

January Issue 2023

THE EAGLE



PHOTO BY WILLIAM STEPHENSON-YEAR 11

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EDUCATION

For the students, by the students



Student News

AMBER KRYEMADHI,
KATIE JONES,
MATILDA SIU



RAFAELA FROM YEAR 11 TOLD US HOW SHE PREPARED FOR HER SINGING PERFORMANCE AT THE CELEBRATION ASSEMBLY. RAFAELA PRINTED OFF THE LYRICS AND TURNED HER PHONE AROUND WHICH LET HER SING WITH THE BACKGROUND MUSIC. SHE DID THIS UNTIL SHE REMEMBERED THE CORRECT TIMINGS. SHE DOES NOT KNOW HOW TO DEAL WITH PERFORMANCE ANXIETY BUT REMEMBERS THE MOMENT WHEN SHE WAS FEELING PROUD AFTER THE PREVIOUS PERFORMANCE. ALSO, RAFAELA DOES NOT LOOK AT THE AUDIENCE. DURING HER PERFORMANCE SHE OVERCOMES FEAR AND CAN FEEL PROUD WHEN LOOKING BACK ON WHAT SHE HAS PERFORMED. RAFAELA SINGS ALONG TO HER SPOTIFY PLAYLIST IN THE SHOWER. HER MUM INSPIRED HER BECAUSE WHEN SHE WAS YOUNGER, THEY WOULD PUT SPOTIFY ON AND SING TOGETHER IN THE KITCHEN. RAFAELA HAS NEVER PERFORMED IN A BAND. SHE HAS PERFORMED AT THE CELEBRATION ASSEMBLIES; THE VARIETY SHOW AND THE GUILDHALL. HER FAVOURITE BAND IS THE NEIGHBOURHOOD. WHEREAS HER FAVOURITE SINGER IS AMY WINEHOUSE

Movie review

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” - Galatians 6:9



A quick summary of the book: The Maze runner is a science fiction book; the book is about a group of young boys who have no memory of their past life and they're trapped in a massive maze. The maze is changed every night, therefore the boys cannot escape. Due to the frightening grievers no boy dares to search the maze at night. But soon Thomas arrives and everything changes...

Film Review: The film was remarkable. Although there were differences made in the film to the book, it didn't make much of a difference. The opening scene was intriguing, it gave you hints on what was to come. Due to some parts of the scene, the film started to lose my interests at times. But, they were only minor issues. At times, certain scenes would go on for too long, however soon after something eye-catching would happen! Even though I'd read the book before the film, it wasn't boring. The film had new scenes additionally added to not bore the viewer!

Book Review: As much as I loved the film, I prefer the book. The book would explain more thoroughly what happened. It didn't have additional scenes which were useless at times. I really enjoyed the book as I could imagine the characters and the maze clearly in my mind; everything was described excellently! The only downside to the book was I didn't like how some of the characters got killed. The ending of the first series didn't feel right, it could have been a happier ending! However, I like the fact there is a series to go along with it meaning the series will take a while to read! Even though the book and film were both great, there is always only 1 winner... *drum roll please* T

he winner is the book! Due to the film being different to the book (in some small scenes), the winner had to be the book as it is original and it is an astounding book in general! Take a look if you get the chance!

Newman knows best

LEE NEWMAN



1. "I FIND IT HARD TO ATTEND CHURCH EVERY SUNDAY AND ON HOLY DAYS OF OBLIGATION. WORD OF ADVICE?"
HONESTLY, MOST PEOPLE FACE SUCH A SITUATION AT LEAST ONCE IN THEIR LIFETIMES, AND IT'S NOT A SIN. THERE ARE SOLUTIONS THAT ARE NOT DIFFICULT AT ALL. IF YOU LIVE IN A STRICTLY CATHOLIC HOUSEHOLD AND YOU FEEL A BIT ILL TO GO TO CHURCH, I RECOMMEND HAVING A BIBLE STUDY SESSION ALONE AT HOME. THIS WOULD NOT ONLY SUPPORT A STABLE RELATIONSHIP BETWEEN YOURSELF AND THE ALMIGHTY, BUT IT WOULD ALSO TAKE AWAY THE GUILTY CONSCIOUS VOICE. BIBLE STUDY ISN'T JUST READING AND UNDERSTANDING THE BIBLE, IT CONSISTS OF A MINI WORSHIP SESSION AS WELL. NOW THIS DOESN'T MEAN THAT YOU NEED TO HAVE THE WHOLE LITURGY OF THE WORD AND EUCHARIST BUT TRYING TO REPLICATE AS MUCH AS YOU CAN OF THE MASS- THE PENITENTIAL ACT, THE GLORIA, A READING FROM THE GOSPEL OR ANY BOOK IN THE BIBLE THAT YOU MAY FEEL CONNECTED TO ON THAT VERY DAY AND OF COURSE PRAYER.

