



Finest

Welcome to your flower spotting checklist guide!

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Take this with you for whenever you find yourself out on a walk in your village, down the cycle track or even through the dales and countryside of Yorkshire or wherever you're going this spring and keep your eyes peeled and tick off the ones you see!

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<p>Greater water parsnip</p> 	<p>Greater water parsnip is a large perennial with hollow stems and small white flowers. It is found in wetland areas. Unfortunately, greater water parsnip has declined rapidly over the last 200 years due to the drainage of wetlands and loss of habitat.</p>		<p>Fen violet</p> 	<p>The fen violet is a member of the violet family with a very pale flower, and deep green leaves. It has been reported to hybridize with other violet species but research is ongoing to the extent of this.</p>
<p>Field cow-wheat</p> 	<p>An herbaceous flowering plant, it has striking purple and yellow spiked clusters of flowers on branching stems. The leaves grow on opposite sides of the stem. They are lanceolate (long, pointed and wider in the middle, like the tip of a lance) and may be toothed.</p>		<p>Thrift</p> 	<p>Globular heads of pink flowers have stalks 5-30cm long. Flattened, linear, dark green leaves. Across wild, coastal areas throughout the UK - especially Scotland. As well as rocky cliffs, Thrift can also be commonly found brightening up salt marshes and other sandy areas.</p>
<p>White clover</p> 	<p>White clover is a very common plant of all kinds of grassy areas in the UK, from lawns to pastures, roadsides to meadows. Most White clover leaves have the familiar trefoil look with three green leaflets, often bearing white</p>		<p>Great burnet</p> 	<p>The presence of the bulbous, blood-red heads of Great burnet is an indication of a rare group of plants and flowers flourishing together in a floodplain meadow. Great burnet has oval, crimson flower heads that appear on long, green stalks.</p>
<p>Ground-elder</p> 	<p>Ground elder is a herbaceous, invasive, perennial weed. It spreads via rhizomes (underground stems), which can regenerate from just a tiny fragment left in the ground. The flowers bear a resemblance to those of the elder tree (which is completely unrelated), and this gives the weed its common name.</p>			

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...

For this edition, the topic for our advice corner is mental health. It is vital that we, as students in these- well- strange times, stick together. With this in mind, we asked a selection of our Year 13s what they wish that they had known in Year 12 that would have helped with their mental health. After lots of different responses, we filtered them into three central pieces of advice:

1. Don't be too hard on yourself about grades. The jump from GCSE, as we're sure you have learnt, to A Level is massive! It takes a while to switch from your Year 11 self to your Year 12 self. Trust us... some of us still struggle with this.

2. Don't be afraid to message others for help. By now, we're all experts on doing A Levels during a global pandemic... It's not easy. Go on a walk or send a message to someone you trust.

3. Don't listen to "leaked press" or speculations. Wait until there is an official announcement before reacting to the latest news. There have been many instances where we have listened to this press and it has not been true in the slightest. Try and wait for the PM announcements, even if he is often late...

These were the main pieces of advice our Year 13s had for the Year 12s. I think the overall census of this advice is not to be too hard on yourself, know when you need to go to someone else for help, and to make sure that the news you are consuming is trustworthy (we can assure you that Fulford's Finest is!) So good luck as we all come back to school!

Polished Politics

The Budget

The Budget is the government's yearly announcement about how it is going to spend the nation's money.

On **Wednesday 3 March 2021** – almost a year after his last Budget of 11 March 2020 Rishi Sunak delivered this year's Budget; Sunak announced that the economy was expected to revert to pre-COVID levels by the middle of next year. Sunak summarised the future ramifications of Lockdown/Covid and their underlying effects:

- GDP growth forecast for this year downgraded to 4% (from 5.5%), according to the Office for Budget Responsibility
- Unemployment expected to peak at 6.5%
- Forecasts show government borrowing reaching £355bn in 2020/21, 17% of the national income - the highest level since the Second World War. For 2021-22 it climbs to £234bn, 10.3% of GDP. **The forecasted future of borrowing is only comparable to the amount of money borrowed during both the World Wars.**
- Debt is set to peak at 97.1% of GDP in 2023-24

Alongside forecasts, Sunak declared the first ever UK Infrastructure Bank will be set up,



in Leeds, with an initial capitalisation of £12bn - to finance public and private sector "green industrial revolution" projects. Such projects will see investments in port-side towns to further the already expanding off-shore wind turbine industry. Simultaneously, this will culminate in growth among northern towns.

