



February Edition

Finest

A.K.A Lockdown edition

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Happy Valentine's Day!

-From The Newspaper Team



Advice Corner

Welcome to the Fulford's Finest advice corner, the place where our Year 13 students tell us the things that they wish they could tell their Year 12 selves. Having already been in the Sixth Form for a year, they are going to give you the insightful wisdom and guidance that you never knew you needed.

We think it is safe to say that our time at Sixth Form so far has not the been the average experience. For us Year 13's -well- we've essentially skipped our Sixth Form years and as for Year 12's, you've missed out on the social side of the first year. We're spending 5 or more hours a day staring at a screen, missing our friends, and struggling to stay motivated. And we're sure for a lot of you, TikTok has taken over a good part of the day...

Year 13's are dealing with uncertainty and anxiety of exams (or lack thereof), while Year 12's, still with exams in the future, are preparing in the best way that they can. Us Year 13's know just how hard this is, after months of online learning in our Year 12. So, let us impart our wisdom and knowledge on how to stay motivated:

1. **Don't do lessons in bed.** Tempting, but not efficient. You are much more likely to fall asleep, get distracted and not know what it is going on. Try your best to stumble out of bed in the morning, even if you stay in your pyjamas (because that's the best thing about online learning!)
2. **Try to stick to the school timetable.** You can use your free periods to revise and break and lunch are already scheduled in for you!
3. **Watch recordings of lessons.** If you did struggle to make it out of bed for a lesson or couldn't concentrate after being sat at a desk all day, watch the lesson again later on in the day.
4. **Don't sit in the same place all day.** If you can, vary where you sit throughout the day. If you're cramped up in your bedroom all day, you're bound to get frustrated.
5. **Blue light glasses.** If you ever get headaches or become exhausted after a day of online school, it could be from staring at your screen. These glasses filter out the blue light of the screen which is much better for your eyes. You can find them for a cheap price too!

We hope that these tips make online learning that bit easier for all of you!

Polished Politics

EU's vaccine disaster...



On the 26th of December 2020, the President of the European Commission Ursula Von Der Leyen tweeted 'The Covid vaccine has been delivered to all EU countries' later adding, 'this is a touching moment of unity'.

The key word to take from that sentence would be 'moment' as fast forward a few weeks Ursula Von Der Leyen has been heavily criticised for the painfully slow rollout of the vaccine within the EU. So far only 477,000 first doses have been administered to the over 80's in Germany, especially when in comparison with the simultaneous rapid rollout

of both the Pfizer and AstraZeneca within the UK, which so far has resulted in over 13 Million people having received their first dose of the vaccine.

In addition, The European Union on Friday 29th January sought to restrict exports of COVID-19 vaccines to Northern Ireland by overriding a part of the post-Brexit deal with Britain, a steep escalation of the bloc's battle to secure vaccine supplies. When heavily criticised for these actions Ursula pointed the finger at Valdis Dombrovskis, the Commission's Executive Vice President for Trade for the blunder. This fiasco resulted in Northern Ireland's First

Minister Arlene Foster described the EU's decision as "an incredible act of hostility" alarming the government of both Ireland and the UK, with Cabinet Minister Michael Gove "carefully considering next steps".

The EU's hostile wielding of Article 16, which allows Britain or the EU to take unilateral action if there is an unexpected negative effect arising from the agreement, has left Ireland horrified and the unity in Brussels scarce. There have been calls for Ursula to step down from her position but she remains defiantly in power with a promise to last until her term ends in 2024.

SPORT

Rugby

After a long hard period for many in the UK, the 150th game of the Calcutta cup in the six nations was highly anticipated by all rugby lovers. Many players in the England set up hadn't played a game of rugby in 4 months, so it was fair to say that many fans were eager to see if their games were rusty.