2. "I CAN'T FIND A PLACE TO PRAY AT HOME ANY ADVICE?"
IF YOU FIND IT DIFFICULT TO FIND A SUITABLE PLACE TO PRAY AT HOME THERE'S ALWAYS THE CHAPEL AT ST EDMUNDS WHERE YOU CAN PRAY OR TALK TO FIONA IF YOU'RE STRUGGLING WITH PRAYER. EVEN IF YOU CAN'T GET TO SCHOOL BUT STILL WANT TO PRAY DON'T FEEL GUILTY AT ALL BECAUSE GO KNOWS THAT YOU'RE TRYING BUT IT JUST ISN'T A SUITABLE TIME FOR YOU RIGHT NOW.

3. "I FIND IT A BIT UNFAIR HOW EVERYONE ELSE CAN STAY UP TILL LATE EXCEPT FOR ME. WHY DOES THIS HAPPEN?"
THIS MAY SOUND A BIT UNFAIR AS WELL, BUT YOU DO NEED TO REST. NOT ONLY DOES YOUR BODY NEED A BREAK AFTER RUNNING AROUND ALL DAY, YOUR BRAIN NEEDS ONE TOO. YOUR BODY IS CONSTANTLY EXERCISING AS YOU THINK AND DISCOVER NEW THINGS. SINCE YOU'RE SO ACTIVE AND LEARNING SO MUCH MORE THAN ADULTS EACH DAY, YOU NEED EXTRA TIME TO REST. YOU GO TO BED A LITTLE EARLIER SO YOUR BODY AND MIND CAN WORK EVEN BETTER THE FOLLOWING DAY. YOU'RE PROBABLY SAYING "BUT I WAKE UP FEELING TIRED SOMETIMES"- THIS IS MOST LIKELY TO BE WHEN YOU SPEND HOURS ON YOUR PHONE AFTER BEING TOLD TO GO TO BED. EVERY LIVING THING NEEDS TO REST EVERY NOW AND THEN, YES, EVEN ANIMALS GO TO BED ON TIME. IN THE BOOK OF PSALMS, CHAPTER 4 VERSE 8 THE BIBLE SAYS, "IN PEACE I WILL LIE DOWN AND SLEEP, FOR YOU ALONE, LORD, MAKE ME DWELL IN SAFETY". SLEEP IS QUITE IMPORTANT FOR ALL LIVING BEINGS, AND I STRONGLY RECOMMEND THAT YOU REST ENOUGH

Teacher's news

INTERVIEW WITH MRS CHESTER-DAVIS



I talk to the English department's best teacher about cruises, dancing and her sparkly outfits.....

Today's special guest is Mrs Chester Davies, who started at St. Edmund's in 2021.

Hello Miss, where did you work before St Edmund's?

Before I came to St. Edmund's I was up at Castlevue, which was VERY different. There are some amazing teachers up there and some lovely pupils, but on occasion the behaviour could be quite challenging! Helped me to develop massively!

Where is your ideal holiday destination?

I would love to go to Fiji! It looks so tropical and different to anywhere in Europe. I am very lucky to have travelled extensively when I was younger and used to perform on cruise ships, so I have seen a lot of the world already!

If you could teach one other subject, what would it be?

Well given my previous life, I suppose it would be Dance! I danced for many years, and even performed with singers such as James Brown and Tom Jones! I still have some of my sparkly outfits in the loft I think!

Finally, any words of advice for Year 11?

