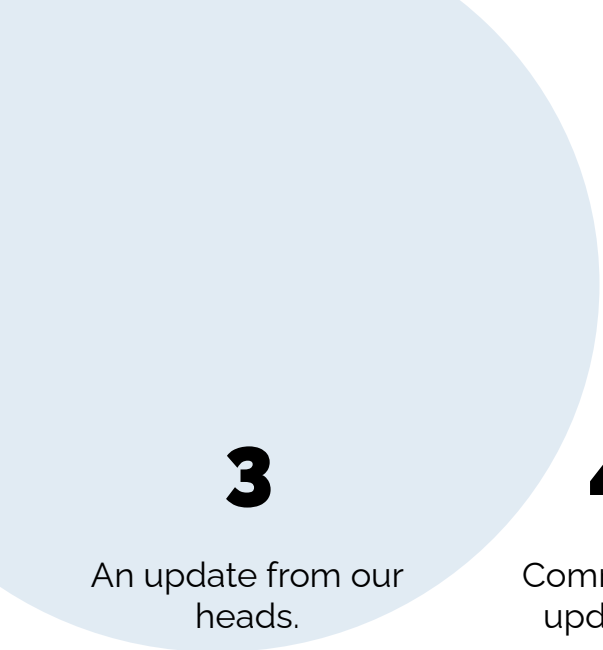




Issue four // February 2021.

THE ILLUSTRATOR

Thomas Gainsborough
Sixth Form Student
Paper.



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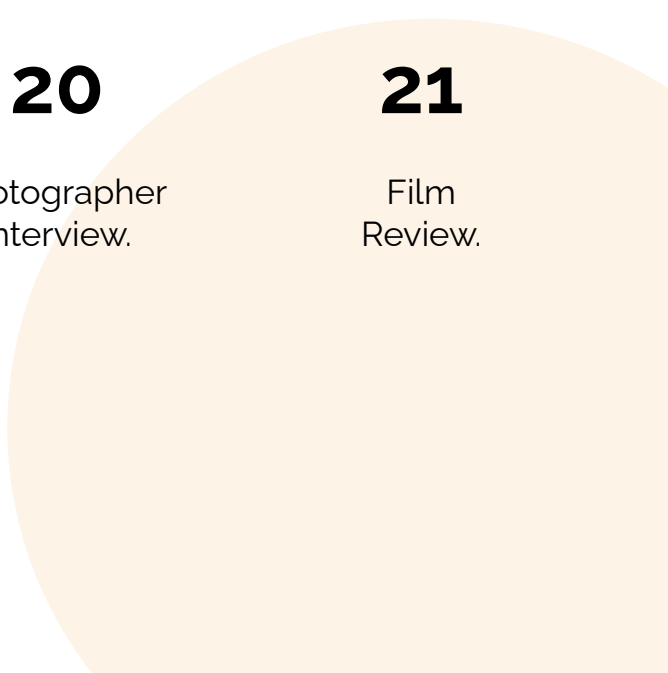
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A warm welcome.



Welcome to the Fourth edition of The Illustrator.

The spring term should be a time to get outside and enjoy the improving weather, especially in the current climate. However, I know that this has not been as easy to do in 'Lockdown'.

I cannot thank the students enough for continuing to be so fantastic with their overall engagement in their lessons. I am so aware how difficult it can be to motivate yourself to get up and focus on a 'screen', so we hope you can enjoy Mr Smith's 'Non-Screen' Enrichment Day and try your best to do complete one/or more of the following:

- (a) Go for an hour walk/run/bike ride
- (b) Figure out what's a mile or less from your home, and walk to one interesting place
- (c) Think of one adulting thing you don't know how to do, and find out how to do it
- (d) Read a book
- (e) Do an act of kindness
- (f) Try a new recipe
- (g) Call a loved one
- (h) Learn a new skill
- (i) Draw a picture of your view from your bedroom window
- (j) Tidy your wardrobe/room
- (k) Paint your nails or do your makeup
- (l) Do a crossword puzzle, wordsearch, Sudoku, or jigsaw puzzle
- (m) Fix/ clean something
- (n) Spend some time in the garden

We look forward to hearing how you get on...

Firstly we hope you are all doing well at home throughout Lockdown 3.0. The initial chaos around BTEC exams created enormous stress for us all and the uncertainty of the summer exams added to this. Throughout January, UCAS applications were finished and I know many of us have begun to finalise the next chapter in our education. Despite the implications COVID-19 has put upon us again, our committees have still been hard at work. Here is a quick summary of what they have been working on:

The academic committee is working on some interactive MFL activities such as quizzes. The academic guide is in the final stages of being completed and will be available soon.

The sports committee is focusing on creating plans for the long term for when we can (hopefully in the not too distant future) play team sports again.

And finally, the community committee is creating the final plans for their garden. Thank you to everyone who has donated to this amazing project already. Hannah and Rosie are still welcoming donations for this. Furthermore, a mural design competition for the garden is running, which is a fantastic opportunity for creativity and one to keep you occupied throughout lockdown.

The beginning of February also marks mental health week. We are all aware of the effect lockdown can have on mental health and wellbeing and our motivation levels. Being at home creates a lot of distractions we wouldn't have at school and this means focusing consistently is a real challenge. From speaking to my peers, I have collated a few ways which may help you stay focused and improve your mental wellbeing:

- Using apps such as Forest or Flora to help remain focused when working.
- Daily exercise to clear the mind. Fresh air and some time away from a screen can

really help to clear the mind from what's happening around you. Couch to 5k is a brilliant way to begin some outdoor exercise.

- Talking to somebody can really help your mental health. YoungMinds is a brilliant organisation that can support you for advice or just a chat.

Finally a thank you to staff for amazing online learning and we hope that you are all staying safe and well. We hope to see you all soon.

Milly and George

Updates from our committees.

Community Garden Update

Hello everyone!

We are very happy to update you all on the progress of the Community Garden. As you will have seen there is a competition for the mural running at the moment (deadline 22nd February 2021). This has been in the cards since the beginning of the Garden project however it was only approved recently and we are very excited by this prospect! (See poster below) You can submit a photo, drawing or painting to the competition, we will then shortlist and decide on a winner. After the winner has been chosen, our expert artist Lucy, will draw it up in proportion with the patch of wall we are using. The wall will be base coated and then the design sketched out and painted. To finish we will spray it with a clear layer of hardy weatherproof paint, to ensure the fantastic work stays there for years to come. We hope that this will be a fantastic legacy for the committee and for us to leave when we finish sixth form in June. Onto the garden, we have been given so many donations and we are extraordinarily grateful for everything. We have popped into school to measure the spaces again and make some decisions on what we want for planters. We are now able to store all of the donations in a new shed that the fabulous site team cleared out for us. We now also have compost bins and a water butt. We cannot wait to start getting set up and cleaning up the areas, so that when the planting season starts we can get planting straight away.

Thank you for all of your support and help so far!

Rosie and Hannah

Academic update:

This half term has been a little quieter on the academic front. Obviously the most pressing issue for many students currently is what will be happening with our exams. Believe me, I've found it stressful being so uncertain about everything at the moment, but we are not alone - none of us know what to expect yet! To run the risk of sounding a little hypocritical (at least to anyone who knows me), I would advise to think positively and keep going - continue working just as hard as you always have, because it will pay off!

I previously sent out an email with the government's consultation about grading and exams this year, and I hope that a lot of you shared your opinions - every voice, student and staff alike, matter! Regardless of what the government puts in place, if you work for what you want, you will get it!

I am hoping to get the final sections of the Academic Guide completed by the end of this term, and have emailed students to gain some of the things that we need, so if I have emailed you, or if you have already contributed, I'd like to say a massive thank you on behalf of myself and James.

Finally, a reminder to Year 12 - applications for the Sutton Trust UK Summer Schools and UNIQ are now open! I would strongly encourage you to apply; these opportunities are so incredibly beneficial, and I found my experience to be very insightful and informative.

