they are chosen specifically for you, your year and the nation. I understand you're embarrassed but please remember that everyone has the same parts, and perhaps the more you have to be open about it, the less embarrassing it will become for you.

I hope this has helped you. - The Ramsey Ronald

Hello,

Okay so I advise you go around to your teachers and ask where you can improve, ask why you got moved down, work with her not against her. Don't hate her because she's 'better' than you (which she certainly isn't, everyone is equal) admire her and work towards becoming just like her, use her ability as your inspiration to work even harder because if you believe that you can do it, then I promise you'll get there.

Jealousy comes when one is insecure of oneself, therefore before doing anything else, you must work on your self-confidence and happiness. Write down 5 good things that have happened to you in one day, and 3 bad, and figure out a solution to the 3 bad things, therefore your mind will be clear and positive for the next day. Sticking positive post its notes around your house/room will also boost your confidence if you start believing them, so I recommend these and use the internet for some too! - Ramsey Ronald