Too many of you give up too easily! Show some resilience! If we all gave up when we hit a snag, nothing would get done! Plan what you need to do so when barriers do appear, you can navigate them more easily.

News around the world



Prime minister Rishi Sunak is facing increasing pressure to look at energy bills after two companies recently posted massive profits. Both Shell and BP announced they had made over £30 billion in the last economic years, with some critics believing that they are 'profiting on others misery'. As prices are warned that they could continue to rise, it seems only a matter of time before the government—or the people—are forced to act.

Both police and press continue to be mystified by the disappearance of Leicestershire Mum of two Nicola Bulley. Mrs Bulley disappeared whilst walking her dog last week, and police have found minimal evidence at the scene.



Her husband says that he is continuing to remain strong for their children, but as time continues to tick it is becoming increasingly unlikely she will be found. Thoughts and prayers go out to her family at this difficult time.



Finally, Turkey and Syria were struck by devastating earthquakes earlier this week, costing thousands of people their lives. The devastating power of the natural world should never be underestimated, and we must continue to honour and protect our environment in accordance with the CST values of Laudato Si.



Health & Beauty

ALANA HAYES AND
THANDIE MPOFU

JOHN 6 VERSE 27 DO NOT WORK FOR FOOD THAT SPOILS, BUT FOR FOOD THAT ENDURES TO ETERNAL LIFE, WHICH THE SON OF MAN WILL GIVE YOU. FOR ON HIM GOD THE FATHER HAS PLACED HIS SEAL OF APPROVAL."

- WITH THIS VERSE WE PRESENT TO YOU A HEALTHY LIFE ENDURING PANCAKE RECIPE. THIS RECIPE IS THE PERFECT RECIPE FOR SOMEONE WITH A SWEET TOOTH. ALL THESE INGREDIENTS HAVE GLUTEN FREE REPLACEMENTS AND IN YOU GF KITCHEN I'M SURE IT WON'T BE A DIFFICULT ONE TO FIND. ENJOY PREPARING THIS LOVELY MORNING MUNCH.

INGREDIENTS

135G OF PLAIN FLOUR

1 TSP BAKING POWDER

½ TSP SALT

2 TBSP CASTER SUGAR

2 TBSP COCOA POWDER

3 MASHED UP BANANAS

130ML MILK

1 LARGE EGG, LIGHTLY BEATEN

2 TBSP MELTED BUTTER (ALLOWED TO COOL SLIGHTLY) OR OLIVE OIL, PLUS EXTRA FOR COOKING

I. SIFT THE FLOUR, BAKING POWDER, SALT, COCOA POWDER AND CASTER SUGAR INTO A LARGE BOWL. IN A SEPARATE BOWL OR JUG, LIGHTLY WHISK TOGETHER THE MILK AND EGG, THEN WHISK IN THE MELTED BUTTER. ADD THE MASHED BANANAS INTO THE MILK MIXTURE.

II. BLEND THE MILK MIXTURE TILL SMOOTH THEN MAKE A WELL IN THE FLOUR MIXTURE AND POUR IT INTO THE MIXTURE AND, USING A FORK, BEAT UNTIL YOU HAVE A SMOOTH BATTER. ANY LUMPS WILL SOON DISAPPEAR WITH A LITTLE MIXING. LET THE BATTER STAND FOR 5 MINUTES. ITS IMPORTANT THAT YOU DON'T OVERMIX THE BATTER!

III. HEAT A NON-STICK FRYING PAN OVER A MEDIUM HEAT. USE A ¼ CUP SPOON TO POUR THE BATTER INTO THE PAN. SPREAD IT TO A 4-INCH CIRCLE. LET IT SIT FOR A FEW MINUTES.

IV. WAIT UNTIL THE TOP OF THE PANCAKE BEGINS TO BUBBLE, THEN TURN IT OVER AND COOK UNTIL BOTH SIDES ARE GOLDEN BROWN AND THE PANCAKE HAS RISEN TO ABOUT 1CM THICK.

V. REPEAT UNTIL ALL THE BATTER IS USED UP. YOU CAN KEEP THE PANCAKES WARM IN A LOW OVEN, BUT THEY TASTE BEST FRESH OUT THE PAN. SERVE WITH LASHINGS OF REAL MAPLE SYRUP AND EXTRA BUTTER, IF YOU LIKE.