Keep up the good work, but don't forget to take breaks as well - looking after yourself is just as productive as your work.

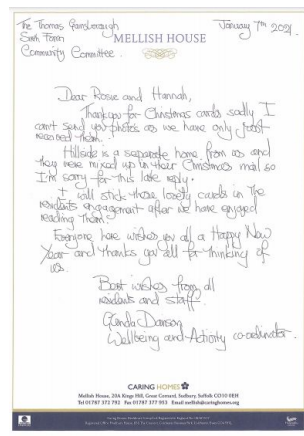
Daisie and James



Community committee christmas cards.

We are really glad to put out a little update from the lovely Christmas Cards that all of the sixth formers wrote to elderly members of care homes, at the end of last term. We were so excited to drop them off and have been more than delighted with the response! After you all wrote them on the Monday of the final week of term, we then collected them in. The turnaround was a little speedier than we had originally intended since of course school had to close due to staff shortages. On the last day of term (Tuesday) myself and two other sixth formers counted how many cards we had and looked into how many places we could therefore deliver to. We ended up with three care homes and a nice number to deliver to the salvation army. In an attempt to deliver cards to a fourth care home, some students kindly wrote a second (or even third) card for us, however we eventually decided to stick with the original plan (these cards did not go to waste, they joined the pile for the salvation army. We split all of the cards into piles of 10 and went from there, dividing them up into the correct number for each care home. We put the cards into envelopes and wrote the number of cards on the front of the envelope with a note saying that they would have been quarantined for over 5 days before delivery. We then put the larger envelopes into plastic wallets so that during the passover there needn't be any touching of the cards before they entered the homes. Rosie and I then took two places each, with Rosie delivering to Hillside, and Mellish House and I delivered Hazel Court and the Salvation Army. All of the places were extremely grateful to receive these cards especially given the current situation. Below is a letter from Mellish House and some photos of residents opening our cards on Christmas morning.

We would like to thank each and every single one of you who helped us to make this happen and spread a little love, hope and kindness.



A message from our Chaplains.

You are so much more than you realise. Have you ever looked at a tree and thought about all the roots holding it up? You can't see it, but a lot of the tree is underground.

Recently, I learned that trees need to be blown-about in the wind to strengthen their roots. For a lot of us (most of us) it feels like we're in a storm right now, being blown-about... but *what if* that means our roots are growing stronger? What if this challenge doesn't knock us down, but is forming in us generosity, kindness, courage, empathy, perseverance, faith, love or [insert characteristic here]?

I'm not sure why it is, but we're all usually better at seeing those positive qualities in others rather than ourselves. Take a moment right now to contact a friend or 2, and tell them how you've seen them grow as a person. Hopefully they'll be able to say what they've seen in you too, because there's so much more good in you than what you can see.

The brightside.

Time to try something new?

I think I'm not alone in saying that this lockdown has hit harder than the ones before it, with bitterly cold and dreary weather giving us an excuse to stay within the same four walls. For some, keeping up with the demands of online learning is enough to fill most of the day. I feel it can be too easy to slip into a repetitive routine that manages to be time-consuming and yet likely void of anything worthwhile at the same time. The end of this 'tunnel' seems a fair journey yet so a lack of optimism for the future can make it hard to get yourself out of bed in the morning.

So as we approach half term, I'm going to try and look at what else I could be doing to fill the time I'm given as a break. Lunchtime - What once was forty minutes filled with conversation and coffee has now changed to a time no more enjoyable than the last forty. What could be done in this time? Maybe picking up an old instrument, doing twenty minutes trying to learn a new language or trying to beat a cross country time. I know it seems pointless, but these are all things that we may have been doing in or around school in extracurricular activities. What may be a filler activity at first may genuinely become a hobby (something I could benefit from).

Lockdown has possibly narrowed people's options in the near future and has made these options seem uncertain. By adding some variety to our days, we could find things that help us cope with our anxieties and may even spark an interest we never knew we had.

Sam Wainwright

Anonymous perception: The worries of university.

I am worried about going to University. Although this seems like an obvious thing to say, everyone gets nervous before they move somewhere new where they will have to make new relationships away from home, I don't mean that I am anxious in the usual sense. The last year and ongoing pandemic has caused many issues within education but not everyone recognises the new challenges facing students expected to set off to uni this year.

While universities have tried their best to offer online open days, the majority of students have applied to places they have never been before. I don't have any idea about what the place I am possibly going to live in is like. Some may say "It's only 3 years" but that is not the point. A place may look ideal on paper but the reality could be something completely different: I don't want to end up being stuck in a place where I have no idea where the local supermarket is and whether or not I'm going to be stabbed walking home! Ok, that's probably an over exaggeration but the point is still there. The atmosphere of a place is something you just don't get over a computer screen. As well as this, students in the past have only had to look at accommodation as a place to sleep and relax. With Covid restrictions not looking to ease up any time soon, it is likely that students attending next year will have to continue learning online. That means that not only will my accommodation be where I sleep, it will also be where I learn and spend most of my time. And university accommodation is NOT the largest as a general rule. As well as that, with the ever present possibility of another lockdown, I could be stuck inside for months on end. So now, not only will I not be able to experience proper lectures, freshers (and therefore making new friends) and general university life, I may also be stuck inside away from green spaces in a city I don't know.

You could very easily say "why don't you defer a year" and that answer to that is simple...I don't want to. Yes I am anxious but I don't want to have to wait another year. Yes I could use it to get some more money to help pay for University but I would also miss a year of structured learning and I don't want to lose the routine and academic thinking. Students last year already had to make hard decisions about whether to continue with their university plans and this year is no different.

The reality of it all is, everyone is in the same boat. Most of us will feel overwhelmed with a lack of confidence; but that is all part of the journey. We all earned our place at university, we just have to believe in ourselves. Before long we will find ourselves amidst a diverse community of like minded individuals who will support us along the way. Don't doubt yourself!

Ascent into history - an introduction to high-altitude mountaineering.

On 16th January 2021, ten Nepalese climbers made history by becoming the first winter expedition to reach the summit of K2.

Standing at 8611m (28,251ft) and part of the Karakoram Range which straddles the Pakistan-China border, K2 is the world's second highest mountain. Though 200m in the shadow of Mt Everest, K2 is defended by perilously steep and avalanche-prone faces, which make a 'walking' ascent impossible. The 'Bottleneck' - the final treacherous couloir 400m below the summit - claimed the lives of 11 international climbers in 2008; a sombre reminder of US mountaineer George Bell's appraisal - "**a savage mountain that tries to kill you.**"

Mt Everest 8,850m (29,035 feet) is part of the Himalaya mountain range between Nepal and Tibet. An unsuccessful British venture in 1921 prompted at least ten expeditions (and two lunatic solo-attempts) in a 30 year race to conquer the peak. The opening of Nepal in 1950 prompted the discovery of a more merciful southern approach to the mountain, which came to be known as the "yellow brick road" to the summit. As a result, a military-style expedition led by Sir John Hunt resolved the competition on May 29th 1953, when **Sir Edmund Hillary and Sherpa Tenzing Norgay** took the first steps on top of the world. On 31st July the following year, Italian Lino Lacedelli accomplished the lesser-known, yet arguably more acrimonious ascent of K2, alongside Achille Compagnoni.



Figure 1.0 Nepalese Winter K2 summit team.

A member of the recent Nepalese winter expedition, **Nirmal Purja**, is a veteran of groundbreaking mountaineering achievements. The former British Army Gurkha, Royal Marine and special forces (SBS) soldier, began '**Project Possible**' in April 2019 - climbing all the world's 14 highest peaks in six months. During what he described as "a gruelling but humbling six months," Purja saved the lives of four stranded mountaineers, including a distressed Malaysian climber above 7500m while descending Annapurna and was awarded an MBE for outstanding achievements in high-altitude mountaineering. Among his other world records are:



Figure 2.0 Tenzing Norgay & Edmund Hillary.

