

THE STRATTON STANDARD

Tuesday 3rd October 2017 (Issue 001)

Exclusive
competition
inside!

Science block opening
-28th September



Food—Film and Music—Politics—Classroom Q and A—Caitlin's Corner—Sport—Agony Aunt
In this month's issue:



How to make Oreo Cup-
cakes



Teacher Q and A: Mr Clarke and Mr
Desborough



This months Top Ten and Up-
coming Music



THE STRATTON **WELCOME** STANDARD

Welcome to the first issue of The Stratton Standard- a monthly magazine run by students, for students. We've got a great range of articles inside this month for you to enjoy, including film reviews, recipes and an exclusive interview with Mr Clarke. We all hope you enjoy reading The Stratton Standard and would love to hear your feedback. If you've got any questions or comments, feel free to email us at thestrattonstandard@gmail.com.

Happy reading!

The Stratton Standard team x



Competition time!

Simply follow either the magazine Instagram or Twitter account for a chance to win a £10 Amazon voucher.*



@SUSStandard



@SUSStandard

*Winner will be selected at random and announced in next months issue.

Biscuit of the month: Car-
amel Digestives



**Teacher quote of
the month:**

*"Narwhals are real.
Narwhals are great.
I love Narwhals."*

Meme of the month:

you've heard of elf on the shelf...

now get ready for



THE STRATFORD **FOOD** STANDARD

Five Meals to Learn How To Make Before You Leave Home

Hannah Penwright

Bolognese sauce (Ragù) - Once you've learnt to cook this well the list of meals you can make is endless. Aside from the obvious choices such as spaghetti Bolognese and pasta bake, use it as a filling for stuffed peppers. Simply fill a bell pepper with the sauce, top with cheese and grill until golden. Or, add some kidney beans, cumin and paprika and serve with rice for a tasty chilli con carne.

Quiche cupcakes - Don't let the name put you off, there's no cake in these! The name from using a cupcake tin to make individual quiches using wraps instead of shortcrust pastry. This makes the quiches healthier, quicker and easier to eat on the go. Find the recipe at Sorted-Food.com

Mug cake - This is perfect when you have a craving for cake but don't want or have the equipment to make a whole one. Top them however you like- sprinkles, ice cream or fresh fruit- all taste great!

Curry - The less amount of pots needed in a recipe, the better, so curry is a real winner. Use a simple recipe as a starter and then personalise it however you want- I like to add in whatever fresh veg I have at the time.

Roast dinner - Most students wouldn't even consider cooking a roast dinner away from home, but it's not as hard as you might think. Put a chicken breast, small potatoes and your favourite vegetables in a small roasting tin and drizzle with oil to stop them sticking. Roast until the chicken is cooked through and the potatoes are soft, and serve with gravy. Add a Yorkshire pudding to the tray near the end of cooking.

Oreo Cupcakes

Hannah Penwright

I made these for a friend's birthday and they were a big hit! The hidden Oreo at the bottom is a yummy surprise and takes these cupcakes to the next level. Why not try making Peanut butter Oreo cupcakes- simply add a heaped tablespoon of Peanut butter to the buttercream and swap the Oreos for Peanut butter Oreos.

Cupcakes -

3 large eggs
145g self raising flour, sifted
1 tsp baking powder
175g caster sugar
175g unsalted butter, softened
30g cocoa powder, sifted
2 tbsps. milk
1 tsp vanilla extract
12 Oreos

Buttercream-

10 Oreos
80g unsalted butter, softened
250g icing sugar
1-2 tbsps. milk

Decoration-

12 Oreos (mini or normal size)

Method-

- Line a 12 hole muffin or cupcake tray with cupcake cases and preheat the oven to 180C. Place an Oreo in the bottom of each case.
- Place all of the cupcake ingredients in a mixing bowl and beat with an electric mixer or wooden spoon until smooth. Don't over-beat as this will make the cupcakes dense.
- Spoon the mixture into the cupcake cases so they are all even and bake in the oven for 20-25 minutes until a skewer inserted comes out clean. Leave the cupcakes to cool on a wire rack.
- For the buttercream, beat together the butter and half the icing sugar until smooth. Beat in the rest of the icing sugar. Place the Oreos in a blender and blitz until completely crushed. If you don't have a blender, use a plastic bag and a rolling pin to crush them. Add these to the buttercream along with 1 tbsps. milk and beat until light and fluffy. Add the other tablespoon of milk if it's not spreadable.
- Once the cupcakes are cool, spread a dollop of buttercream on top and finish with an Oreo.