THIS IS A GREAT RECIPE TO START YOUR LAZY SUNDAY. ONLY TAKES 10 MINUTES FOR PREPARATION AND 20 TO 25 MINUTES COOKING TIME. SO WHY NOT SURPRISE YOUR FAMILY THIS MONTH WITH BREAKFAST IN BED. WHO KNOWS, MAYBE THEY MIGHT INCREASE YOUR ALLOWANCE ;)

Sport



KAREEM ABDUL-JABBAR IS ABOUT TO BE SURPASSED BY LEBRON JAMES TO BECOME THE NBA'S ALL-TIME TOP SCORER. SINCE APRIL 5, 1984, WHEN HE SURPASSED WILT CHAMBERLAIN'S PREVIOUS RECORD, ABDUL-JABBAR HAS BEEN AT THE TOP OF THE LIFETIME POINTS CHART. JAMES CAN NOW BREAK THAT RECORD. THEREFORE, WHEN WILL JAMES REACH THE 178 POINTS HE NEEDS TO SURPASS ABDUL-38,387 JABBAR'S CAREER TOTAL? ALL DEPENDS.

JAMES WOULD NEED SEVEN GAMES AT HIS CAREER SCORING AVERAGE OF 27.2 POINTS PER GAME TO SURPASS THE MILESTONE, PUTTING HIM ON COURSE TO DO SO FEB. 7 AGAINST THE OKLAHOMA CITY THUNDER. ALL OF THIS IS PREDICATED ON JAMES PLAYING EACH AND EVERY GAME UNTIL HE BREAKS THE RECORD. BETWEEN NOW AND THE END OF FEBRUARY, THE LAKERS HAVE TWO SETS OF BACK-TO-BACK GAMES, AND HE HAS ALREADY MISSED 10 GAMES THIS SEASON. ARSENAL DEFEATED MANCHESTER UNITED 3-2 IN A DRAMATIC MATCH AT THE EMIRATES THANKS TO A LAST-SECOND GOAL FROM EDDIE NKETIAH, REGAINING A FIVE-POINT LEAD OVER MANCHESTER CITY.



Music

TARIK KANANI



WIRELESS FESTIVAL LINE-UP REVEALED, WITH HIT ARTISTS LIKE LIL UZI VERT, PLAYBOI CARTI, TRAVIS SCOTT, LIL DURK AND INFAMOUS 50 CENT. MAKE SURE TO GRAB SOME TICKETS IF YOU'RE INTERESTED AS I'M SURE MANY TICKETS WILL BE GOING FAST BUT BE PREPARED TO SPEND SOME MONEY ON THE TICKETS AS THEY ARE GOING FOR SOME HIGH PRICES!

HEARTFELT GROUP "COLDPLAY" ANNOUNCES TOUR ACROSS THE US SO IF YOU'RE A FAN MAKE SURE TO KEEP UP WITH THEM ON THEIR SOCIAL MEDIA PAGES.

LEGENDARY RAPPER RICK ROSS EXCLAIMS "I WOULD NEVER BUY A SMART CAR KNOWING THAT THE GOVERNMENT CAN TAKE FULL CONTROL OF IT" I THINK THAT SMART CARS WILL BE THE FUTURE FOR US SO I PERSONALLY DON'T AGREE WITH THIS STATEMENT. DO YOU?

DRAKE TEASES AT NEW ALBUMS AND SINGLES COMING IN THE FOLLOWING YEAR. HIS TRILOGY ALBUMS "CERTIFIED LOVER BOY", "HONESTLY, NEVERMIND" AND "HER LOSS" WERE SEEN AS A GODSEND TO SOME BUT OVERRATED TO OTHERS. PERSONALLY I THINK THE (ALMOST) COLLAB ALBUM WITH 21 SAVAGE "HER LOSS" WAS THE BEST OUT OF THE 3 WITH PRODUCTIONS FROM TAY KIETH, NOAH "40" SHEBIB, BANBWOI AND MANY OTHERS. TRIPPIE REDD ALSO RELEASED AN ALBUM CALLED "MANSION MUSIK" HAVING SONGS WITH MANY LEGENDARY RAPPERS LIKE "FUTURE", "LIL BABY", "CHIEF KEEF", "TRAVIS SCOTT", "KODAK BLACK" AND MANY MORE. THIS ALBUM HAS MANY HARD HITTING BEATS IN THE ALBUM PERFECT FOR THE COLLABORATIONS STATED ABOVE.