Eddie Jones had spared no expense and picked a very strong squad to face the Scottish, and he even pick Obano, a fresh face to the international scene, and a face that I recon many fans will have wanted to see get a crack at the whip. Unfortunately, many top-quality players missed out on their opportunity to play for such prime team, such as the Simmons brothers, Ludlum and Willis.

Kick off came and England didn't seem like they were firing on all cylinders, the fluidity of the team seemed off, as they didn't get into their usual groove. However, this wasn't to do with England's poor play, it came from the clever play of the Scottish. They starved the English off possession, and when they kicked them possession, they pinned them into corners of the pitch no team is comfortable playing in. This was highlighted by the return of the return of



Finn Russel. His link up play with captain Hogg really showed the world their Scottish flare and how the Scottish want to start and endeavour through their campaign in this Six Nations cup. Along with Hogg and Russel I personally think it was the hard graft by the Scottish forwards that gave Russel the platform to launch the thrilling attack we expect from a player of his capability. Scotland as a team came together and gave a performance that we haven't seen from them in a couple of years now, many people will blame the English for their poor play but I think the Errors made by England were consequential to the pressure put on them by the Scottish pack. Instead of pointing fingers and blaming specific England players we should sit back and give Scotland a pat on the back for a great performance.

Football

Manchester United are having a great season they were just two points behind Manchester City. But then in the what we all assumed would be an easy win for Manchester United against Everton in the last 30 seconds of the match, Everton had Calvert- Lewin bumble in the goal that came from the poor defence of Manchester United, soar over the players heads and equal a draw.

Manchester City perused to win their match against Liverpool at a disastrous 4:1 defeat, who can stop Foden?

Arsenal- who are they?

Brighton after numerous losses is climbing their way up the table and the rest well- not worth it, (don't shout!)



Tennis:

Going to be brief;

Serena Williams wins Australian opener despite Aussie fans being nervous about watching, all not a problem because the crowd was tiny.



GBs Evans wins his first ATP and, Murray is angry at missing Australian Open.

Bit dead in the tennis industry if you ask me

Cricket:

Cricket, maybe I'll stay fielding for this one but...

It looks optimistic for our England; they need 9 wickets on the final day to beat India. I mean I've played cricket on the beach before and got stumped out before I even batted the ball, I wish them mighty luck.



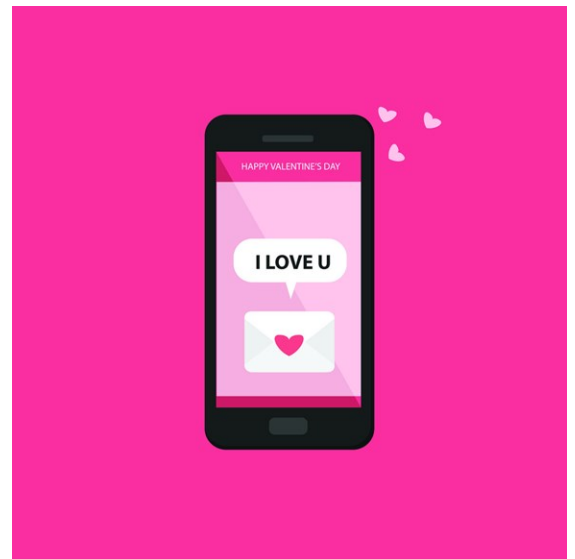
Meanwhile Pakistan beat South Africa which seals them a 2-0 series win.

Oh, and this appeared to make the news but an advertising board falls on England cricketers, Bess' head during an interview- newsworthy indeed.

Your Lockdown Valentines

Xoxo

Whether or not you found a beau or kept the spark lit through such a disastrous year we all have a little bit of love to share. Because of the pandemic and social distancing rules Valentine's Day won't be as easy as a romantic night out on the town at a ridiculously overpriced restaurant after you've watched a sappy romcom at the cinema. So how are you going to make this Valentine's Day special when all the odds are against you? Luckily for you we have made a list of ways to express your love behind the masks:



Roses

Just because you can't see each other doesn't mean you can't send each other a romantic gesture. There are plenty of flower delivery businesses out there to help you make a lasting impression. Even virtual flowers.. and they last forever.

