

THE STRATTON STANDARD

Monday 15th January (Issue 004)

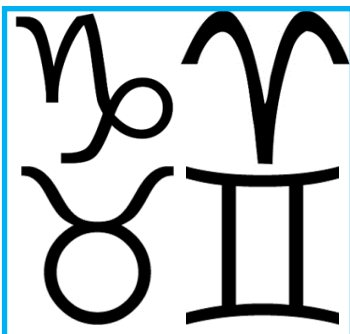
Picture from the
OAP party
Thursday 14th
December

New
Year
Edition



In this month's issue:

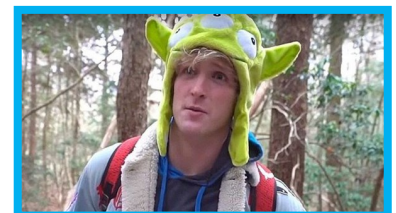
*Food—Celeb—Politics—Email—Caitlin's Corner—January Horoscopes—Music—
Aunt Aggie—Conspiracy—Sport*



*Brand new January
Horoscopes!*



*This months conspiracy: is the
government watching us through
our webcams?*



*Who deserves to stay in
2017? (the answer is
Logan Paul)*



THE STRATTON **WELCOME** STANDARD

Welcome to The Stratton Standard- a monthly newsletter/ magazine run for students, by students. For a lot of people, January can feel like the Monday of months- it's dreary, cold and feels like it lasts forever. To make January a little bit better, we've filled this issue with ways to start the year off right- find out whether it's really worth going on that super strict diet and what's coming up this year. 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

Candy Cane Update

After the success of December's candy cane sale, we have managed to raise £32.31 for your chosen charity – Mind BLMK

If you want to be involved with future polls and updates—follow our social media!



@SUSStandard



@SUSStandard

S Stratton Standard @SUS... · 10/12/2017 ✓
after a great suggestion by @tom_jenkins27, we've decided to donate most of the proceeds from our candy cane sale to a charity voted on by you:

Mind BLMK	37%
HULA Rescue	22%
Albert Kennedy Trust	15%
Unseen UK	26%

41 votes · Final results
3 comments · 2 retweets · 2 likes
[Show this thread](#)

Biscuit of the month:

Thicc Double Stuf
Oreos



Teacher quote of the month:

"I look like Michael
McIntyre!"

Meme of the month:

Dog Treat



Dog YEET



THE STRATTON **FOOD** STANDARD

Is the new diet REALLY worth it?

Hannah Penwright

When Big Ben chimes to bring in the new year, the same cliché new year's resolutions are heard: 'I'm going to actually use my gym membership this year' or 'I'm going to procrastinate less' but one which is probably the most popular after overindulging at Christmas: 'I'm going on a diet.' This is understandable- if you've over-eaten at Christmas and put on a few pounds, then going on a diet can seem like a quick fix to get back into shape and feel good. Although cutting out processed foods or going carb free might sound like a good idea and, even if you are very self-controlled and stick to it completely, these aren't long-term solutions. As soon as you allow yourself to have a cheat day and eat the previously forbidden foods again, before you know it you'll have slipped back into old habits and all your hard work will be undone. I've been there- I know how depressing this can feel. But not all hope is lost! Instead of dieting, try these tricks to change your food habits for the better and feel healthier, happier and wholesome.

- Aim to eat one more fruit/ vegetable everyday than you eat already. Add a banana to your breakfast or hide an extra vegetable in your dinner- grated carrot in Spaghetti Bolognese works a treat.
- Cook one meal a week from scratch. This way, you'll know exactly what you're putting into the dish and can make it personal to your taste. It will also increase your cooking repertoire for when you leave home!
- Swap one drink a day for water. This saves money and is a quick way to cut down on the sugar you're consuming too.

5 foods to try this year!

The new year is the perfect opportunity to try some foods you may not have had before. I love all of these foods, so try them out to see if you do too!

1. Persimmon
2. Quorn 'chicken' nuggets
3. Salted caramel popcorn
4. Ramen
5. Nakd bars

Want to get involved?

We're looking for a team of students to run The Stratton Standard next year! If you're interested, email us at: thestrattonstandard@gmail.com or DM us on the Twitter/ Instagram page: @SUSStandard.



grilled duck ramen



seafood ramen



THE STRAT **CELEB** STANDARD

Celebs that should really be left in 2017:

Becky Harvey

The Paul brothers

Jake Paul has been surrounded by controversy for a long time with accusations of racism and emotional abuse. Yet now, it's Logan Paul who's on the wrong side of the internet, potentially a turning point in what's left of the brother's career's. A vlogging experience he published in a forest commonly known as 'suicide forest' showed footage of a recent suicide, which – of course – caused a stir online. Rightfully so. Let's hope the damage wakes them up...



