# KD CHRONICLES

#### THE OFFICIAL NEWSPAPER FOR KING DAVID HIGH SCHOOL

# Hello again!

By Ma'ayan Werner

Hi Everyone

Welcome to the final (virtual) term of this academic year.

We hope you are all well and healthy and have been soaking up the rare sunshine we have been having.

Please enjoy this month's issue. Among other things it has plenty of articles and tips on how to utilise your spare time in between all of your schoolwork.

If anyone becomes inspired to send in anything they would like to see in the next issue, please email <a href="ma'ayan.werner@kdhigh.co.uk">ma'ayan.werner@kdhigh.co.uk</a>





### In this issue enjoy:

- A political insight on Joe Biden by
   Louie Leventhall
- Exposing lockdown by **Noah Goodman**
- Recommendations on how to pass the time in lockdown by Maya Orme
- Film recommendations for when you've run out of things to watch by **Mia**Levene
- Easy recipes for when you're hungry by Ma'ayan Werner

IN THIS ISSUE

**POLITICAL INSIGHTS** 

**RECIPES** 

RECOMMENDATIONS AND MORE!



# LOU'S VIEWS – JOE BIDEN

### By Louie Leventhall

After months of campaigning and debating, former Vice President Joe Biden has won the nomination. Despite a variety of candidates of different races, sexes and ages, the Democrats have narrowed the choice down to an old white man. How unique! Biden's main rival, the "anti-establishment" Bernie Sanders, has recently withdrawn and sold himself out again to the Democratic elites.

Biden himself has an array of criticisms. One of them being his support for expanding the U.S Prison system. Biden helped push for the 1994 Violent Crime Control Act that expanded the usage of the death penalty, increased mandatory minimum sentencing and contributed to a sharp rise in incarceration. The man even drafted the blueprint for the greatest mass surveillance program ever, the USA PATRIOT ACT, in 1995.

Biden has also put his weight behind mass bailouts priding himself on the great waste of taxpayer money in the TARP Bill that bailed out Wall Street and the Farm Bill that gave \$288 billion in agricultural subsidies. This sort of conduct makes him a mere corporate sell-out, especially since he is on the payroll of big pharma and big banks.

Biden has also backed wars of aggression and intervention. By supporting the conflict in Afghanistan, Libya, Iraq, Yemen and Syria, Biden embodies the imperialist forces in Washington wanting to expand their influence across the world. His election to the Presidency would only continue the cycle of terrorism and warfare that has plagued American foreign policy for the past 70 years.

This is not to mention Biden's vocal defence of segregation, bans on same-sex marriage, medical malpractice, and plagiarism. Yet even with his old age and controversy, Creepy Joe is persevering and is on the road to challenge the Orange War Criminal. A choice between an old white man steeped in corruption vs an old white man steeped in corruption is not what America deserves. It is time America elect a candidate who will end the charade of corruption and deception and restore accountability to the government.



# HOW CLOSE ARE WE TO THE END OF LOCKDOWN?

### By Noah Goodman

Will lockdown end when we find a vaccine? Have any countries returned back to normal? Will we ever go back to normal again? These are all questions being asked by everyone across the UK and the world, but does anyone have any answers? This is what I intend to find out and discuss...

It was recently announced that the original 3-week lockdown would be extended another 3 weeks, making the light at the end of the tunnel even more difficult to see for households and businesses across the UK but will lockdown end after these 3 weeks? or is this the same context as hitting the snooze button on your morning alarm every 10 minutes? The answer is most probably the latter, as the Government have declared that lockdown rules will be reviewed every 3 weeks.

Dominic Raab, the Foreign Secretary who (at the time of writing) is standing in for the Prime Minister, Boris Johnson, as he recovers from suffering with COVID-19 himself, has declared that the UK are in a "delicate and dangerous state" and it would be "irresponsible" to set a date on the end of lockdown and to even end lockdown prematurely as it would be "damaging" for both public health and the economy.