Figure 3.0 Nirmal Purja



- The fastest time ever from the summit of Everest to the summit of Lhotse, 10 hours 15 minutes (previous record was 20 hours).
- The fastest consecutive summits of Everest, Lhotse and Makalu (five days).
- The first person to summit Everest twice, Lhotse once and Makalu once, in the same season (17 days).

Climbing Everest in the 2020s is a far different experience to that of Hilary, Norgay and Lacedelli. Due to the increasing frequency of commercial expeditions to the peak, pioneering solitude has been replaced by dangerous congestion - in May 2019 three climbers lost their lives after queueing for several hours in freezing temperatures in an area known as the 'death zone'. A typical route is as follows:

1. BASE CAMP 5,380 M (17,700 FT): Acclimatize here for two weeks. Then begin your hike to Camp I at 3am, when the ice is at its most solid.
2. CAMP I 6,056 M (19,900 FT): Garden step-ladders are used to cross deep crevasses in the Khumbu Icefall on the journey.
3. CAMP II 6,500 M (21,300 FT): Temperatures between Camps I and II can get blisteringly hot; beware of thin snow bridges spanning 60-m (100-ft) drops.
4. CAMP IV 7,920 M (26,000 FT): It might be time to crack open the bottled oxygen after conquering the "Yellow Band" and "Geneva Spur" – the two energy-sapping barriers between Camp III and IV.
5. SOUTH SUMMIT 8,690 M (28,500 FT): You will see your first proper view of the top from this rest point; it may be only a mile (1.5 km) away, but it can take a further 12 hours to get there.
6. EVEREST SUMMIT 8,848 M (29,029 FT): you tackle the "Hillary Step" and the "Summit Ridge"... then you've made it – the highest point on Earth.



Bored? Here's 5 things you can do in lockdown.

We all looked to 2021 for a fresh start, a 'do over', a year to replace the last. Just as our Christmas spirits arose, the government put us back in lockdown. Ruining plans for all across the country. Schools closed, jobs were lost and that sense of hope was diminished. However, we must stay optimistic and look towards brighter futures. Here is a few things you can do to relax, take your mind off of work or just to get out of the house for a while.

Go for a walk! It might sound simple but getting some fresh air and being surrounded by nature can help to relieve stress.

Birdwatching! We are all stuck at home so why not enjoy nature from the comfort of your own home? Set up some feeders and you're all set.

Read a book! Have a book that's been sitting on the shelf for years? Give it a read.

Get arty! Ever wanted to have a go at painting?

There's plenty of tutorials out there.

Watch a film!

Need a break but don't fancy braving the cold? Sit back and put your feet up, enjoy!

School updates: Welcoming new staff.

Hello all,

It's that time again, the start of a new term, time to introduce some new staff. This term we have had two members of staff join the fantastic team of staff that run our school.



Mr C Neary - Teacher of Music

My name is Mr Neary and I've come to TGS from Suffolk County Music Service where I worked as a brass teacher and before that, I taught music at an international school in India. I play trombone, euphonium, guitar, piano, and I'm also a keen singer. Outside of my musical interests, I love scuba diving, mountain walking, distance running, cycling, yoga, and breath meditation. Although it's been a bit of a strange start to my time at TGS, I'm really excited to be working at such a great school and look forward to sharing my passion for all things musical with you all!

Mrs N Mayhew - Teacher of English and Drama

Hello. I'm Mrs Mayhew and I joined TGS in January – just as we headed into lockdown! Even though we are working differently, it has been great getting to know students and colleagues who have all made me feel really welcome.

I have been teaching English and Drama in Suffolk and Essex for a number of years and most recently in a small, rural secondary school. TGS is much larger in comparison and I am particularly excited to be joining a large performing arts team. Like many of you, I am missing live productions and am very much looking forward to when we are all back in school to explore plays through performance.

Whilst we were unlucky last term to have Mr Lloyd leave his role as headteacher, (read his goodbye article in the last edition), we have been extremely lucky as a school to have Mrs Yapp step in as acting head for what had been originally just a term, but will now be at least until the end of this academic year. We are so grateful as a student body to have such a fantastic headteacher, even if it's just for the time being. We are sure you will do a fantastic job. Mrs Yapp has been at this school for many years, and she has always been an integral part of the extraordinary education we have all received.

On behalf of the student body, we would like to say thank you, and Good Luck in your new role. We are sure you'll smash it.



RAF Basic Training: Harry Bareham.

In this edition we have focused a little on the Armed Forces specifically the RAF, here is an interview with Senior Aircraftman Harry Bareham who carried out his basic training from July-October 2019 and is now helping with the NHS Covid effort.

Why did you choose the RAF over any other military service?

The RAF was the one career I always wanted. I was just interested at a young age and grew into it as I got older. In terms of RAF over any other military service, I spoke to many people who were serving at the time and quickly found that even they thought that the Royal Air Force typically has a better way of life.

Is there anything which prepared you better for Basic Training and Military Service?

Cadets was a big eye opener. It has helped in terms of leadership, team work, and the working ways of the RAF, such as; uniforms, rank structure, stations, types of aircraft.

Where are you stationed and what are you currently doing in the RAF?

I'm based at RAF Halton as an RAF Medic, however, I'm currently on deployment at Salisbury District Hospital helping NHS staff with COVID patients in the Intensive Care Unit.

What was your favourite part of Basic Training?

Making friends for life and partaking in Exercise Blue Warrior.

What was your least favourite part of Basic Training?

The early hours and the long hard days.

Was the RAF something you have always been interested in?

Yes, since a very young age.

Is the RAF your end goal or is it a stepping stone to something else?

The RAF is my end goal, however, Medic is just a stepping stone within my RAF career.

What steps should people who are interested in the military need to take?

Get your fitness up to scratch by the RAF standards before you join. I also recommend joining something like Air Cadets, to prepare you and help you get a better understanding of Military standards and life.

Outlook on the RAF:

I'm very early on in my RAF Career, so it's hard to say how good it really can be. However, like any job, it has its ups and downs but overall I really enjoy the Military life, meeting new people everyday and having a solid routine. I'm extremely grateful to work in such a good Military Service.

Follow up from the stepping stone:

I'm an RAF Medic at the moment, however it is not made out what it was meant to be for me. When I applied I expected to be out on the frontline, but that doesn't happen unless there is an ongoing war. My everyday job consists of admin, taking bloods, responding to call outs on camp, graduation cover and many more. I would prefer a career in RAF police, which is what I will be working towards in just over two years which is when my terms of service will end. However, being deployed in the ICU has changed my outlook on the Medical aspect.



An insight into the Royal Air Force with Mick Roberson.

My name is Mick Roberson, I am a corporal in the RAF Regiment which is the ground fighting force of the RAF and we protect air assets, personnel and infrastructure wherever that may be around the world.

Why did you want to join the RAF, what motivated you?

The reason I wanted to join the RAF, and in particular the RAF Regiment, is because it offered me the opportunity to fulfil a lot of my life ambitions and do something which would give me a huge amount of purpose. I wanted to gain life experience and to travel which is certainly something I've achieved. I also wanted to push myself physically and mentally to see what I was capable of and I've certainly done that. I wanted to put myself in an environment of like minded individuals who would push me to be the best version of myself that I could be, someone that I could be proud of.

Does a career in the RAF challenge you? In what ways?

A career in the RAF Regiment certainly challenges you in many ways. Firstly it offers a physical and mental challenge due to the nature of the operations which we carry out but it also challenges you to always look at how to improve yourself. Being in the military offers a structured lifestyle where you have to adhere to timings and orders. This can be challenging at times but it also brings structure to your life.

What opportunities are there within the RAF?

There are so many opportunities within the RAF in general. There are great opportunities for world travel, funding for education, opportunity to play sports, opportunity to do adventure training, opportunity to progress to work in the special forces and much more. In all honesty a career in the military in general offers you opportunities that you would never see coming as sometimes you find yourself doing things and carrying out tasks that are not in your immediate job description that offer you other opportunity.

