

STUDY

KNOWLEDGE

REVISE



BUZZ

THE
STUDENT
MAGAZINE

***HOW TO GET BACK
INTO THE
SWING
OF REVISION***

***Mocks are around
the corner!
WHAT CAN I DO?***

Also inside...

Bullying: how to break the cycle

University guide

See what the JLT have been up to

Film and music review!

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Welcome to BUZZ

Welcome to the first issue of the Student Magazine, Buzz.

In this 'back to school' edition, we will guide you through one of the most stressful times yet....Christmas mocks!

We hope you will be inspired and determined to do well by the dedication and effort put in by our team to create this special issue for you.

Good Luck and revise hard!

Revision Hacks

Exam Tips and Handling stress



The school year feels as if it's just started but really we're already one half term in! For those of us in KS4 that means our winter term PPEs are approaching which can be overwhelming, especially so soon after summer.

In order to make your revision effective you should try a few out and choose which works best for you. However, depending on the subject, it can be extremely difficult to actually answer the questions once you're in the exam hall so we recommend these tips!

1) MULTIPLE CHOICE QUESTIONS:

Hopefully it never comes to this but if you are 100% sure that you have no idea what the answer is use this trick. Firstly, eliminate any options that have no similarities to any of the others. Then choosing out of the remaining options is more likely to be correct.

2) HARDER CALCULATION QUESTIONS:

There are likely to be those questions where you don't even know where to start. In that case, annotate the question and look for the easy marks; write out any related formulas and sub in values if you can, reword the question in algebraic terms, do the basic functions that could be there. These little tricks help you start the question and pick up the easy 1 or 2 marks!

3) ESSAY QUESTIONS:

In any content heavy subject there are essay questions. Always ensure to annotate the question with any additional information while you read, make a quick plan for structure and understand the question at hand. Particularly for the sciences, it can be great to write in bullet points (you're more likely to get the marks that way!) For English or RE it's essential to make a plan of which quotes you want to use so you don't lose track.

We hope that you feel far more confident in how to get the most marks. Good luck!

The new school year has started but it's going faster. The first set of winter mocks are coming up soon and exam season is in around 6 months!

In terms of the time we have left, it's vital that you organise your timings. It's been said time and time again by teachers, parents, older siblings but that's because it's true. Make a timetable each week so as you get homework and revision done.

Eating and sleeping correctly is also extremely important. Broken sleeping pattern makes you disorientated at school. The hours you sleep before midnight are worth double the ones you sleep after so eat a solid dinner at least 2 hours before bed and then sleep at a reasonable time.

In order to eat correctly, a balanced diet is important. Seriously, stop worrying about the calories in carbs. We have exams to worry about and you DO NEED some so you have energy slowly released throughout the day and you can work for longer. The same way we need to eat in moderation to keep energy levels high and feel less overwhelmed, we must also work in moderation. After having worked for an hour go away, have a snack and REST YOUR EYES.

Just remember, we have plenty of time. As long as you manage your time, keep your hard work consistent and maintain your health you won't burn out so you can get everything done in these 6 months!

-Simrat Sandhu



BULLYING

HOW TO BREAK THE CYCLE

How to combat cyber-bullying

1

Educate yourself

Identify it.
Cyber-bullying is any repeated attempt to intimidate or threaten you. Consists of harassment, blackmail, gossiping and impersonation. Occurs through online platforms.



2

Report it

All media platforms have a button to report abusive behaviour. If you are being affected by this make sure you inform them as these issues.

Make sure you keep proof!
Take a screenshot for evidence.



3

Block the bully

You will be tempted to defend yourself when encountering the cyber-bully. Often a reaction is exactly what they are looking for, so don't give them what they want. The best thing is to cut the bully off.



4

Talk to someone

This can leave you feeling anxious, depressed and humiliated. If you feel like the experience has had a negative impact on your mental health, it might help to share it with a family member, friend or even school teachers.

5

Protect your data

Without protection anyone can view and interact your online account, meaning your identity.

Always keep your passwords private, change it if you are suspicious of activity, and if you don't know someone, don't add them.



#ANTIBULLYINGWEEK

Sukhveen Kaur
Rattan

UNIVERSITY

Everything you need to know before you apply!

What makes a good personal statement?

1. **Make it concise-** writing too much can get boring to read and eventually admission tutors will give up, so make it short and concise so they don't lose interest.
2. **Communicate the "why"**- give reasons as to why you want to study the subject, this shows you have passion and determination.
3. **Specific-** make sure you don't go off topic, remember its only a short amount of characters you can write.
4. **Let your personality in!**- SHOW them who you really are, don't be afraid to tell them your hobbies/extra-curricular activities.
5. **Tell them about your work experience (if done)-** this will show you are enthusiastic about your chosen subject, as you have done your research.
6. **Your skills/qualities-** talk about places/events you have demonstrated in particular skills you need for a specific course.

7. WRITE IT YOURSELF!

Sukhveen Kaur Rattan &

Krissah Rolle



What university should I go to??

Every year, each student is one step closer to this question! There are hundreds of universities in the country, so how do you decide which ones would be best for you?

Read these three key POINTS you need to ask yourself when deciding where you wish to get your degree.

1: COURSE

There are a vast number of courses that are on offer, however, not every uni will do your chosen course.

i.e. Only four universities in the country do Anthropology and Law as a combined degree.