Many have speculated that lockdown will not be a certain time or date but rather a gradual process that could see different groups of people returning to work/school at different times, possibly as early as May or June. However, social distancing measures are still likely to be kept in place. Raab has set 5 criteria that need to be met before lifting the lockdown can even be considered and they are the following:

- 1. Ensuring that the NHS can cope with the demand for critical care.
- 2. There is a sustained and consistent fall in the death rates across the UK.
- 3. A decrease in the rate of infections across the UK.

- 4. There is an increase in testing and ensuring that there is enough PPE (Personal Protective Equipment) that can meet future demand.
- 5. There is confidence that a second peak cannot occur across the UK.

Other countries are beginning to reopen however, including Germany, who claim that the *Bundesliga*, Germany's most elite football league can resume as early as 9th May. This transition back to normality which is already taking place across other European countries acts as a beacon of hope for us here in the UK, as it is also believed that we have already reached the peak of the coronavirus pandemic.

However, until all 5 of Raab's criteria are met and health officials in the UK declare it safe to lift current restrictions, the UK remains in lockdown.



# **ACTIVITIES TO TRY IN QUARANTINE**

## By Maya Orme

Since the Coronavirus outbreak we have all been urged to stay inside and I'm sure that we are all extremely bored and a bit fed up whilst being in isolation. After all, there's only so much Netflix we can watch and work that we can do!

I thought it might be helpful to compile a list of a few things that I have particular enjoyed occupying my time with and I hope you can also...

#### 1. Baking:

In the last couple of weeks I have taken up baking and I absolutely love it! From banana bread to challah to cakes and cookies there is an infinite amount of choice and something for everyone's taste. Not only will it take up time and relieve you from your boredom, it'll also be enjoyable for all your family that get to try your treats. (Check out the recipes printed in this edition)

#### 2. Tie-dye:

A maybe more unusual hobby that I have taken up is tie-dying all my clothes!! All you need is some bleach (which can be bought very cheaply if you haven't already got some laying around) and some sort of string to tie up your choice of clothing. It is super easy and fun with really cool results.

#### 3. Learn a musical instrument:

If you are lucky enough to have any instruments already laying around your house, then why not try to play them! Since isolation I have taken up learning piano. I absolutely love it and it makes the time pass really fast. There are tons of YouTube videos that teach beginner instruments and they're pretty easy to follow along with.

#### 4. Read a book:

Before isolation I wasn't much of a reader myself, however at the moment I am reading this book called 'The Goldilocks Enigma' and, dare I say it, I am actually really enjoying it. I'm sure the majority of you do have some interesting books lying around your house just calling out to be read, but if not, you can get your hands on some really good cheap books from websites like Amazon.

#### 5. Sort through your wardrobe:

Let's be honest, most of our wardrobes are an absolute mess. How many times have you gone out and not been able to find your favourite top? Now is the perfect time to sort through that mess and organise your drawers. Whilst you're at it many of you can tidy your room also!

#### 6. Learn sign language:

Not only is it very time consuming so it will keep you occupied, it is also an amazing skill to have!! It can open your eyes and help you talk with so many more people that may usually struggle with communication. (It also looks great on your CV!)

#### 7. Paint with Bob Ross:

An artist called Bob Ross does amazing and easy to follow painting tutorials that are so much fun. He has over 403 separate videos on all different types of paintings, from painting on small pieces of paper to a whole wall. Even if you're not that artistic, it's still worth a shot and you never know, you may surprise yourself! It's loads of fun and very time-consuming meaning you will never get bored.