In addition, to push investments across the UK to drive further employment, a 'super deduction' will be implemented to incentivise businesses to invest as it will allow them to reduce their taxable income by 130% of the amount they invest.

This 'super deduction', which will be in place for two years, is hoped to seduce businesses sitting on cash-reserves to invest which will in turn have a significant impact as highlighted by the Chancellor of the Exchequer "The OBR have said it will boost business investment by 10 per cent around £20 billion more per year."

Whilst Sunak's plan is tailored to businesses and recovery, some members of the public are distraught over the lack of gratitude shown towards key workers as Sunak's Budget lacked any information regarding key workers and their wages.

SPORT

England vs Wales

For as long as I can remember every England vs Wales game has been more anticipated and ferocious than a heavyweight boxing match with Tyson Fury fighting. The Welsh as a nation are happy, friendly people. Their rural style of living makes them peaceful and kind. However, a couple of times a year they transform into passionate, patriotic beasts. These times in the year are better known as a clash between two titans of the modern game of rugby. England is hated by many nations for their past, but never more so than by the Welsh on game day.

The England side was under large pressure from The Press about whether to keep Farrell in the squad, many legends of the game weighed up their opinion on the matter one being Matt Dawson; <https://www.rugbypass.com/news/matt-dawson-becomes-latest-big-name-to-call-for-owen-farrell-to-be-dropped-by-england/>. This is a fantastic article to read if you want a better insight into a former professional's opinion on what is a controversial topic, on a controversial player.

Many people feel a lot of younger players are being starved of opportunity to shine on an international stage. I think Jones has been a fantastic coach for England however, he needs to make some big changes very soon on tactics and players.

In my opinion, I feel England were always at a disadvantage and were chasing the game from the start of the match. Two controversial tries were allowed in Wales's favour that meant England were always on the back foot. Referee

Jérôme Garcès, publicly stated after the game that he made an error in his decisions and neither tries should have been allowed, which is a bold statement

when you are considering the game in question.

However, all that aside there were spells of good rugby by good players. An honourable mention of one player that I think took the game from England and brought it home for Wales was Callum Sheedy. His superb kicking and ability to read the game in front of him showed that he is a bright spark for the future of Welsh rugby. Tipuric was in form and led by example. When England had the ball in hand and played through the phases, on the whole they looked the stronger side. Circumstance and key individuals for Wales secured the win on Saturday.



Film Recommendations

Lockdown made me an introvert again. Time to live vicariously through coming of age movies.

Edge of Seventeen

A personal favourite of mine, this 2016 dramedy features high school junior, Nadine (Hailee Steinfeld), in the peak of teenage awkwardness. While maintaining the beloved essence of John Hughes films, Kelly Fremon uses dark, biting humour and truthful characterisations to dig deeper than Hughes ever dared. This, without a doubt, a coming of age essential, filled angst and the relatable of identity. Woody Harrelson supports as Nadine's witty teacher, bringing the character complexity and emotional layers like Steinfeld. In this age of 'The Kissing Booth' and virtually any Noah Centineo movie, it



feels like anyone can whip up a teen film, but the Edge of Seventeen provides a smart, bravely honest, refreshing addition to the genre. While the 'not like other girls' trope has been done to death, Nadine ironically feels like an intentionally relatable figure with the only antagonist being herself. Particularly, the emotion vulnerability presented by her during the raw penultimate scene with her distant older brother, strikes painfully close to home as she reflects on her self-centred attitude in years.

Interviews for Intellectuals

So, for this week's interview we have Mrs Bloxwich, a wonderful English teacher!



1. Because you're an English teacher, what's your favourite book– and why?

This is such a hard question for an English teacher! It's great in that it makes me think about the books I love but it's also a tough one as choosing just one book is really hard. I'm going to go for *Pride and Prejudice* by Jane Austen. I love her writing style and how different the sisters are. It's great to have a strong female protagonist and I love a happy ending (I am not good with guts and gore!).

2. Do you have any superstitions or rituals– explain why you have them?

Nothing out of the ordinary, if saluting magpies and bowing at the new moon (if seen through a window) are ordinary things to do?! I say “aye, aye, magpie” if I see a magpie on its own as it's meant to be unlucky to see just one. I've started bowing at the new moon because of my husband's Irish family – they think it is unlucky to see it for the first time each month through glass. I thought they were ridiculous at first but it's got to me now!