THE FILM AND MUSIC

The Most Unpopular Film in the World

Noah Adams

Tommy Wiseau is a mysterious character. He claims to have grown up in Louisiana, and lived in France, but his accent isn't like either. No record of his name is found on any tracked records, so nobody knows how old he is. He claims to be about 48, others claim he is older. Nobody knew anything of this secretive, long-haired man – at least not until 2003, when the bizarre, almost surrealist movie *'The Room'* came out. He was the writer, director, producer, lead actor, and financier – with money he claimed came from selling irregular jeans and real estate (there is also no evidence of this).

The movie itself is one of a kind. With acting about as emotional as a plank of wood – *The Room* quickly picked up a following as a 'So Bad It's Good' film. Characters are seemingly written to be creeps – Denny (a homeless kid Wiseau's character pays for the tuition and apartment of) is constantly walking into Johnny and Lisa's house, interrupting personal moments and saying 'I just like to watch you two'. Lisa's mother randomly brings up a breast cancer diagnosis which is never mentioned again. Another couple appear without introduction and start making out on Johnny and Lisa's couch, only to be walked in on by Lisa's mother, who seems okay with it. The entire movie seems to be the feverdream of an alien, who only half understands how human civilisation works. Every character is written to make Wiseau's Johnny look good, and simultaneously abused by his fiancé, as if Wiseau mostly wrote the script as a massive ego project.

However, by far the best parts come just in Wiseau's speech and mannerisms – an iconic scene lasts about 20 seconds, and consists only of Wiseau walking into a flower shop, saying hi to a dog, picking up flowers, getting complimented by the owner, and leaving again. Wiseau's scriptwriting is surreal in a way you'd expect from satire, not a serious attempt at romantic drama – which is what all accounts make this out to be. When it comes down to it, *The Room* is an accidental masterpiece too beautiful to cover in so few words – but it will live forever as a cult classic.

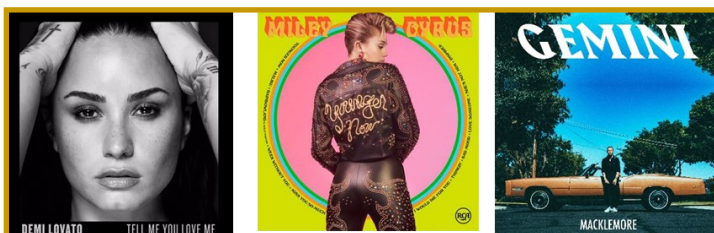
This Month's Music

Rebecca Harvey

Often in 6th form, you need a good playlist to help you through a day. If you are finding it hard to concentrate, recommendations - straight from other 6th formers - may be of use to get you motivated. This month, 10 releases to add to your study playlist are as follows:

- Homemade Dynamite (Remix) [feat. Khalid, Post Malone & SZA] – Lorde
- The Line (Acoustic) - RAYE
- Idfc (Tarro Remix) – Blackbear
- Redbone – Childish Gambino
- Loving someone – The 1975
- Rockstar – Post Malone
- Get it together - Drake
- Broke AF – CeCe
- Young Dumb & Broke - Khalid
- Find you – Nick Jonas

Upcoming Music



Top Ten

(week commencing 25/09/17)