If you were to put yourself back in our shoes, how would you go about deciding whether the RAF is a good fit for you?

I always say to young people when I travel around to schools and colleges that I don't think many people really know what they want to do for a living when they are young. You may have a lot of pressure being put on you by parents and teachers to pick what it is that you want to do, but if you were like me and you didn't really know, it can be daunting. I would really encourage you to invest time in looking at different careers and picking something that you will enjoy doing. You have your whole life to change careers if you don't enjoy something. What I would say to you if you are thinking about the RAF is that I have worked with people that have served for different lengths of time and some that loved the whole experience from start to finish and some that were fed up by the time they left but I have never worked with anyone that had regret about joining because you will get something from the experience, regardless of how long you serve for.

An insight into the Royal Air Force with Mick Roberson.



What do you look forward to on a day to day basis?

On a day to day basis I look forward to working in a team. Being in the Regiment brings friendships that are very strong because of the nature of what we do, going on operations, risking your lives, living side by side for months at a time brings a level of friendship that I don't believe can be found in any other walk of life.

What support is there within the RAF in regards to , for example, mental health?

There is a lot of support now in the military for things such as mental health. There are many charities that offer specific support to military personnel and it's an area that's definitely improved during my 14 years. There is a greater emphasis on the wellbeing of individuals as in the past there has been negative public opinion on the treatment of service persons and so now there is a lot more support available to us.

Have you ever found yourself in a situation where you didn't instantly know what to do? How has the RAF helped you to make split second decisions with confidence?

I have found myself in many situations where I didn't know what to do. The nature of my job role means that it is impossible to train for every eventuality but the level of training that we do receive allows us to make clear and well guided decisions even under stress. I was never shy as a young person but I certainly wasn't confident either. This career has given me a very good level of self confidence because of the training I've received and the situations I have faced. This confidence, in turn, allows me to make better decisions and quickly.

Do you feel a sense of family in the RAF? A 'Brotherhood'?

I described my working relationship earlier however I would definitely say that there is a sense of brotherhood. As in all walks of life you will meet people that you don't get along with and some that you naturally click with. I have however found that I have gained lifelong friendships with people who I may not naturally bonded with outside of my working environment because of the level of respect I have for them as a person. I still speak to people that left service over 10 years ago who I had great friendships with during their time in the regiment. This is certainly one of the biggest selling points of the RAF Regiment in particular, you will gain amazing friendships, friendships which are forged through sharing times of adversity.

Have you ever been in a high pressure situation and how did you operate in it?

I have been involved in many high pressure situations. The one thing I found in these situations is that your sense of responsibility to your colleagues, your friends, is what ensures that you operate as you need to in that moment. You don't want to ever let them down and you know that they wouldn't ever let you down.



Time to reflect and celebrate!

The Chinese New Year, falling on the 12th of February this year, is a celebration of family, fortune and unity, it is a wonderful 15-day festival that starts somewhere between the 21st of January and the 20th of February. At the end of the celebration comes the lantern festival, a spiritually linked tradition where paper lanterns are made and decorated, then released as a symbol of letting go of the self of last year. Personally, it is a celebration I deeply respect for its ability to instill hope into the people and invoke a strong sense of community. This year will see the festival celebrated differently, but to honour the spirit of the transition from Rat to Ox, I will dedicate this article to my favourite Chinese proverbs to ring in hope for the future.

1. ***"A gem cannot be polished without friction, nor a man perfected without trials."***

Without hardship and testing, how would we know how to improve? This reflects the idea of letting go of the past self and improving for the new year, like a resolution. There is a strong understanding that the pain and struggle will shape someone into a better, wiser version of themselves which, I believe, in light of the state of the world at the current moment, this message of encouragement will motivate those that would otherwise have spent the new year with family.

2. ***"A journey of a thousand miles begins with a single step."***

New years are about new beginnings, and this saying cites the possibility of a new journey. A year is a long journey in itself, the beginning which we all spend looking forward and wondering what to make of the days to come.

3. ***"Once bitten by a snake, one is terrified at the sight of a mere rope."***

In a similar vein to the other two, this proverb focuses on fear and its disabling power. Previous hardships and bad memories are released in the Chinese New Year, in preparation for the prosperity or misfortune to come. In a sense, a rebirth takes place, where there is an opportunity to overcome the fear that may have stopped someone from reaching their full potential and learn from the past year.

4. ***"Only when all contribute their firewood can they build up a strong fire."***

Focusing on the communal and familial aspect of the new year, fire is essential for not only survival, but bonding. Fire creates heat, which brings people physically together, and it can be used to cook food, and therefore begin a community. A big fire can support more people, so bringing your own firewood will benefit everyone around you as well.

5. ***"You had better return home and make a net, than go down to the river and desire to get the fish."***

Again, the idea that effort brings benefits is explored here. The New Year festival encourages people to make a start, and to take their ambition, free of the weights of the last year, and not only move forward, but move forward with good fortune, so that they can have the best possible start to the new year as well.

To honour the year of the Ox, a hardworking animal renowned for its brutish strength that had worked for humans in farming for hundreds of years, this issue's book recommendation will see the tackling of struggles and overcoming problems through will and determination.

The Good Earth - Pearl S. Buck: Honest farmers Wang Lung and O-Lan are tried and tested looking after their family and land among the chaos of a working class life in 1920s China.

Some 'novel' playlists.

Classical literature is not the most loved genre of literature with many people struggling to find something they like or can get into. To try and help you with this and encourage you to pick up some classics, I have created some 'spotify playlists' to match these classic stories. Give it a go!



1984

Dystopian novel by George Orwell.

PLAY

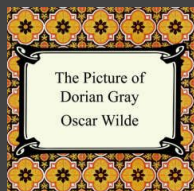
Every breath you take ----- The Police
 1984 ----- David Bowie
 Somebody's eyes ----- Karla Bonoff
 Dark Wings, Dark words - Ramin Djawadi



Alice's adventures in Wonderland

PLAY

Alice ----- Lady Gaga
 Lucy in the sky with Diamonds --- The Beatles
 I'm going slightly mad -- Queen
 White Rabbit ----- Jefferson Airplane
 Peter and the Wolf op. 67 -- Prokofiev



The picture of Dorian Gray

PLAY

Young and beautiful ----- Lana Del Rey
 Behind blue eyes ----- The Who
 Coriolan overture, op.62 - Beethoven
 Immortal ----- MARINA
 Who wants to live forever - Queen

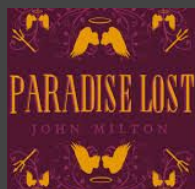


Wuthering heights

Regency romance by Jane Austen.

PLAY

Wuthering Heights ----- Kate Bush
 Ghost ----- Ella Henderson
 The missing stars ----- Innervisions
 Ghost ----- Sky Ferreira
 I knew you were trouble -- Taylor Swift

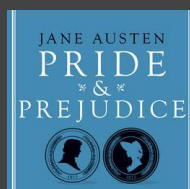


Paradise Lost

Epic poem written by John Milton.

PLAY

From Eden ----- Hozier
 Highway to hell ----- ACDC
 The Rain The Park and Other Things --- The Cowsills
 Swan lake, op.20, Act II - Tchaikovsky



Pride and prejudice

Regency romance by Jane Austen.

PLAY

7 things ----- Miley Cyrus
 I've got you under my skin -- Ella Fitzgerald
 Marry you ----- Bruno Mars
 To the heart ----- Jonny Southard

Productivity, perfectionism and procrastination; The true meaning, societal pressure and avoiding toxicity.

It's difficult nowadays to look anywhere, be it social media, television or retail without seeing content targeted towards productivity. The term has become synonymous with the successful modern millennial, and out it is has arisen a nation of people striving to be at the peak of productivity. Desirable though this may be, the concept has its dangers; where exactly do we draw the line between productive performance and its potential detrimental toxicity? Is what we deem productive simply an illusion for the irrational delay of necessary tasks by completing other insignificant titbits? And thus, how does one achieve the fine balance between efficiency and overproduction?

