



Arthur's Articles

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Welcome to the first edition of 'Arthur's Articles'. Despite the last few weeks being chaotic for most (if not all!) Year 12 students, our wonderful Newsletter Team has worked diligently to deliver these articles for the end of the half term. We hope you enjoy them, and look forward to our future editions!

Introducing the Newsletter Team

Tiegan Adam	Ty Homer-Ward	Sophie Sanderson
Amber Bereznyckyj	Shannon Maselli	Anna Short
George Childs	Joe Neill	Emily Songer
Alice Clarke	Katie Newman	Jemma Thorp
Faith Coleman	Eve Parker	Claudia Wailes
Annie Gidney	Jj Peake	Evie Westbrook
Eloise Gill	Kathryn Pepper	Amalie Yates
Hollie Hebditch	Ellie Pybus	

Thank you for reading!



MP visit to AMVC



On Friday the 14th of September AMVC was visited by **Shailesh Vara**, our local MP for North West Cambridgeshire who arrived to make a speech and answer some questions. Shailesh Vara became a MP in 2005 and has stayed in power ever since. He has campaigned for many different laws to be introduced including increasing the age range of for breast cancer screenings from 50-70 to 45-75. Sadly, this bill did not pass. He has also helped out in the local community such as ensuring the installation of speed cameras on the forty foot road to help stop accidents.

The talk started at 10:40 in the main hall with a brief introduction then Mr Vara took centre stage. Firstly he talked about his job and how he had 3 main areas of work: The constituency of North West Cambridgeshire where he helps the local community, institutions, businesses, and everyone in-between; parliamentary side where he balances the select committees he is part of; and a ministerial role in which he is currently minister for Northern Ireland.

He spoke about some of the jobs and tasks he has done in the past and how difficult it can be at times. One example was how he closed over 90 courts across England which earned him a lot of criticism however he justified the move as being necessary as most of the courts were unused or unsafe.

Soon after a small group of year 13's split off to go to R6 for a Q&A session. The majority of the people attending the session studied Business, Economics or Sociology at A level. I myself was also given the lucky chance to attend the session in question in which several good questions were asked to Shailesh Vara. Below is a summary of most of the questions asked and their responses:

Q- Why did you choose to go into politics?

His interest was aroused in A levels where he took several subjects including politics and history. History was especially interesting as he discovered he wanted to know more about why people made the choices that they did at the time. He went into politics several years later because he didn't wish to become an armchair politician and wanted to make a difference.

Q- What advice would you give to anyone wanting to pursue a career in politics?

Have thick skin because no matter what you do you're going to get criticized for the decisions that you make. Always have positive motives for people in mind and prepare for disappointment you might face. Don't make your life politics based.

Q- How do you think you can reach out to young people to make them more involved in politics?

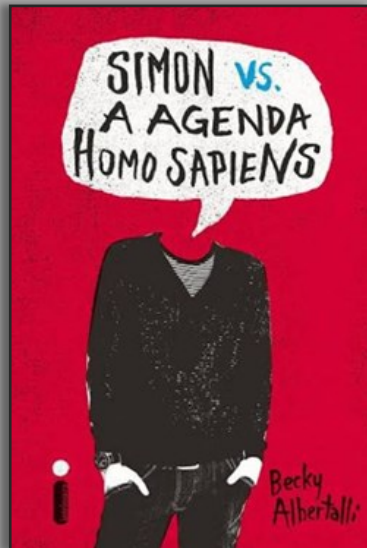
We can reach out more directly to them in schools or social media. A lot of young people don't realise how valuable their vote is in swaying the results.

Q- How do you deal with criticisms you face?

Well everyone has different views and you should respect that. It's okay to debate with people about different views as well- just make sure it fair and safe for everyone. However it's not okay to have intolerant or bigoted views of things or push your views on others around you.

The visit concluded with a quick goodbye speech from Mr Vara before we were whisked away to our next lesson. Overall this visit was a well-received welcome learning experience to everyone in the school.