# TOP 5 THNGS TO WATCH IN LOCKDOWN

### By Mia Levene

- 1. When They See Us this is an amazing limited series on Netflix re-enacting an infamous American court case from the late 80s. The show is set in New York (which at the time was plagued by racism and gang violence) and follows the story of five teenagers who were falsely accused, imprisoned, and 13 years later acquitted for the crimes which they were charged with. AGE RATING 15
- 2. Friday Night Dinner if you're Jewish and haven't at least heard of this show I don't know where you have been for the last 3 years. This series of comical gold follows the Goodman family in their weekly Friday night dinners, often interrupted by their neighbour Jim. If you enjoy sitcoms, then this is a must watch. AGE RATING 15
- 3. Tiger King This tracks a five-year story of the infamous and recently imprisoned "tiger king" Joe Exotic whose glamorous life as a tiger keeper is complicated by a television deal, animal rights associations, spontaneous fires, financial instability and of course Carol Baskin. Throughout this documentary, a man who once adored his tigers becomes blinded by a never-ending desperation for fame. AGE RATING 15

- 4. *Unorthodox* based loosely on the memoirs of Deborah Feldman, Unorthodox narrates the story of Esty, a young Jewish girl living in a strict Hasidic community in New York who with the help of her non-Jewish piano teacher is able to escape to Berlin, finding a whole new strain of life. This story should especially resonate with us as it opened my eyes to the cultures within our own religion. AGE RATING 12
- 5. 12 Years A Slave this film adaptation of the 1853 memoirs of Solomon Northup is the truly harrowing tale of the injustices of slave culture. A freeborn black man is abducted and sold into slavery in a plantation for twelve years before finally being released and whilst there he sees the atrocities committed to slaves by plantation owners. AGE RATING 15



# 6 EASY RECIPES TO GET YOU THROUGH QUARANTINE

### By Ma'ayan Werner

#### **Delicious Mug Brownie**

#### All you need is:

4.5 Tbsp flour, 3 Tbsp sugar, 2.5 Tbsp cocoa powder, 2 Tbsp melted butter, 2 Tbsp milk, Ice cream (optional) and chocolate chips (optional)

#### Method:

- 1. Mix all the ingredients, and add chocolate chips (optional), with a fork until thoroughly mixed. Make sure to scrape all ingredients that are stuck on the bottom and the sides of the cup.
- 2. Place in the microwave and heat for approximately 1 minute and 30 seconds making sure the brownie is still moist in the middle.
- 3. Leave for 2 minutes to continue to cook and cool down a little.
- 4. Add ice cream to the top and serve!

#### **Chocolate cookies**

#### All you need is:

1 cup of sugar, ½ cup of oil or melted margarine, ¼ cup of maple syrup (not essential but makes for a better texture), 3-4 Tbsp of preferred milk, 2 Tsp of vanilla extract, 1 2/3 cups of flour, ½ cup of cocoa powder, 1 Tsp baking powder and a pinch of salt

#### Method:

- 1. Mix together the oil, sugar, syrup, vanilla extract, and milk.
- 2. Add the remaining ingredients and mix together until you have a pliable dough
- 3. Scoop the dough into balls and put it onto a baking tray. Make sure to leave enough room as they spread a lot.
- 4. Bake for 10-12 minutes at 176°C

Take out and let cool for 10 minutes they its ready to eat!

#### Easy Banana Bread

#### All you need is:

1 <sup>3</sup>/<sub>4</sub> cups of plain flour, 1 <sup>3</sup>/<sub>4</sub> cups of sugar or dates, 2 Tsp of baking powder, <sup>1</sup>/<sub>2</sub> Tsp bicarbonate of soda, a pinch of salt, 1/3 cup of oil, 1 Tsp of vanilla extract, 3 large overripe bananas and <sup>1</sup>/<sub>4</sub> cup of milk (only if the mixture is too thick after blending) Method:

- 1. Mash bananas together in a bowl until smooth, add the oil and the vanilla and mix.
- 2. Add the flour, sugar, bicarbonate soda, baking powder, salt and mix together.
- 3. The batter should be slightly thick and a bit lumpy but if the mixture seems too thick add the milk.
- 4. Pour the batter into a greased baking tin and bake for around 45 minutes to an hour (keep on checking it) at 175°C.
- 5. Take out the oven and let cool for 10 minutes then its ready to eat!