I'd like to begin with a little anecdote. Back to 2019, when I was working towards my GCSEs, spending days on end working and revising without much time to myself. I used to spend my nights working away right up until I went to bed, and one night this culminated in me staying awake until two o'clock in the morning so that I could complete four pieces of homework, organise my folders, create revision resources, read and annotate texts for English Literature, and then right at last minute, quick bit of revision an exam that I had the next day (which I had avoided by completing all of these other tasks). I'll leave you to ponder through this article what came of this situation, though you probably have some ideas as to where this might be leading.

Back to productivity then. Perhaps the first step to this is to consider what the true meaning of productivity is. Post-trawling numerous websites and having received student opinions, it appears that many people are under the same false assumption that productivity means producing or completing large volumes of top-quality work, often in sequence with lengthy to-do lists that, when incomplete by the day's end result in frustrated personal disappointment. It is this very misconception that partially contributes to the pressure created by productivity.

By comparison, its actual definition, productivity has no association with the number of tasks achieved or work completed within a day. Think 'quality, not quantity', think prioritising, think proactivity and you're much closer to the truth of productivity.

Someone who produces only three pieces of top-priority, quality work from a longer list has been much more productive than someone who has completed an eight-task to-do list of tasks that might have been nice to get done but were not top priority. I'm sure in reading that you realise that it is absolute common sense, yet because of the aforementioned misconception that one must achieve as much as possible to be deemed productive, we berate ourselves for only having completed those three things. You might be wondering why this is the case, and this is where a little spoken of phenomenon called 'hustle culture' comes into play.

Unsurprisingly, most people are unaware of what this modern concept actually is. Hustle culture is effectively the act of constantly working and being busy. It implies that every moment of the day not used for something is a moment wasted, and this is where the fatally negative mentality that productivity is associated with output over everything else. Hustle culture breeds procrastination, decreasing proactivity and efficiency, and disillusionment surrounding achievement and failure.

One could be forgiven for slipping into this frame of mind; it is fatally easy to cross into the realms of toxic productivity and constant dissatisfaction with ourselves over the work we produce. Chances are we don't even realise that we are doing this to ourselves; hustle culture's influence is often subtle compared to the overt desire for productivity; and yet often we fall into the trap of viewing anything less than constant task completion as failure.

This brings me nicely back around to my anecdote. My seemingly productive night of work was actually detrimental to my performance, and I ended up getting the worst mark I had ever achieved in that subject. I convinced myself at the time that this was because I hadn't worked hard enough but looking back, I know that it was quite the opposite. I had overworked myself, and I had used my other work as an excuse to procrastinate what should have been my top priority.

Incidentally, I also ended up binning the revision resources I had made and remaking them because I decided that the previous ones were not neat or detailed enough.

My experience with perfectionism has had its highs and lows; on one hand it has meant that I have pushed myself to complete my work to the best of my ability, however sometimes this has led to me making individual tasks take twice as long as they probably should. I also used to restart tasks several times over even if the slightest thing went wrong, which is why I never took any breaks from working; I needed to carry on in order to stand a chance of finishing anything.

Our very definitions of success and failure and the feelings around these have become warped. Toxic productivity says that success is based upon constant output, and that taking even a five-minute break is only losing time when you could be crossing off yet another of the copious tasks indicated on your to-do list. So how do we get ourselves out of this vicious circle of negativity surrounding habits that are supposed to bring us positivity and motivation? Here is a list of suggestions:

- ✓ When faced with one big task, break it down into a few smaller tasks, and try aiming to tackle each one at a time. This can make big projects seem far less intimidating, which means that you are less likely to procrastinate.
- ✓ Make both a weekly and daily to-do list. Your weekly to-do list can be longer and cover everything that you need to achieve within the week, and then daily lists can be shorter. Then when you look at your list for the day, it is far less intimidating than one long list.
- ✓ You could also split your list into three categories: tasks that need to be done that day, tasks that it would be preferable to do that day but could get away with being the urgent tasks for the next day, and then tasks that it would be nice to do, but only if you have time.
- ✓ Try structuring your day in a way that suits you. This might be timetabling, or it might just be setting aside a certain number of hours in the day in which a certain number of tasks need to be completed. Allow for breaks – you will work so much more efficiently if you allow yourself to rest in between.
- ✓ One technique that a lot of students find useful is the **pomodoro technique**. Typically, this technique involves working for 25 minutes, then taking a 5-minute break (this is one pomodoro), repeating this four times, then taking a 30-minute break to complete the set. You can then restart with a new set.
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You can then restart with a new set.

- ✓ Work at the best time for you – if you work better in the morning, then this is the ideal time for you to complete most of your work, so that your evening can be more relaxed. Equally, if you find that the evening is your time, have a more chilled morning in preparation for a busier evening.

Obviously, it is much easier said than done to just avoid the pressure from society and hustle culture (believe me, I know) but following this kind of advice can lead to a much better mindset surrounding productivity. Being proactive and taking the initiative will significantly reduce your stress levels and contribute to much more positive associations with these ideas.

Your work might not necessarily be what you want to do, not might it be the most exciting task, but with a more positive mindset you might even be able to make it enjoyable, or in the very least get it done and out of mind. Productivity should be something to be proud of, not something to be pressurised by.

DEFINITIONS:

All definitions come from the Oxford English Dictionary.

Productivity

the efficiency with which things are being produced.

Proactivity

creating or controlling a situation rather than just responding to it after it has happened.

Perfectionism

the refusal to be satisfied with something unless it is done perfectly.

Procrastination

delaying or postponing a set task.

Organisation

a systematic arrangement or approach.

Efficiency

working well with no waste of money or effort.

Achievement

managing to do something by effort, skill or courage.

Success

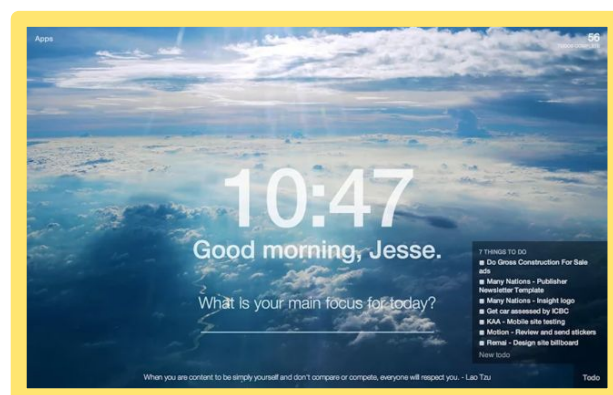
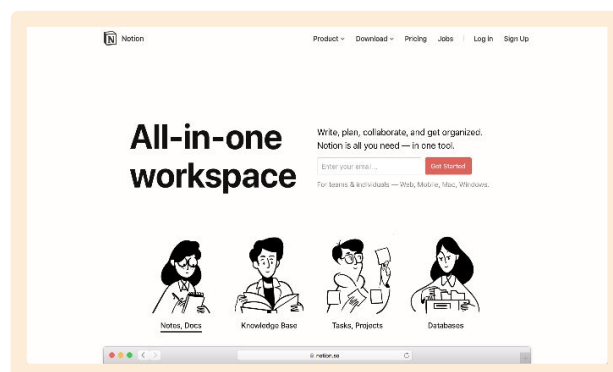
the achievement of an aim or purpose.