By knowing what degree, you wish to have, you can narrow down the choices of university. Have a look at the UCAS website.

The entry requirements for your considered course are also very important to review as some universities offer lower requirements compared to others.

(<https://www.ucas.com>)



2: LOCATION

When considering which university you can attend, you must consider whether you wish to stay at home or live out.

Should you wish to stay at home the university you wish to attend must have good transport links to and from home. However, if you wish to start your journey away from life at home, then you may want to consider universities that are a few hours away.

When considering the location, it is also important to consider the living costs.



3: RESEARCH

Undertaking thorough research into a university is one of the most important actions you can do when deciding where to go. Here are some ideas of what to look into:

- University ranking
- Course ranking
- Campus life
- Day of a student
- Night life

It is also very beneficial to attend the university open days. Ask questions and take a look at the grounds.



Reena Kaur Chohan

INFORMATIVE

JLT updates

Look out for our latest initiatives around school!

Twitter- The JLT have begun to post regular updates on they JLT's activities and are putting up polls and surveys which you all can take part in. It is a place where you can really make your individual voices heard and make our school an even better place for its students We have also updated the student section of the VLE with key information about student voice and upcoming JLT opportunities.

Podcast- We have also kick-started a new project where students like you can discuss various subjects such as (exams, stress and more). The podcast teams' sole goal is to promote learning and personal growth within all students through the help of their podcasts about a range of topics from celebrity gossip to exam advice and discussions that provoke an abundance of thoughts within the minds of students. Look out for the new podcast coming out later this term.

Notice board- Outside of the main hall the Notice board has been renovated with a new design including new pictures and the list of teams which make up the JLT so if you have any concerns on a certain areas of school you are able to communicate your improvements to them.

Virtual Magazine- revision hacks including help with stress, recreational aspects e.g. celeb gossip, music and film reviews, informative-news, 6th form personal statement tips, includes inspiration stories. Look out for the new virtual magazine coming out later this term.

Form buddies and I block inclusion- "The second year of Form buddies has been launched. This is where JLT students from years 9-13 are visiting year 7s during form time. We are working with year 7s on a range of activities, helping to enrich the knowledge of year 7 students and bridge the gap between I-block and upper school.

I BLOCK- the I-JLT has been successfully launched and this group of dedicated and creative students are currently preparing to officially begin the smart schools council programme in I block to all the year 7 and 8 students to ensure that everyone's voices are heard. Every voice matters! The smart schools council was launched last year providing surveys given to you the students helping to improve our atmosphere in the school. It has also given students power in creating clubs in our action team program. This year, we are focussing Smart School councils within I block and the I-JLT will be championing the initiative in order to develop Student Voice across years 7 and 8.

Canteen- The canteen team aims to make the cafeteria a positive place for everyone and improve the food for all.

Charity- The charity team is all about bringing the school community together to help to build the community it is in by giving to the unfortunate these include selling poppies we are developing ideas for further charitable initiatives. Christmas.

Wellbeing- We value the wellbeing of our students as we believe that it is the most important force that enables all of you to be successful. We are running the Time Out mentoring scheme with year 12s supporting year 11s for the second year running, and sessions are off to a great start.

Environment- The environmental team of the JLT is committed to keeping Greenford High School green. Last year we reduced the number of plastic water bottles and cups used by giving reusable bottles to students during exam period. We are developing further whole-school initiatives this year.

These are just a few of the things the JLT are up to at the moment – if you're interested in hearing more or would like to be involved in one of the projects mentioned, check out our Twitter, magazine or Student section of VLE for more updates. Or of course you can come to chat to us any time! Thank you.

The JLT

Recreational

Film Review and Music

'The Edge of Seventeen' is a coming of age film for the history books- a relatable story told to a thumping soundtrack, this movie is everything I wanted out of a movie and more. 'The Edge of Seventeen' follows 16 year old Nadine as she navigates a life where she is constantly compared to her twin brother, has friendship troubles and an unlikely friendship with lovable animator Erwin.



This movie played a sincere part in my recognition of the little beginnings, middles and ends of the present that are crucial to the bigger picture and it did so with an abundance of phenomenal arthouse shots and a soundtrack made for the indie lovers of the current era.

I will end this review with nothing but praise for the protagonist- Hailee Steinfeld was a powerhouse. She played the part of a 16 year old in the most realistic yet effortlessly cool way I have ever seen and she did so in a way that makes you fall in love with the character slowly but surely throughout the whole movie, throughout her faults and mistakes and you recognise how utterly humane being a teenager actually is.

Daisy-Leigh Roscoe



Music in the last few years has been nothing short of revolutionary. With mainstream music icons such as Sam Smith, coming out as non-binary and Halsey featuring same-sex relationships in her music videos and lyrics.



These are topics the industry would have questioned nothing short of a decade ago. Gender in the music industry in particular that has gained a lot of criticism in recent years with stereotypes being relentlessly enforced upon the respected artists, however the rise of K Pop in recent years has allowed western ideas of music and the hegemonic ideas into question.



Music is an outlet that allows for the freedom of expression, however the censorship was undeniable with same-sex music videos being deemed as inappropriate whereas the heterosexual equivalent is celebrated on main stream sites.

Sukhveen Kaur Rattan

WANT TO GET INVOLVED?

Email MFisher or 12sukhveenrattan with ideas or content; it could be featured in our next issue.