#### **Original Cheesecake**

#### All you need is:

250g digestive biscuits, 125g butter at room temperature, 600g soft cheese, 60g caster sugar and 200ml double cream Method:

- 1. Preheat the oven to 180°C.
- 2. Blend the digestive biscuits and the butter in a food processor until the mixture looks like wet sand.
- 3. Then, press the mixture into the bottom of the tin (20cm) and bake for 10-12 minutes.
- 4. Cool the base while preparing the filling.
- 5. Stir in a bowl the soft cheese and the caster sugar. Continue by adding the double cream. Pour the mixture in the tin and smooth with a spoon or a spatula.
- 6. Leave to set in the fridge for 1 hour or better overnight and serve with strawberries or raspberries.

#### **Healthy Banana Pancakes**

#### All you need is:

1 large banana, 2 medium eggs (beaten), pink of baking powder, splash of vanilla extract and 1 Tsp of oil Method:

- 1. In a bowl, mash 1 large banana with a fork until it resembles a thick puree.
- 2. Stir in 2 beaten eggs a pinch of baking powder and a splash of vanilla extract.
- 3. Heat a large non-stick frying pan over a medium heat and brush with ½ tsp of oil.
- 4. Using half the batter, spoon two pancakes into the pan, cook for 1-2 mins on each side, then tip onto a plate. Repeat the process with another ½ tsp of oil and the remaining batter.
- 5. Top the pancakes with your chosen toppings and serve!

#### 3 ingredient vegan pancakes

#### All you need is:

1 banana, 375ml of plant milk, 200g of oats and cinnamon (optional)

#### Method:

- 1. Put all the ingredients into a blender and blend them until you get a smooth mixture.
- 2. Ladle the mixture into a frying pan and flip when ready.
- 3. Enjoy your delicious pancakes with toppings of your choice!



# TALKING FOOTBALL WITH HARRY & DYLAN



## Talking Football with Harry & Dylan

Due to the Coronavirus outbreak there is not currently any football, but Sixth formers Harry Winters and Dylan Snyder have a launched a new weekly football Podcast and would love for you to get involved.

Discussing, debating and analysing all the big footballing topics from the past 7 days as well as general footballing discussion including player comparison debates and FPL advice, this insightful and interactive show is a great way to cure your football craving. Episodes come out every Wednesday evening with 2 episodes currently available. Episode 1 discusses the Premier League's potential options, England and how and who the changes to the Euro's might affect and would Neymar make it in the Premier League. Episode 2 speaks about the latest situation around Bury, Leroy Sane and Alexis Sanchez transfers and Premier League Team of the season so far.

## **SPOTIFY**

'Talking Football with Harry & Dylan' is available on Spotify

# APPLE PODCASTS

'Talking Football with Harry & Dylan' is available on Apple Podcast

#TFHD

## **OTHER**

'Talking Football with Harry & Dylan' is also available on Anchor, Breaker, Google Podcasts, Pocket Casts, Radio Public

## WEBSITE

Check out our Website <a href="https://anchor.fm/talking-football-with-harry-dylan">https://anchor.fm/talking-football-with-harry-dylan</a>

# TWITTER & INSTAGRAM

Check out @TFHDPOD to get involved in the weekly Podcast

# **EMAIL**

Email us at <a href="mailto:tfhdpodcast@yahoo.co">tfhdpodcast@yahoo.co</a> <a href="mailto:m">m</a> for any queries or added information.









# SOME SUBJECT INFORMATION

#### **Economics & Business** – Mr Taylor-Forbes

I would like my students to keep informed of current events. Can I therefore ask that they follow the below page on Instagram / other social media?



#### **Health and Social Care** – Mrs Flood

Our subject, Health & Social Care, has been at the forefront of our society during past weeks and months due to the global pandemic, Covid-19/ Coronavirus. Our nurses, midwives, care, healthcare, and social workers are working around the clock to provide exceptional care to service users in challenging circumstances.