Photo Collage

Print off a load of pictures of you and your partner and create a photo book or a card with a little message around your adoring faces and mail it to them. If you don't have a printer, put those IT skills to work and create a slideshow of all your favorite moments with that person.

Social Distance Walk

Now this one depends on where you live and the social distancing rules applied to you, but if you apply the distance, you can still have a worthwhile moment with each other, on a little walk or just a sit down and catch up with how things are.

Virtual Face to Face

As cheesy as it sounds, it can also be a lot of fun to get on a quick video call and treat yourselves to some funny face masks with ambient music in the background and have a spa day with each other. This applies to any scenario, a virtual picnic, dinner date or even a movie night.

Call Them

And the most basic of them all, calling them up or even sending a message can communicate exactly how you feel and let the other person know that you still care.

So wherever you are this lockdown, stay safe and have a lovely Valentine's Day. <3

Lockdown activities

Have you binged watched everything on Netflix? Do you feel like it's Groundhog Day again? Then it's time to re -think your lockdown activities! Check out this list of suggestions to break the boredom:

Try out a new recipe. Head over to our recipe page and check out our latest recipe!

Have a zoom Bake Off challenge. Why not get together with some friends and do a virtual bake off, this will be loads of fun and a great way to communicate with friends without constantly staring at a screen the whole time.

Create a pandemic journal. Pandemic journals are a great space for private reflection and can help you process your thoughts and feelings during this lockdown. It will also be fascinating to look back on in years to come.

Take a practice theory test. This will be very useful for those of you learning to drive soon.

Learn a new language. Why not brush up your linguistic skills this lockdown. You can check out Duolingo for some ideas.

Take a free Open University course. Completing an online University course is great way to gain extra skills and will look good on your CV for when you decide to apply to University.

Online exercise classes. If you fancy getting fit this lockdown why not try Couch to 5K or try some free online exercise lessons such as Yoga or a fitness class, there will always be something for everyone!

Play a family Come Dine with Me and take turns to host. Have a little bit of fun this lockdown and take a night a week and impress your family with a three-course meal and entertainment while judging each other's efforts.

Complete an online escape room. Get together with some friends and join a virtual escape room. This activity is perfect for those wanting to enjoy an interactive activity session and to hang out with friends while doing something a little different. You can find out more information online.

Try out some photography. Photography is a great way to inspire your imagination. Why not get outside and engage in the world of nature and develop your love for photography this lockdown.

Do some mindfulness activities. Whether you do some meditation, listen to a podcast while going for a walk, mindfulness is a great way to reflect on yourself and to observe your thoughts and feelings without judgement from others, while focusing on the positives in your

Interviews for Intellectuals

So, for this week's interview we have Miss Smith, a wonderful History teacher!

1) Valentine's day is coming up thick and fast, any sad/ crazy/ happy moments on this special day?

Sorry to be boring but no real 'stand out' memories either happy or sad. I have always done a card and then treated it like a normal day!

2) Favourite historical characters you'd be willing to invite to a dinner party?

Great question: Emmeline Pankhurst, Charles II, Nikita Khrushchev, Michelle Obama, Gloria Steinem, Phoebe Waller-Bridge and Arthur Miller. Some alive, some dead but hopefully quite the party!

3) Any hidden/ unusual talents?

I used to compete in dancing competitions when I was younger, my chosen style would be tap dancing. Probably more a surprise than unusual!

4) When you were in school, what was the biggest scandal?