Failure

lack of success; an instance of not doing something that is expected

RECOMMENDATIONS:

- Try listening to a podcast; I would recommend **The Creative Key** and **The Wooden Spoon**, both of which offer insightful discussion of productivity and other topics relevant to students and young adults.
- Using the app 'Forest' (or its free counterpart 'Flora') makes your phone off-limits for blocks of time in order to remove the distraction.
- Following a recent rise in popularity, one of the most highly recommended planning and organisation apps is **Notion**. It comes equipped with templates for pretty much everything you can think of, as well as the freedom to set up your hub exactly how you like it.
- Another digital productivity service that I have found particularly helpful is **Momentum**. This is a chrome extension which you can sign up to using your email address, and then when you open chrome, it will be your home page. You can use the free version to make to do lists and set priorities, and there is also a paid-for upgrade that allows for access to extra functions.



Become a blood donor today!

My first blood donating experience; Rosie Young

I have always known that I wanted to give blood to those in need when I became 17. There are several reasons why you should consider donating blood, but most importantly, it saves lives! The NHS need more young people to start giving blood in order for them to make sure that they have enough blood in the future for both emergencies (such as car crashes and extreme blood loss) and long-term illnesses that require treatments such as blood transfusions. You can give blood if you are healthy in both fitness and weight, are aged between 17 and 66 and have no severe underlying medical conditions which require you to take certain medications. The donating experience takes around 5-10 minutes in total and you will donate around 470ml of blood per donation which is perfectly safe. I have registered as a blood and organ donor for free and have made two appointments in the past year. Unfortunately, these were both cancelled due to COVID-19 and then the snow, but I have already booked another appointment. After I have my blood donating appointment, I will write another article for the following Illustrator issue, detailing what happened and the process that I went through. Hopefully, you will consider blood donating in order to give something back to the health service that has done so much for us in the past year.

For more information regarding blood donating in the UK you can visit;

[Home - NHS Blood Donation](https://www.nhs.uk/blood-donation/)



Alternative pancake recipes.

Banana pancakes.

Ingredients

for 4 servings

- 2 large ripe bananas
- 2 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon

Preparation

1. In a bowl, mash bananas.
2. Mix in the egg, then vanilla and cinnamon.
3. Pour pancake batter in ¼ cup (60 ml) amounts on a griddle or skillet over medium-high heat.
4. Cook until bubbles pop on the surface of the pancake, then flip and cook the other side.
5. Enjoy!

[Banana Pancakes Recipe by Tasty](#)



INGREDIENTS

- 30 grams unsalted butter melted (plus more for frying)
- 150 grams plain flour
- 325 millilitres milk
- 1 large egg

Crepes.

[Crepes | Nigella's Recipes | Nigella Lawson](#)



METHOD

1. The best thing to have to make proper crêpes is a copper crêpe pan, but it's hard to justify the expense since you're not likely to get much use out of it. Still, I love mine. Otherwise reckon on using a shallow pan, preferably one with sloping sides, of about 20cm / 8 inches in diameter.
2. Melt the butter and let cool a little.
3. Put the flour, milk and egg into a blender and whiz to amalgamate. Pour into a jug and stir in the melted butter. Otherwise, just pour the flour into a bowl, whisk in the egg and milk and finally, just before making the crêpes, the melted butter.
4. Heat a seasoned crêpe pan or the nearest equivalent (I like to melt some butter in one first, and then wipe it all off) and ladle 2–3 tablespoons of batter into the pan then quickly hold it up and swirl so that the batter forms a quick, thin pancake covering the base of the pan. This will cook in a minute so flip it and cook for 30 seconds to a minute on the other side, then remove the pale crêpe to a layer of baking paper.
5. Continue with the rest of the batter. This is the work of moments, and crêpes, ready filled, or empty, reheat very well in a microwave.

Ingredients

- 3 large free-range eggs
- 115 g plain flour
- 1 heaped teaspoon baking powder
- 140 ml milk

American style.



Method

1. First separate the eggs, putting the whites into one bowl and the yolks into another.
2. Add the flour, baking powder and milk to the yolks and mix to a smooth thick batter.
3. Whisk the whites with 1 pinch of sea salt until they form stiff peaks, then fold into the batter – it is now ready to use.
4. Heat a non-stick pan over a medium heat, pour some of the batter into the pan and cook for a couple of minutes, or until it starts to look golden and firm.
5. At this point sprinkle your chosen flavouring (see below) onto the uncooked side before loosening with a spatula and flipping the pancake over. Continue frying until both sides are golden.
6. You can make these pancakes large or small, depending on what you prefer. Serve them with a drizzle of maple syrup, or even with some butter or crème fraîche. If you choose to sprinkle with a flavouring, try one of these... fresh corn from the cob, crispy bacon or pancetta, blueberries, banana, stewed apple, grated chocolate – anything else you can imagine..

[American style pancake recipe | Jamie Oliver pancake recipes](#)

Welcome to the arts: PDBE exhibition

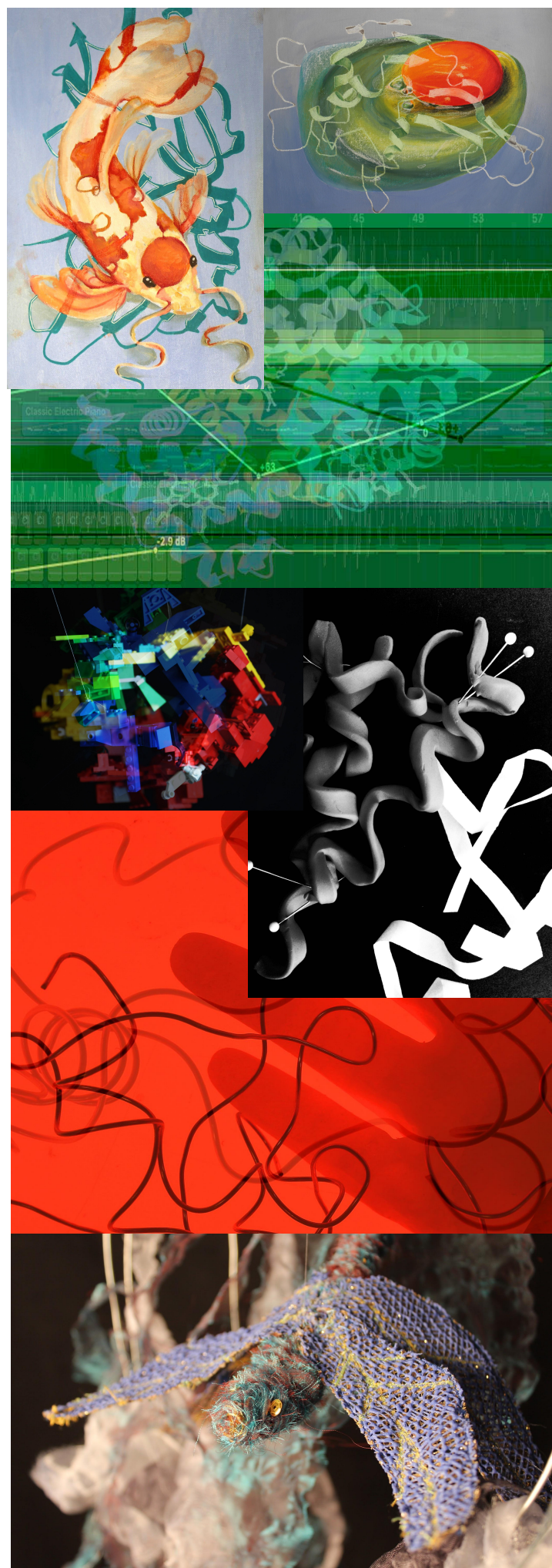
Students from year 13 have been exhibited in a collaborative art exhibition exploring the beauty of protein structures, in collaboration with a world leading science institute.

The Protein Databank of Europe, part of the Wellcome Trust, along with the laboratory of molecular biology in Cambridge catalogue one third of the proteins mapped in different species from across the world and add them to a vast data bank which is free for the public to view. Each year they run an art project using the proteins as the stimulus for pieces of art in different media, and publish a calendar featuring the work which is seen across the globe in different research groups. This year, TGS has taken part for the first time and has been prominently exhibited in the virtual exhibition. Pieces by Milly Wingate, Lucy Kerr and Kali Elderfield were featured, based upon proteins from eggs, fish and flies.