Book Review



Book: Simon Vs The Homosapiens Agenda

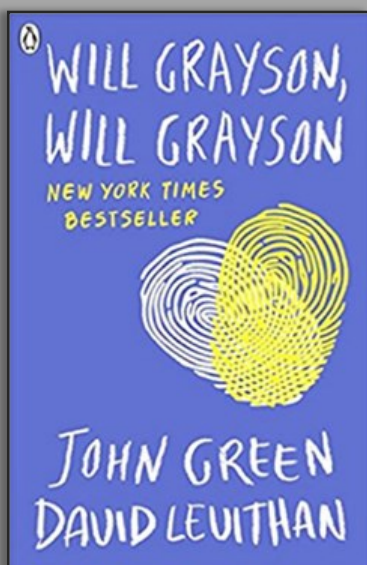
Author: Becky Albertalli

Rating: 9/10

Genre: YA LGBT Romance

My thoughts: This is a well-crafted novel that deals with LGBT and the idea of “coming out”. I, personally, adore it and will be rereading it for certain and looking into more books by the author, I definitely recommend this book to anyone looking for a change to the usual teen romance novels one would find filled with cliché and cringe worthy moments. It handles well the problems the character faces and leaves you in suspense until almost the very end, leaving you grasping for any clues you can find and hoping all turns out in the end.

It definitely stands out to me against the crowd as a unique book that I could really invest in the story line of.



Book: Will Grayson Will Grayson

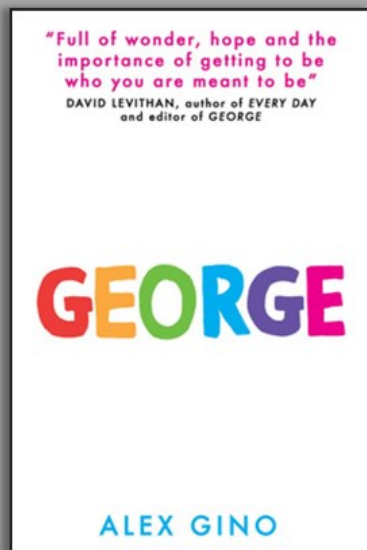
Author: John Green and David Levithan

Genre: YA fiction social novel

Rating: 9/10

My thoughts: It is a beautifully crafted novel with wonderful characters that really takes you along for a rollercoaster of a ride. The two storylines interacted wonderfully to the end point with a hilarious ‘Tiny’ making the whole thing that much more comedic and adding to the humour between the ups and downs of the characters. Definitely a must read and a wonderful book that I have and continue to reread when I’m looking for something a bit different. This is definitely one of, if not my favourite John Green book and a story I can still follow well even after reading hundreds of books afterwards; it really stands out against the crowd as something uniquely wonderful.

Book Review



Book: George

Author: Alex Gino

Genre: Fiction

Rating: 8/10

My thoughts: George, like the other books on this list, handles the LGBT+ community, this time focusing on trans and the fear surrounding coming out for a young teen of the main characters age. It is, like the others, a wonderfully crafted book and that stands out to me in the many books I have read as a uniquely brilliant story with an interesting narrative. I definitely recommend this as a must read for anyone looking for something a bit different, in my many years of reading this particular book stands out as a rare example of a well crafted book that deals with the sensitivity of dealing with societies judgement of transgender teens well, allowing the reader to sympathise with and understand the main characters pains as she deals with the very gender focused school she goes to and the taunts of her fellow classmates. It is filled with the ups and downs of her admittance of her identity and the hope of getting to be who she is meant to be, even with the scrutiny of many unsympathetic and scrutinising characters.

Film Review



The Nun

If you're a fan of The Conjuring you won't want to miss out on this new chapter in the franchise. This film is set in 1952 at a spooky abbey in Romania which is avoided by the locals. The story starts by a young nun taking her own life. To investigate the mysterious suicide The Vatican sends Father Antony Burke and Irene, a novitiate who hasn't taken her final vows yet. Local man, Frenchie who discovered the suicide leads the duo to the hanged sister and it's not long before the unholy secrets reveal themselves. The pair suspect the institution is haunted by a demon which plans to extend its evil influence so be prepared for some jump scares! They are soon confronted by the same nun that we made a brief encounter with in The Conjuring 2 putting their lives, souls and faith in danger as the abbey becomes a battleground between the living and the dead. With dark rooms, eerie statues and flickering candles this film is likely to give you a fright.