I have two. First isn't a scandal but is hilarious, so when Tom Zanetti started out DJing he DJed at my friend's 15th birthday party and introduced us to the song 'funky town' which is an absolute travesty. Then the second is from a birthday party and the girl's house was massive and the garden had a veg patch and a pond with coy carp. Most of our year group went and as parties can do, they sometimes get out of hand which is very much what happened. So, by the end of the evening and a few too many fruit shoots, someone fell into the pond and was like thrashing around as if they were drowning, it transpires the next day that all the coy carp had died in the event. The girl's dad hit the roof and phoned the parents of the fish murderer and they had to buy some more coy carp for the pond.

Also, this is the link to Tom Zanetti's 'funky town' <https://www.youtube.com/watch?v=9UYHGZblioc> if you want to have a listen!

5) Necessities that have to come with you wherever you go?

If it is for the day: phone, lip balm, jacket, a canvas bag (in case I buy anything), hand sanitiser (this was even pre-pandemic) and if it is an overnight all the same but also my make up bag, cleanser/toner/moisturiser and I have a silk pillowcase so that comes too (very extra I know!)

6) Something you bought but hated- explain this hatred?

So, I went for a facial (at a store of a brand that will remain nameless) and they sold me a load of lotions and potions, one of the items was an expensive eye serum that turns out was anti-aging 'brightening' cream and smelt completely foul (very different to the one they used on me when I was there, I am convinced). Luckily, I managed to sell it on and haven't bought from said brand since. Not bitter!!

7) Craziest conversation you've overheard or that someone has said to you?

It isn't too wild, but I overheard a break up on a train, she was on the phone so I only got one side (quite the shame) she was saying things like 'I can't take it, we are over, I just don't love you' 'no I deserve better, I have given you so many chances' then hangs up and turns to her friend and was like hmm where should we go for dinner, so I presume she was fine!

8) If you got reincarnated, what animal/ living thing, would you become?

100% a cat, a Russian Blue to be precise. They are majestic and their day-to-day existence seems just delightful.

9) Now Valentine's day normally involves a romantic meal, what's the worst meal you have ever had and why?

I hate to say it, but my Mum's fish pie. I remember distinctly not being allowed to leave the table until I ate it all and I don't know what it is about it I really didn't like, maybe the smell, the texture, clearly the taste, or maybe all of it together. To this day I haven't had a fish pie since. Alternatively, one of my housemates at Uni made 'speciality' dinners (anything in the cupboard really) and a particular low was a dish called 'fish finger paella' and I am hoping I don't need to say why I hated it, just such a horrible combo not sure why I agreed to eat it!!

10) Finally, what do your friends/ partner say, are the most annoying things about you.

This is a very easy one, I am very much a morning person and I think sometimes I can be a little too chipper/energetic when I get up which I can appreciate is very annoying if you are still half asleep. Apparently, I am getting better though!

The Food Fanatic

This recipe makes it so unbelievably easy to produce an absolutely delicious result. The tart is creamy and the tang given by the citrus fruit is complemented beautifully by the use of ginger biscuits in the base.

***Recipe of the Month:**
Refrigerated Lemon
and Lime Tart*

Ingredients: (makes a 9 inch tart)

- 250g ginger biscuits
- 70g melted butter
- 300ml double cream
- 1 (397g) can of sweetened and condensed milk
- Zest and juice of 3 limes
- Zest and juice of 2 lemons

Method:

1. Transfer the ginger biscuits to freezer bag, then beat with a rolling pin until they resemble fine breadcrumbs (alternatively, use a blender). Put the melted butter in a bowl and stir in the biscuit crumbs. Gently press your mixture around the base and walls of your tart tin to make your base, then chill whilst you make the filling.
2. Pour the condensed milk and double cream into a bowl then beat until combined (although you may feel the urge, don't whisk until stiff as you normally would with cream, despite many similarities, it's not a cheesecake.) Then add the juice and grated zest of both the lemon and limes and stir until fully incorporated.
3. Pour your filling over the base, smoothing out the top with a spatula, then chill in the fridge for 2 or more hours.