The exhibition was officially opened to the public on the fourth of December, and features work from various schools in Cambridge and other areas, with TGS becoming the first representative from Suffolk. The project began last autumn, with a visit for some of the students involved to the laboratory of molecular biology on the Addenbrooke's site in Cambridge and a tour of the labs, including a look at the large electron microscope used to view the samples. This was followed by sessions by the science team led by Mr Cameron, and then a sequence of lessons in art to develop responses. The media used by the students ranged from acrylic on canvas to wire modelling, to backlit wax sculpture, assemblages in lego and chemical photography.

We are extremely proud of the way that the students have engaged with this project, and have been complimented on their work by the Protein data bank and the other schools involved. This year's entries will begin after half term, and we are sure that the outcomes will again be outstanding.

Mr Clark.



Come inside: take a look at our exclusive interview with photographer Adam Hardy.

My name is Adam, I am an 18 years old. I do motorsport media and model photography. I started doing photography around 3 years ago with my phone and built up to the DSLR camera with a wide range of lens today. I regularly attend Motocross meetings, street car meets, fia world rally and british rally events.

What got you into photography & what inspires you?

I will never really know what got me into photography. I guess I just wanted better quality from my phone, so I bought a starter one and one thing led to another and now I'm with the set up I have today! I guess I just really liked photographing things and my keen eye for quality took over so I ended up buying all the gear.

What style of photography interests you most?

I most enjoy motion... to set the camera at a low shutter speed and pan your shot in time with a subject creating dramatic dragged blur images. This both creates a stunning image and a sense of speed and movement from a still image.

Do you plan to pursue a career in photography or keep it as a hobby?

I have already planned to try and pursue a career in media. I have my own website and business ready to start as soon as I get the chance to get out there and shoot properly. I have done a few free photoshoots to get my name out more. All feedback has been excellent with no negative comments. Just need to get my name out more and start booking in clients for private hiring.



Are there any tips you would give to someone looking to get into photography?

My best tip is practice. The worst thing to do is sit at home watch other people and then go out expecting it to be the same. It will never be the same. Get out there take as many photos as you can, your first photo will not be the best but it can only progress onto greater things. I would recommend watching a lot of youtube videos about the equipment you have and learn how to use 'manual' mode on the camera. Therefore taking full control of everything and therefore personalizing an image to the exact taste of the user.

What camera gear do you use?

I have the nikon d7500, 70-200 2.8, 35 1.8, 24-70 2.8. It is good for night time photography.





'Prometheus' and 'Alien Covenant'

Ridley Scott's underappreciated musings on the nature of creation

*'At this point in our history, we have the power to create artificial life forms who, in just a few short years will be completely indistinguishable from us-which leads to an obvious conclusion: **we are the gods now.**'*

Creation and the fall. Gods and mortals, fathers and sons, arrogance and hubris. These are the themes expertly and subtly told through the two prequels set in Ridley Scott's 'Alien' universe, which he began in 1979 with the original sci-fi horror masterwork which launched him to international acclaim, and redefined the genre. The original movie was a tense psychological thriller which explored themes of sexual terror, body horror and claustrophobia as a parasitic alien organism, birthed from the body of an unfortunate crew member of a mining vessel in the early 22nd century and proceeds to stalk the remaining crew from the shadows. The original film was a tour de force of visual storytelling which implied an expansive and realistic world beyond the claustrophobic confines of the vessel the majority of the film was set within. In particular, the mystery of the alien spaceship the crew discovered on an unexplored moon, and the nature of the dead, skeletal giant alien found within, along with the alien eggs from which the titular alien first appears is never explained, implying far more to the story than is told within the film's runtime.

'Alien' would have three sequels over the following 20 years, beginning with the magnificent 'Aliens' in 1986 directed by the visionary James Cameron, the troubled but beautiful 'Alien 3' directed by David Fincher and the underwhelming 'Alien Resurrection', directed by Jean-Pierre Jeunet. While 'Aliens' was

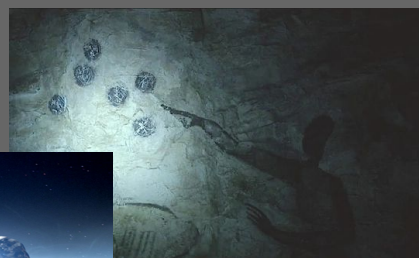
considered highly successful by critics and fans alike, the following films were each considered to deliver diminishing returns. When the two 'Alien vs Predator' films were released in the early 2000s, the franchise had become a shadow of its former self. Most notable, perhaps is that in all of these sequels, the themes and mysteries of the original film were never really expanded upon, beyond the arc of the title character, Ellen Ripley (played magnificently by Sigourney Weaver in her breakout role).

All of this would change in 2012, with the director of the original film, Ridley Scott (now one of the most dominant and well respected directors in the business) returning to direct a prequel to 'Alien', set around 18 years before it's events. 'Prometheus' would proved to be a highly divisive entry in the saga, initially praised by critics and fans for it's stunning beauty, attention to detail and the performances of some of the principle cast, but bitterly disappointing for many viewers who went to see the film expecting to see a true prequel to the original movie. This was, in large part due to the advertising campaign undertaken by the film's producers, 20th Century Fox, who took every opportunity to make the connection to the original 'Alien', even going so far as to use the iconic 'siren' soundtrack used in the trailer for the 1979 film in 'Prometheus' trailer. The film, while taking place within the 'Alien' universe, and drawing certain specific elements from it, is a thematic continuation of that film, rather than a narrative one. It's sequel, 2017's 'Alien Covenant' continues these themes, though it does return to more of the classic body horror and scares of its original predecessor (and is arguably less interesting than 'Prometheus' for this shift in focus).

When Ridley Scott announced that he would return to the sci fi genre for the first time since his seminal 1982 film 'Blade Runner' for 'Prometheus', he stated very clearly that he was not interested in retreading the same ground he had explored with his previous films. This would be an exploration of the origins of mankind, inspired in part by the 'ancient astronaut theory' and 'Chariots of the gods' by Erich Von Danigen. While far from the first mainstream media to explore the concept that humanity was the result not of divine creation or random evolution, but the design of an alien intelligence, 'Prometheus' was certainly the most high profile, large budget production to do so. Tying the new films ingeniously into their predecessor, Ridley Scott and writers John Spats and Damon Lindelof expand upon the dead alien giant found in the first film, re-christening him a member of a race of 'engineers', celestial beings who seed primordial planets with their own DNA using a mysterious 'black goo' to create life, and are thus the original creators of all life on earth. The catalyst, therefore for the narrative of both prequel films is the search for these 'engineers', and to answer the most fundamental questions of human existence: who created us and why? While this may, on the surface sound like a fairly simple, altruistic tale of exploration, in the tradition of films such as '2001: a space odyssey' or 'Star Trek', 'Prometheus' carries a horror twist entirely consistent with the universe in which it is set: while the 'engineers' may be the creators of humanity, that doesn't mean they are satisfied with their creation. The terrible discovery of the 'Prometheus' crew is quite the opposite, the 'engineers' are horrified by their creation and had decided, two thousand years ago, to annihilate humanity and start again, until their biological weapons were accidentally released, destroying them instead. Thus, the question of the main narrative changes from 'what if you could meet your maker' to a far more interesting 'what if you met your maker and they considered you a failed creation?'

The plot

The events of '**Prometheus**' begin in the year 2093 with archeologists Elizabeth Shaw and Charlie Holloway discovering an ancient cave painting in the Isle of Skye: the painting depicts a tall figure pointing to a star system, later revealed to be consistent with paintings from across the globe, painted by ancient civilisations which could not have possibly encountered one another. Discovering that the system depicted in the paintings exists, and has moons with habitable conditions, Shaw and Holloway determine that they must travel there and seek the creatures depicted by the ancient civilisations. Managing to convince the immensely powerful colonisation mogul, Sir Peter Weyland to fund an expedition to the star system, Shaw and Holloway lead a crew of various experts and corporate representatives about the state of the art vessel 'Prometheus' in suspended animation to the moon, LV223 to attempt contact with the beings which, they theorise must be the 'engineers' of the human race.