Mission Impossible - Fallout

Tom Cruise is back again as Jack Reacher in another one of his blockbuster films. The film follows on from Rogue Nation with some recognizable characters such as Michelle Monaghan, Rebecca Ferguson and Simon Pegg. Henry Cavill (Superman) is also a new character to join the plot. Ethan Hunt's (Cruise) capture of terrorist mastermind Solomon Lane has inadvertently sent the world into chaos, with several of his Syndicate members having gone rogue - tagging themselves as The Apostles - led by a mysterious ring leader only known as John Lark, with a plan to use three plutonium cores for a simultaneous nuclear attack on the Vatican, Jerusalem and Mecca, Saudi Arabia. When the weapons go missing, Ethan and his crew find themselves in a desperate race against time to prevent them from falling into the wrong hands.



Agony Aunt



Dear Arthur Mellows,

Hey everyone! As this year has started, a lot of new faces have joined the college and I know the expectations and differences between this school and your old one can feel daunting. Joining a new school can be a nerve racking thing to do. What if no one likes me? What if I don't understand the new material we have to learn? (Especially speaking as a year twelve jumping up from GCSE's). I can only imagine the teachers taking us all on are thinking: what if the kids are a nightmare? These questions run through everyone's heads at some point, but it's okay to worry... we are all shy to start off with and being a "new kid" can be intimidating. However, it's important to understand that you will start to get used to this unfamiliar environment. The best advice I can give is to talk to people and test out the waters on several different friendship groups, because becoming a pro at pretending to text in order to avoid interacting with people won't cut it! Trust me, take it from someone who knows.

While you are busy building bonds, and getting up to no good (positively that is), you might notice something strange will occur... You may find that you aren't as close to your old friends as you were before. This is mainly because you have all gone off in your own directions and will get caught up with the comings and goings of our school. You will soon find out that this often happens in life as new opportunities allows us to grow and sometimes, unfortunately, this can also mean grow apart. On top of that some old friends may be quite unsupportive of your decisions on where to go and to be completely and quite brutally honest: you DO NOT need that negativity in your life! All you can do is think of the good times. I know they don't last forever, but neither do the bad times really... it's a blessing and a curse.

If you find yourself struggling during this year, organise your revision and class work or go to your teachers, because that is what they're there for. I know this sounds like nagging but organisation and hard work in school really does pay off, especially when you have a lot of work to catch up on! Doing the majority of the material in school will guarantee you an easier life outside of school, so use your free periods and silent studies effectively. Maybe plan an essay, do that reading that must be done or if nothing else, revise for your subjects ahead of time. There's always something to do!

That's all for now lovelies, Auntie Anne x



'Bi The Way'



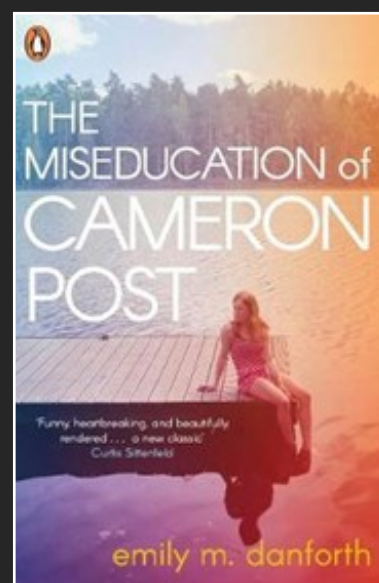
Hi all, 'Bi the Way' is an article about the LGBT community and how it's okay to be who you are. Each week there will be different topics on LGBT such as: culture, slang, reviews and history.

Books Featuring LGBT

The library is officially open for business and the two books are...

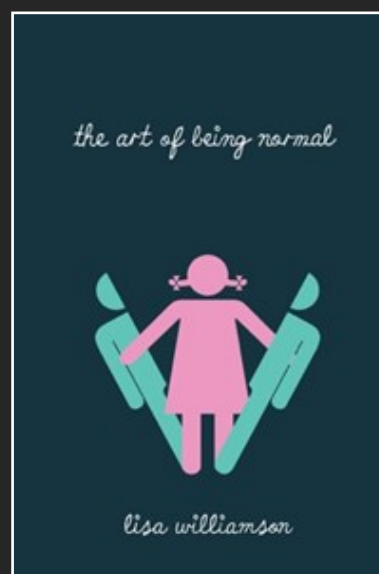
The Miseducation of Cameron Post by Emily M. Danforth

When Cameron Post's parents die abruptly in a car crash, her shocking first thought is relief. Relief they'll never know that, hours earlier, she had been kissing a girl. Survival in Miles City, Montana, means blending in and leaving well enough alone, and Cam becomes talented at both. Then Coley Talor moves to town. Beautiful, pickup-driving Coley is a perfect cowgirl. She and Cam forge an unpredicted and intense friendship, one that seems to leave room for something more to surface. But just as that starts to seem like a real possibility, Aunt Ruth takes drastic action to "fix" her niece, bringing Cam face-to-face with the cost of denying her true self—even if she's not quite sure who that is.