I am extremely proud of our past HSC students and of our current year 13 HSC students, who are leaving to study at University with the main aim of working for the NHS in a variety of different roles. Selfless, caring, courageous individuals.

https://rcni.com/nursing-standard/covid-19

https://www.rcm.org.uk/coronavirus/

https://www.unison.org.uk/care-workers-your-rights/coronavirus-advice-social-care-workers/

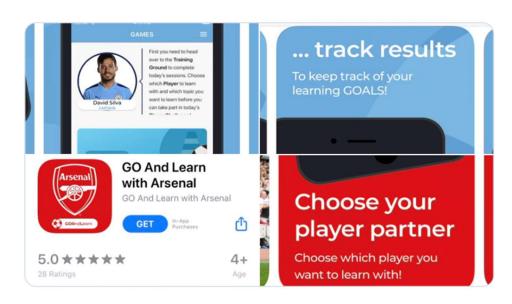
#### MFL - Mrs Ackers

If you like football, have a look at these FREE new <u>@Arsenal</u> & <u>@ManCity</u> #language learning apps!

Choose your language & then the player, play games, earn badges & signed photographs of the players!

Available

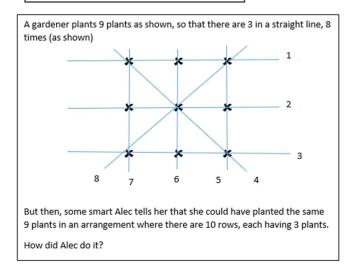
in #Spanish & #French!

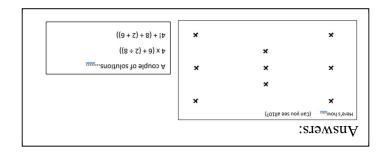


#### Maths – Mr Vincent

Have a go at these fun problems!

Using only the digits 2 4 6 8 <u>once</u>
<u>each</u> make a sum which equals 25.
(You can use any mathematical symbols, brackets etc.)

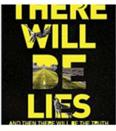






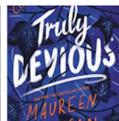
# STRUGGLING TO FIND BOOKS TO READ?

#### Here are some recommendations



#### There Will Be Lies - Nick Lake

- If the person who keeps you safe also tells you lies, who can you trust?
- Great twisty turny plot
- · Page turner (with talking



- present scenes Multilayered, mode



#### Things A Bright Girl Can Do Sally Nicholls

- Carnegie Shortlisted Nuanced look at the battle for women's rights from multiple (wonderful)
- Best book about WWI without ever leaving the shores of Britain



#### The Poet X - Elizabeth Acevedo

- Verse Novel
- About Slam poetry and finding your voice Deals with first love,

gripping and utterly

religion and creativity in a



#### Jennifer Donnelly

- Page turning historical fiction that will keep you guessing right to the end
- Smart & savvy female character
- Immersive 19th century



- · Set just after the publication of 'The Origin of The Species' science and nature collide in this Victorian thriller
- Deliciously creepy



Marcus Sedgwick

- · Atmospheric and haunting · An unusual read - a metafictional ghost story about the very process of writing a book
- · Creative, witty and

THE

BRIGHT





- · Examining the ethics of
- the death penalty

   Powerfully told in free verse by a multi award
- winning author Compelling but 'quick'



Thomas

- witnesses the fatal shooting of her unarmed friend at the hands of a



Avery

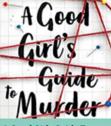
Sammie has a rare genetic disorder that will slowly start Told through Sammie's notes to her future self





Goodbye Perfect - Sara

- Brilliant honest writing Set against the backdrop
- of stressful GCSE exams Explores ideas about



A Good Girls Guide To Murder - Holly Jackson

- Riverdale-esque crime
- You'll like this if you enjoyed One Of Us Is Lying
- Compulsively readable and elegantly plotted





#### Furious Thing - Jenny

Explores the myriad ways a girl's sense of self can be whittled away and what might happen when she fights back. It's a book about being brave,