3. One thing you've liked about lockdown?

The 'mute all' button in online lessons.

Just kidding! I actually missed all the noise and liveliness (to a degree...!). What I did enjoy was going on bike rides with my family; we never used to go for them but we started going on them so we could go a bit further afield. There are only so many times you can walk around the same streets!

4. Most awful thing a student has ever done to you? Tell us all!

I've actually been really lucky over the years and never had anything done to me – please don't see this as a challenge!

When I lived in London I taught in some pretty tough schools – one of which had an on-site PCSO, cameras everywhere and panic buttons. Some of the kids were in gangs and were very aware of street violence. One of the worst things that happened there was during a performance of *Romeo and Juliet* by a touring group from the Royal Shakespeare Company. As the actress playing Juliet went to stab herself in the emotional end scene, lots of the students started excitedly chanting “shank, shank shank!” (slang for stab) and the poor actress had to carry on trying to create a really sad and sombre scene whilst the other teachers and I were desperately shushing the students. So it wasn't anything awful to me but I did feel sorry for her!

5. What would you say is your best quality?

My enthusiasm; if I take something on I want to do it really well – whether that's work at

school or organising one of my kids' birthdays. Obviously not everything is my cup of tea but I'm generally very enthusiastic about what I do and trying to make people happy.

6. What made you change jobs from journalism?

I have some fun stories about being a journalist and in some ways I loved it but it takes a lot of confidence and determination to get a story in maybe quite difficult circumstances. I didn't feel comfortable being really ruthless about news gathering. I also found the style of writing quite repetitive after a while (news reporting is a quite limited style) and found 3 years to be a long enough insight to know it wasn't for me. I lived with three friends from uni, two of whom were teachers, and their days sounded a lot more fun. I'd taught in my summers at university (once in Romania, which was a brilliant experience in a beautiful country) and always had teaching at the back of my mind. So, I did some work experience in one of my flat-mate's schools and loved it. I feel really lucky to work with young people and to be able to keep learning about the English language and its literature. Plus the holidays are good...

7. What's your opinion on Harry and Meghan?

I've been too busy with marking and planning this week to watch the full interview yet! But from the snippets I've heard, it sounds like a really sad and worrying situation. I think Meghan is incredibly brave to speak publicly about her mental health and suicidal thoughts; hopefully this might encourage people feeling a similar way to seek help and realise they are not alone in feeling so low. I admire Harry for stepping away in order to protect Meghan.

It's worrying that she wasn't given help when she asked for it and that Harry received racist remarks about his son. I hope the interview prompts institutional change within the Royal Family.

8. What would you do with a million pounds? Be honest!

I would buy a beach house in the village in Wales that I go to each year and I would finally be able to do up my house which desperately needs to be renovated! Plus you might see me driving to school in a much fancier car.

9. Worst lie you've ever told?

I can't tell you that!

10. A time when you've lashed out/lost your temper?

I once had a go at two drunk men who were being rude to a woman on a train journey; I know it was the right thing to do but my heart was pounding! I hate confrontation and don't really show my anger.

The Food Fanatic

Never has a cake gone down so well in my family. It's just that good. I'm not sure what else I can possibly say about it, other than I HIGHLY recommend it. It is entirely and completely delicious.

Recipe of the Month:
Italian-style Pear and
Almond Cake

Ingredients:

- 100g butter
- 90g sugar
- 2 large eggs
- 1 tsp almond essence
- 70g plain flour
- 100g ground almonds
- ½ tsp baking powder
- Pinch of salt
- 3 medium pears
- A handful of flaked almonds



Method:

1. Preheat the oven to 190°C.
2. Grease and line a circular spring form cake tray.
3. Cream the butter and sugar until smooth, then beat in the eggs, one at a time until combined. Add the almond essence. In a separate bowl, combine the ground almonds, plain flour, baking powder and salt.
4. Prepare the pears, peeling, then halving them. Core using a spoon to scoop out the stalks and pips.
5. Add the dry ingredients to the egg-mixture and combine. You should have a thick batter.
6. Pour it into your baking tray and smooth down. Arrange the pears in a circular fashion on top, with the thin ends facing inwards. Sprinkle over the flaked almonds, then bake for 35 minutes or until a skewer comes out clean.
7. Leave to cool for 10 minutes, afterwards removing from the tray, Server with vanilla ice.