As the crew of the 'Prometheus' slumbers in hypersleep, the android, David 8 monitors the crews safety, maintains the vessel and studies the roots of all ancient earth languages, theorising that by comprehending the origins of language on earth he may be able to translate the language of the 'Engineers' if they were successful in finding them. David demonstrates that he is a highly intelligent, complex and idiosyncratic creation with a personality, drives and desires of his own: tellingly, he fixates on the T E Lawrence's character from the 1962

adaptation of 'Lawrence of Arabia', going so far as to model his appearance and pattern of speech upon him. Like Lawrence, David is set apart from those around him, not simply because of his nature as an artificial life form, but also because of his knowledge that he is superior to his human companions, yet required to be subservient to them.



Upon arrival at the moon LV223, the 'Prometheus' crew discover large structures formed from the landscape and impatiently begin exploring them. Gaining access to the first structure, the crew discover vast, organic tunnels and a chamber containing what appears to be an altar room with a giant humanoid head statue at its centre, strange urns arrayed before it and a cryptic mural carved from the wall and painted on the vaulted ceiling. The mural depicts an alien creature at its centre in a crucifixion pose, and the urns quickly begin to ooze a black, viscous substance. David is able to translate some of the text on the walls, and activates a hologram of sorts, revealing that the 'engineers' were attempting to escape from some unseen terror, leading the crew to discover mounds of dead 'engineer' bodies piled against the walls. Discouraged by the discovery that the Engineers seem to be extinct, and forced back to the 'Prometheus' by a silicon dust storm, the crew secure a decapitated 'engineer' head and leave. Two crew members are separated from the group and become lost in the maze of tunnels, and David secures one of the urns from the altar room for further investigation.

Back on the 'Prometheus', experimentation with the severed 'engineer' head reveals that the 'engineers' had been exposed to a bioweapon which distorted their DNA and caused rapid and catastrophic mutation. It is also revealed that the 'engineer's DNA is an exact match for that of humans, while predating it by millennia, thus proving conclusively that the 'engineers' are the creators of the human race. Instructed by a mysterious third party to 'try harder', David infects Holloway with a drop of the black goo substance. Initially unaware of his rapidly deteriorating condition, Holloway shares an intimate moment with Shaw, infecting her with the substance. In the 'engineer' structure, the two lost scientists discover that the urns in the altar room are now creating rivers of black goo and have started to mutate the local microscopic lifeforms into large, violent snake-like creatures. One is killed by the life form, while the other is immersed in the black goo and mutated into a vicious, frightening creature.

Holloway's condition rapidly deteriorates due to the black goo infection, his DNA mutating and disintegrating and, aware of the danger he poses to the others he willingly sacrifices himself to protect them. Shaw collapses and is scanned by David, who realises that her infection has taken the form of a pregnancy with a horrifying, non human foetus. David attempts to put Shaw into hypersleep so that the creature can be studied at a later point, but Shaw escapes and uses a surgical med-pod to perform an excruciating, makeshift caesarian section to remove the squid like infant. Stitched up by the surgical equipment, Shaw locks the 'trilobite' in the med-pod and stumbles into the rear of the ship, discovering that Peter Weyland himself has been aboard all along, manipulating events and giving David his instructions.

To be continued in Issue 5...

Competitions:



Step into the NHS Competition.

The nationwide Step into the NHS competition invites you to **explore over 350 exciting careers in the NHS**, the largest employer in the UK.

Create a lively job description and fun advertisement for one of over 350 NHS careers.

This is a national competition with a range of prizes.

All the details of this competition can be found on your school emails and the NHS "Step into the NHS | KS3 careers resources and competition" website.

Make use of careers if you need some help or ideas!

RESEARCH • DESCRIBE • CREATE

Your template and advert must be sent to Miss Hilson by **30th March 2021** so there is time to enter them.



TGS Calendar 2021/22

Thomas Gainsborough School, Wells Hall Road, Great Cornard, Suffolk, CO10 0NH
Telephone: 01787 375232, Fax: 01787 377386 enquiries@tgschool.net, www.tgschool.net

If you would like to visit us it would be our pleasure to show you around. Please contact us on 01787 375232



Calling all artists and photographers!

Do you want your work to be remembered for years to come?

Well, this is your chance. the Community Garden needs a mural and we want **YOU** to design it!

Your art could be a part of school history! Every entry will receive a merit!

Please submit entries to:
18hmcgrath-wells@tgschool.net or 18ryoung@tgschool.net
by the 22nd of February 2021!

The only restrictions are that its colourful and in some way incorporates the school logo!

For paper drawings please submit a photo or scan of them. Entries can be photos, drawings, paintings or collages



British Values Competition

Our Fundamental British Values are:

- Democracy
- The Rule of Law
- Individual Liberty
- Tolerance and Respect

Can you create a poster displaying and explaining these values which can then be displayed in all of the classrooms at TGS?



ESCAPE: Poetry competition. Write a poem with the theme 'escape'. It can be any form but must be between **10-30 lines** long. There are two age categories: **years 7-8 and years 9-11.**

ESCAPE: to break confinement or control. You can interpret this idea in any way you wish. The escape could be literal or metaphorical, for example, escaping a situation, relationship or way of thinking. It could also be set whenever and wherever you want. Obviously we are in the grip of a virus that is confining and controlling our lives but this need not feature. It is entirely down to you!

Deadline: Friday 12th February

Send entries to: **gedwards@tgschool.net**

ESCAPE: Short story competition. Write a short story with the theme 'escape'. It can be any form but must be between a **maximum of 500 words** long. There are two age categories: **years 7-8 and years 9-11.**

ESCAPE: to break confinement or control. You can interpret this idea in any way you wish. The escape could be literal or metaphorical, for example, escaping a situation, relationship or way of thinking. It could also be set whenever and wherever you want. Obviously we are in the grip of a virus that is confining and controlling our lives but this need not feature. It is entirely down to you!

Deadline: Friday 12th February

Send entries to: **gedwards@tgschool.net**

1). TGS Calendar Competition

Please continue to send Miss Hilson any photo you have which represents a particular season or month of the year.
Deadline: Friday 12th Feb

2). British Values Poster

Create a poster which demonstrates our 4 fundamental British Values which can be displayed around school. These can be created by hand or using ICT, please send Miss Hilson your entries.
Deadline extended: Friday 2nd April

3). NHS Careers

Create a job advert for one of the many job roles within the NHS. This is part of a National competition in which you could win prizes. Please send Miss Hilson your entries.
Deadline Mon 30th March

4). NEW Escape Writing Competition

Write a short story or poem on the theme of **ESCAPE**. Entries to Mr Edwards
Deadline Fri 12th Feb

5). NEW Design a Mural

A fantastic opportunity for you to design a mural to be painted by the 6th form garden - a long lasting display of your fantastic art skills. These can be emailed to Miss Hilson or the 6th former students (emails on the poster)
Deadline Fri 22nd Feb

Our thanks to everyone who contributed to this edition

Katherine Chapman
Jemma Sargeant
Sam Wainwright
Hannah McGrath-Wells
Brandon Howard
Dasie Houlden
Charlie Wilson
Aimee Sharp

-

Rosie Young
George Dunn
Milly Wingate

Mr Alexander
Mrs Mayhew
Mr Clark
Miss Byham
Mrs King
Miss Hilson
Mr Edwards
Miss Moulton
Mr Neary
Mr Copeman

-

Mick Roberson
Harry Bareham
Adam Hardy

Thank you for reading, we hope you enjoyed
Issue 4 of The Illustrator.

Do you need to talk to someone? Send us an email. We'll always listen and will try to get back to you promptly and help out if we are able.

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