1. 'Too good at goodbye's' – Sam Smith
2. 'New rules' – Dua Lipa
3. 'Look what you made me do' – Taylor Swift
4. 'What about us' – Pink
5. 'Dusk till dawn' Zayn ft. Sia
6. 'Friends' – Justin Bieber and bloodpop
7. 'Reggaeton lento (remix)' – Cnco and Little mix
8. 'More than friends' – James hype ft kelli-leigh
9. 'Ready for it' – Taylor swift
10. 'Havana' – Camilla cabello ft. young thug



THE STRAITS POLITICS STANDARD

UK Politics: Summer Recap

Noah Adams

Summer time is often a quiet spell for politics – with Parliament in recess and MPs on holiday – but what happened over the summer months? Here's a recap of some of the key stories from August and September:

- Home Secretary Amber Rudd got targeted by an email hoax – and almost fell for it. An email impersonating the new No. 10 Communications Chief Robbie Gibb was sent to her government email address, to which she replied on a personal email. After engaging in one email with the prankster, she quickly realised her mistake and ended the conversation.
- Islamophobic activist Anne Marie Waters announced her candidacy for UKIP leadership. The leader of Sharia Watch UK was vetted and approved by the party's national committee, but a large number of their MEPs have threatened to leave the party if she is elected leader.
- Jacob Rees-Mogg denied claims he was planning to challenge for the Conservative party leadership – the 48 year old father of six stated he was fully behind the current Prime Minister. Later in the summer, he stated that he believes abortion is not acceptable in any circumstance.
- UK unemployment reached the lowest rate since 1975, with the rate down at 4.4%. However, real earnings fell by 0.5%, as inflation rose faster than the average national salary.
- After shadow minister Sarah Champion claimed that Britain has a problem with Pakistani men committing acts of abuse, she was removed from her role – and her comments were denounced by Leader of the Opposition Jeremy Corbyn.
- New footage was released from 'Traingate', last summer's biggest political saga, showing there were in fact no seats on Jeremy Corbyn's Virgin train. Seats that Richard Branson's company claimed were empty were in fact occupied, proving Corbyn's point about the overcrowding of trains.
- Kezia Dugdale quit as the leader of Scottish Labour, making it 4 different leaders since the 2014 Scottish independence referendum. She later revealed that she was outed as a lesbian against her wishes in an interview with the Fabian Society, which they denied, saying Ms. Dugdale never stated they should not publish that information.
- Theresa May's snap election cost the country over £140m, slightly less than the EU Referendum. Over £40 million of this was spent on government literature, informing the public of the snap election.
- And, of course, lots of Brexit happened. The first version of the EU repeal bill was voted through the House of Commons on a slim 10 vote majority. This bill would convert all EU laws into official EU law, to prevent legal issues upon exit, along with overturning the act signed in 1972 upon our original entry into the EU. Sir James Dyson was one of many figures over the summer to say that does not believe the UK will agree a deal with the EU,



leaving them without trade deals upon Brexit. However, the Dyson entrepreneur says he thinks such a deal would hurt Europeans more than Brits. And lastly, former

Beatles drummer Ringo Starr weighed in on Brexit, while promoting his new album. He simply says "people voted and they have to get on with it", and backs the move despite the fact he now lives in LA, and did not get to vote in the referendum for this reason.

Upcoming events

Meet the tutor evening—Tuesday 3rd October

Under 19s Netball fixture—Tuesday 10th October

Half Term—Saturday 21st—Monday 30th October

Halloween—Tuesday 31st October

Poland Trip—Thursday 26th—Monday 30th October



THE CLASSROOM Q AND A

Harry George

The common perception of teachers is that their lives are pretty boring and average, they come to school, teach, go home, lesson plan and mark, and repeat. When you talk to them, they might try and tell you that this is gospel. But then you realise that actually, they've probably seen a lot more, said worse things and been in more humiliating situations. But obviously, you can only find out this information if you ask them, hoping they don't feel too embarrassed to tell you.

Not only did we want to find out what kind of shameful things teachers have seen or done, but also just general information about their interests. So, we decided to interview Mr Clarke (Teacher of PE) and Mr Desborough (Head of Business and Vocational Learning).