Edith Stein

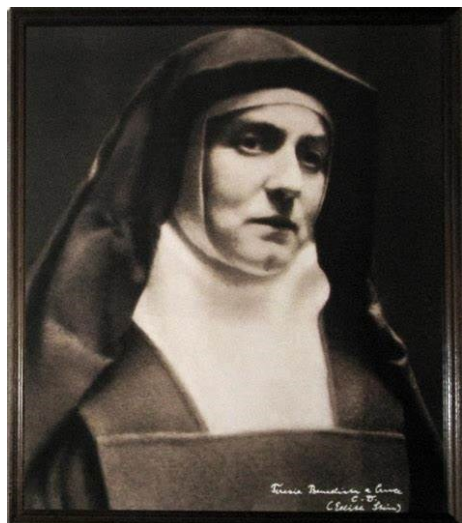
Ofsted
Outstanding

Who was Edith Stein? Read on to find out about one of our tutor profiles...

From reading the works of St. Teresa of Jesus, Stein was drawn to Catholicism, and on 1 January 1922 she was baptized into the Roman Catholic Church. She then took a position teaching German literature and history at St. Magdalena College for Girls in Speyer, where she taught for 9 years. In 1931 Stein attempted once more to habilitate, but despite encouragement, her *Potenz und Akt* – the second of three works that attempted to reconcile phenomenology with the philosophy of Thomas Aquinas – she was again unsuccessful.



In 1932, she obtained a position teaching philosophy at the German Institute for Pedagogical Science in Münster. However, she was removed from her position in the spring of 1933 due to her Jewish ancestry. No longer able to teach in Germany, Stein was admitted to the Discalced Carmelite monastery in Cologne the following October, taking on the religious name Teresa Benedicta of the Cross. It was during this time that she wrote her last major work *Endliches und ewiges Sein*. In 1938 she fled Germany to the Carmelite monastery in Echt for safety. On 2 August 1942, she was arrested by the Nazis and sent to Auschwitz. She died on 9 August 1942. Edith Stein was canonized by Pope John Paul II – himself a student of phenomenology, having written his *Habilitationschrift* on Max Scheler's ethics – on 11 October 1998.



At St. Edmund's we continue to celebrate Stein as one of our 8 tutors, and pray for the dignity and strength she showed throughout her life. Stein used all of her faith and her Catholic mission to fight the Nazi's oppression and illustrate that 'I can achieve all things with the help of God that strengthens us'.

Diocese



As Bishop Phillip Egan continues to promote his ten year strategy for the Portsmouth Diocese, it is important that we all take a moment to think about how we can contribute in our daily life and mission. The Bishop's 'six holy habits' will allow each of us to strengthen both our resolve and relationship with the Lord, and improve our ability to deal with some of the stresses and strains that present themselves to us as young people in Portsmouth today.

Although some of these habits may prove to be more trying than others, ultimately the chance to say prayer—and reflect silently on the day we have enjoyed—is the most important. We are consistently told to reflect and practice mindfulness for our well-being, and the opportunity for prayer is a perfect example of this. Bishop Philip recognises we all need a moment to step away from the hamster wheel of our daily life and think about what we could do better; how we can improve, how we can help others, and how we can show the true meaning of what it is to be Catholic today.

Please take the time to read the letter on the Portsmouth Catholic Diocese website if you haven't done so already.



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Praying today that the flaws we see in others,
we would see in ourselves and it would cause
compassion and necessary change.

Lord, would you take the speck from our eyes
and help us to see how we put fire to an issue.

Humble us and strip all that promotes judgment,
negativity, lack of empathy, and disunity
among your precious children.

Amen.



'I can do all things with the help of God that
strengthens me' -Philippians 4:13