The Art of Being Normal by Lisa Williamson

David Piper has always been an outsider. His parents think he's gay. The school bully thinks he's a freak. Only his two best friends know the real truth - David wants to be a girl. On the first day at his new school Leo Denton has one goal - to be invisible. Attracting the attention of the most beautiful girl in year eleven is definitely not part of that plan. When Leo stands up for David in a fight, an unlikely friendship forms. But things are about to get messy. Because at Eden Park School secrets have a funny habit of not staying secret for long...



'Bi The Way'



LGBT History: Stonewall Riots of 1969

At the time, the Stonewall Inn was owned by the Mafia. It catered to an assortment of patrons and was known to be popular among the poorest and most marginalized people in the gay community: drag queens, transgender people, feminine men, butch lesbians, male prostitutes, and homeless LGBT youth. Police in the 1960s raids on gay bars were common occurrences, but officers quickly lost control of the situation at the Stonewall Inn. Tensions between New York City police and gay residents of Greenwich Village erupted into more protests the next evening, and again several nights later. Within weeks, Village residents quickly organized into activist groups to concentrate efforts on establishing places for gays and lesbians to be open about their sexual orientation without fear of being arrested or attacked. The Stonewall riots were a series of spontaneous, violent demonstrations by members of the LGBT community against a police raid that took place in the early morning hours of June 28, 1969, at the Stonewall Inn in the Greenwich Village neighbourhood of Manhattan, New York City. They are widely considered to constitute the most important event leading to the gay liberation movement and the modern fight for LGBT rights in the United States.



Inspirational LGBT quotes

"If you can't love yourself how in the hell are you going to love somebody else?"

>> RuPaul, Drag queen & LGBT activist.

"Openness may not completely disarm prejudice, but it's a good place to start."

>> Jason Collins, first openly gay athlete in U.S. pro sports.

"Every gay and lesbian person who has been lucky enough to survive the turmoil of growing up is a survivor. Survivors always have an obligation to those who will face the same challenges."

>> Bob Paris, Writer & actor.

Thank you for reading this year's first newsletter and the first instalment of "Bi the Way". Hope you enjoyed and until next time - signing off, the Gay one.

Self Care



Sleep is important to making sure that you can feel great the next day. The recommended average for 16-18 year olds is about 9 hours. Sleeping actually has far more benefits than you might think. Just to name a few:

1. Depriving yourself of sleep can actually lead to you having a larger appetite and eating more calories.
2. Sleep can improve concentration, productivity and athletic performance. In fact, studies done showed that reducing the amount you sleep can negatively effect some parts of brain functions to a similar degree of alcohol.
3. Sleep loss actually reduces your social ineptitude. You're less receptive to picking up facial expressions, which could impact your relationships in the long-term.
4. Sleep actually allows your body to heal faster and makes you healthier!

So how do you get a better night's sleep?

Firstly, control the amount of light you get.

Try to keep the lights down when it's time to sleep. Turn off your phone at least 30 minutes before you go to bed or at least turn night-shift mode on. The blue light from your phone can actually make your brain more active, so night-shift basically reduces the amount of that light you're exposed to. This includes TV - programs are made to be stimulating. If you need sound then you could consider an audiobook or some calm music. Podcasts are also a great alternative!

Another thing you can do to manage your sleep is limit caffeine. It can actually still have an effect 10-12 hours after drinking it. And if you have to have a snack before bed try to keep it low in sugar, as that too can disturb your sleep cycle. Also try to stay hydrated; top up on water through out the day.

It's also good to develop a routine before bed. You could take a warm bath or wind down. Even just going over some small revision if you need to.

Sometimes you really just need to get a piece of homework done or you want to revise- while staying up isn't ideal , if you really need to stay up a little longer then do , but don't exhaust yourself. Hopefully this helps, look after yourself!