Mr Clarke

As a PE teacher, what is your favourite sport?

- Football

When you were at school, what was your favourite subject that wasn't PE?

- English, because of the topics studied

When you were younger, what was your dream job?

- Fighter pilot, then it changed to being a commercial pilot

What are your favourite films?

- Jason Bourne, especially The Bourne Identity, and Oceans 11, 12 and 13, but recently saw Hacksaw Ridge and loved it

Who is the most famous person you have ever met?

- Was "up close and personal" with Nelson Mandela when he opened a statue in Bedford

What is the worst injury you have ever seen first-hand?

- Saw a kid with a broken femur (thigh bone), also saw a right-angle break of the forearm.

If you're sitting alone in your car in the morning, waiting for your windscreen to defrost, what would you think about?

- About going back to bed, why am I here, or about having an atrocious car

If you and Mr Campbell had an arm wrestle, who would win?

- Mr Campbell sadly, but would do bicep curls in order to beat him in round 2

What is the most awkward moment you have had at Stratton?

- Any lesson teaching Nathan Field

In your humble opinion, who is the best teacher at the school?

- "Me probably" *laughs*

Mr Desborough

What is your favourite TV channel?

- Sky Sports Arena, used to be Sky Sports 2, watches about 7 hours on a Sunday, mostly NFL

What is the best Young Enterprise product you have ever seen?

- Product called the S-Clip. Kept headphones untangled in your pocket, manufactured for 1p, sold for a £1, school from Hertford

If you didn't live in the UK, where would you live?

- Canada, has a lot of friends there, family there, loves the mountains as well

If you weren't working in your department, what would you be doing?

- If still teaching, Geography teacher, if not, in the mountains running expeditions

If you had a business and you could only sell one product, what would you sell?

- Stage sets, crosses with interests with theatre

Who is your favourite musician?

- Can't say one, such a wide taste in music, from 60s music, pop music, theatre, 1990s dance and drum and bass

Who is the most famous person you've ever met?

- Duke of Edinburgh (Prince Philip) or serving Rowan Atkinson in Waitrose

What's the most amount of trouble you have ever got in?

- Accidentally ran into a mate outside the library, teacher saw it and gave them an afterschool detention

What is the oddest film you have ever watched?

- A French film in which it was a plot about a young couple and the girl's sister. It was weird because at the end, randomly, a man with an axe came and killed all 3, bizarre plot twist.

In your opinion, who is the best teacher at the school?

- Not really sure, but definitely not Mr Clarke



THE CAITLIN'S CORNER

I'm Caitlin, currently doing Maths, Philosophy and Psychology. I tend to impulse spend, mostly on food. When I'm not binge watching a series on Netflix or doing anything else that fills up my day, I like to try and write on my blog, which is sort of why I have this little section in this paper. Feel free to give it a cheeky look!

Things I Wish Someone Had Told Me About Year 12

Caitlin Godfrey

Hey all,

When I started year 12 there were definitely some things that I was expecting. I knew I'd be seeing more of some people that I never really mixed with before, and I knew that the workload would increase – but there were definitely some things I was pretty clueless about, and I wish someone had given me advice and I'd taken it on board. So, I've compiled a list of things I'd like to tell year 12 me, hoping that - not only it's useful to anyone who sees this – but also that I try to do these things this year.

Don't be embarrassed to ask for help. At the beginning of year 12 (and through the most part of it actually) I felt like I was struggling. I was finding two of my subjects *really* difficult to understand and do well in, and after just a couple of months, it was making me really hate being at sixth form. I wish someone had told me that if I was struggling – to ask for help sooner rather than later – not to wait until November to email my teacher and tell them that I didn't understand any of the work, or until January to start getting extra tuition. Doing both of these things was invaluable and meant that I was getting the support I needed to help me pick up my grades. Nothing bad would have come of asking for help, I just wish I'd have done this sooner.