#### Paper Butterflies - Lisa Heathfield

- butterfly trapped in a net

  Deals with difficult subjects
- There's a huge and





#### This Is Where It Ends -

- Marieke Nijkamp

   Told in real time by multiple narrators as a School shooting unfolds
- Emotional and suspenseful Diverse cast of characters

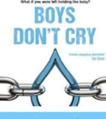


#### The Knife Of Never Letting Go - Patrick Ness

Noise germ, Todd can hear everything the men think, and



#### Birthday - Meredith Russo



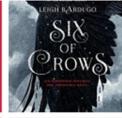
### Boys Don't Cry - Malorie

- results to arrive in the post, but what he gets instead is an ex-girlfriend on the doorstop with
- a baby she says is his Nuanced and sensitive look at the unchartered territory of teenage fatherhood



• Film adaptation due 2020

#### Ketchup Clouds - Annabel Pitcher



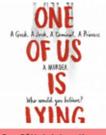
#### Six Of Crows - Leigh Bardugo

- Sweeping fantasy epic · Oceans Eleven set in a Game Of Thrones-esque
- world! Great ensemble cast & page turning action



### Thornhill - Pam Smy

- Told through a combination of wordless illustrated pages and diary atmospheric and chilling read
- Carnegie Shortlisted



#### One Of Us Is Lying - Karen

- Engrossing looked room mystery with plenty of
- 5 strangers walk into deten and only 4 walk out alive.



#### Apple And Rain- Sarah

- Compelling family drama Apple's mum returns after
- You will laugh & cry! Beautifully written with a sneaky helping of paetry sprinkled throughout



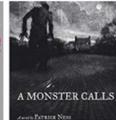
#### Girl Missing - Sophie McKenzie

- · Gripping thriller, inspired by the real-life case of a toddler who went missing in the early '90s
- · Compulsive Reading



#### Life On The Refrigerator Door - Alice Kuipers

- Sad but in the best way! Told entirely through notes between a mum and her daughter
- A fast paced 'quick read'



#### A Monster Calls - Patrick

- Genre defying brilliant book! Has won LOTS of awards
- for brilliant writing About loss, being angry, bullying, fairytales and so much more!



#### The House with Chicken Legs- Sophie Anderson

- Carnegie Shortlisted Based on Baba Yaga Folktales
- · Imaginative with great themes of friendship, destiny and a house with a

DAVID LEVITRAN, earbor of EVERY BAY



#### The Song From Som Else - A F Harrold

- Magical realism perfect for fans of Roald Dahl and Neil Gairnan.
- A brilliantly atmospheric and poignant story About finding friendship
- where you least expect it





· Simply told but powerful

· "When people look at

she's a girl."

· Warm, funny and inspiring

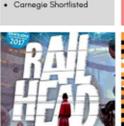
George, they think they

see a boy. But she knows

she's not a boy. She knows

## George - Alex Gino

- Classic adventure About life with braces
- Funny & heartwarming it's unlike anything you've read before



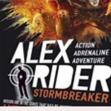
#### Rail Head - Philip Reeve

- · Thrilling Sci Fi adventure /conspiracy thriller
- Astonishing world building with talking trains & intergalactic travel Brilliantly inventive



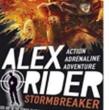
#### The Recruit (Cherub) Robert Muchamore

 First in bestselling series between 10 & 17, slipping under adult radar they ge info that sends criminals



Alex Rider - Anthony Horowitz

 Teenage spy Mortal danger!



- · Stormbreaker is the first in
- 14 year old Alex is forcibly recruited into Ml6





## Jessica's Ghost - Andrew

 Francis is the only one who has been able to see Jessica since she died...



#### Best book for empathy Great characters and plot

 Based on real life accounts of life as a Syrian refugee



#### Smile - Raina Telegmeier Graphic novel (comic

- About life with braces Funny & heartwarming it's
- unlike anything you've read