You'll get there eventually. Similarly, I'd be sitting in my lessons and thinking “NONE OF THIS MAKES SENSE!!” It honestly felt like the teachers were speaking in another language sometimes. If I could tell my year-12-self one thing it'd be; “you'll get it eventually, just keep going, the more you work the easier you'll find it, so don't let the fact that you're struggling put you off working.”

It's never “too” early to start revising. Pretty self-explanatory, but I convinced myself that I wouldn't need to revise yet because it was too early. I want to go back a year, shake myself and say, “Get going ASAP, the only thing you're going to miss out on is being able to binge watch Netflix all evening - you can do that later.”

You get out what you put in. This is my favourite one, it applies not only to work, but also just for general sixth form life. If you come into school and you get involved and volunteer to do things, and do as much as you can, you'll be better off for it. Everyone I speak to says that the more they do here, the more they enjoy their time. It's only 2 years but it's going so quickly, and it's always nice to take away something else from your time here, besides what's in the envelope on results day.



Stop going to the co-op every time you have a free. Not only would I have spent more time working, but I'll also have saved money. I didn't need that pasta salad when I already have a lunch in my bag, and I definitely didn't need to buy food to “stress eat”.

These are all things I'm trying to do this year, seeing as I didn't actually get going with these until the year was almost up. Hopefully it'll be something that is actually of some benefit!

That's all for now, Caitlin.

www.caitlingodfrey.wordpress.com



SPORT AND AUNT AGGIE

Sunderland's Finances = Liquidation

Alfie Oliver

For several seasons, Sunderland AFC was desperate to stay in the Premier League. To achieve this, the club sacked the manager, appointed another who could achieve better results, brought in the manager's new players and miraculously stayed. Between the 2011/12 and 2015/16 season, the club succeeded avoiding relegation, but never finished above 13th during these years.



Sunderland cycled through various managers includes Steve Bruce, Paulo Di Canio and Gus Poyet amongst others, as the club miraculously stayed up year after year. But in the 2016/17 season, after hiring David Moyes, the Black Cat's luck ran out. Sunderland were relegated bottom, with only 24 points

The problem for Sunderland is the cycle damaged the long term future of the club. Millions in compensation had to be paid to several sacked managers, and the players that many brought in had a low resale value, leaving the final playing squad that got relegated with very few sellable assets. While Pickford left and raised £30 million, the club couldn't make up the £60 million shortfall through sales after dropping from the Premier League to the Championship, which leaves them with debt and a poor Championship squad with a Premier League wage bill.

So as Sunderland attempt to adjust to life in the Championship, they know that it's quite possible they could get relegated again, and fall further into debt, either liquidating or falling out of the EFL all together in the coming years. Unfortunately for Sunderland, the future is bleak.

"Dear Aunt Aggie, me and my best friend are becoming more distant, what do I do?"

Dear anonymous, as a teenager, friendships can feel like the most crucial part of your life – and they often are! Many studies actually show that the biggest influence on your life at this time is who you surround yourself with, whether that be a boyfriend/girlfriend, your friends or class mates. They can control or 'have a say' in so many important decisions you make, from where you go at the weekend to your career path.

So, it is very understandable that distancing from your best friend is having a big impact on you. Friendships can be very complex, and sometimes hard to manage when you're going through a stressful period. Therefore, in order to become close to your best friend again you should try and find the cause of the distance between you. For example, perhaps you haven't made a lot of time to see each other recently so there might be some awkwardness where you haven't spoken in while, making you avoid each other.

Of course, this is common, but there are many things you can do to solve this problem and stay close to your best friend. Firstly, *talk to them!* Your best friend should be someone you can approach with any scenario or problem so take advantage of that. Tell them how you are feeling, they will probably feel the exact same way and a long conversation could be the answer to your problem! Communication is always key.

However, if you don't feel like your situation is that simple, try setting aside some time to spend with them. Maybe go out somewhere, for a meal, to the cinema, you and your friend's favourite place to go! This way you get to see each other outside of the school environment, without anyone else involved or around. Showing that you have made the time and effort to see your best friend will remind them how important they are to you.

I hope this has helped you!

Love, Aggie