Danielle Bregoli

Yep – it's the 'cash me outside' meme girl, how could we forget? Danielle found fame last year through her time on Dr. Phil, showing her relationship with her mother. Since then, the young 'viral sensation' describes herself as just that – and add in 'musician' to the CV too apparently. Fame, in this sense, is one big mess. Does someone who found fame from being rude deserve it? 2018 sure hopes not.



Kendall Jenner

Do we need to be reminded of that advert? In a nutshell, Pepsi's ad was pulled after receiving criticism for making protests for social justice seem less important. This hit hard with the #BlackLivesMatter movement that was - and still is - extremely important. Whilst the advert was Pepsi's idea, Kendall went along with it, and with a large online following, many felt that she should've said no. She'll always be in the lime-light, but perhaps a little bit of respect will be left in 2017.



Why we should all be politically correct.

Noah Adams

In recent years, the term 'political correctness' has come to be more and more frequently used in everyday society. Simply put, it's perceived by many as the changing of lifestyle and behaviour to try to avoid causing offense to others. This is generally seen as a negative change by many – who suggest the people being offended should change instead. While there are always circumstances where this will be true, the general rage against a perceived 'politically correct culture' has gone to absurd levels – where people are now instead looking for reasons to hurt and undermine others, and suggesting those who oppose obvious abuse and prejudice are just part of a 'PC gone mad' culture.

In general everyday life, so-called 'political correctness' should simply be a part of human decency. Why not respect someone's gender identity and pronouns, or support equal representation of women in award ceremonies? It does no harm to you as an individual – yet many perceive it as a personal attack by the 'PC brigade'. While those people claim they are being held back from stating the truth by this barrier of political correctness, maybe we need to reflect on whether these views are even necessary in modern society? While you may deeply feel that different races are genuinely inferior to others, why does that need to be shared with the world? All it does is make you unemployable and universally hated, would the world really be worse off for forcing you to internalise these views?



Upcoming events

3rd January- term starts

8th-12th January- Year 13 mock exams

25th January- Year 12 parents evening

12th-16th February- half term

Altogether, this ignites an entirely different debate on freedom of speech, which I won't venture into here, but the focus should be simple. Why are people so determined to be politically incorrect, when it only serves to hurt others? The world would be a lot easier if people did not feel the need to make the almighty conflict over respecting someone else's identity – so maybe the anti-PC brigade should take some more time considering the actual consequences of what they are doing.



THE STRATTON STANDARD

Hi,
I'm an avid reader of hit school paper 'the Stratton standard', and was shocked to see such blasphemy in the most recent issue.
In your top ten Christmas song list, I was shocked and outraged to see Fairytale of New York placed 4th. I repeat - 4th!
What kind of nonsense is this!?! Anyone with a brain and at least one working ear knows that Fairytale of New York is the number one Christmas song of all time. I would understand if you'd made a mistake and placed 'cheeky Christmas' by the cheeky girls as number one, and Fairytale of New York a close second. But FOURTH. And what is at the acclaimed number one spot? Santa baby by Eartha Kitt? I'm not angry, just disappointed.
Also noticeably absent from this list is the glory of Wham!'s Last Christmas, War is over, and even Wizzard is tragically absent. This is why democracy doesn't work. You claim to have surveyed the sixth form but I can tell for certain, no right-minded member of the Stratton community would have displayed such a disgraceful taste in music. Not. Even. Any. Slade.
It's like you want me to have an aneurysm.
The fact is, you should have asked a wider audience to prevent this atrocity from ever reaching print. This is a national tragedy. Never in my seventeen years of living have I been so shocked and passionate in my hatred. I hope you quickly apologise and amend your mistake, and rewrite the list as below

1. Cheeky Christmas
2. Fairytale of New York
3. Do they know it's Christmas
4. Last Christmas
5. Cheeky Christmas again
6. Cheeky Christmas again
7. Cheeky Christmas again
8. Cheeky Christmas again
9. Cheeky Christmas again
10. Cheeky Christmas again

You should be ashamed.

Lots of Love,

Sam xoxoxo

P.s rocking around the Christmas tree is by Brenda Lee not Lee Perry you uncultured swines

Dear keen reader,

I apologise for this injustice—and assure you this is not reflective of all of the views of the Stratton Standard team, pointed by the lack of Stop the Cavalry by Jona Lewie, which is definitively the best Xmas song. However, we apparently surveyed the Common Room to get these results—so while I may have lost faith in the judgment of my fellow students, it is democratic to some level. I hope you can understand the idea behind it—while it is a shame that the people betrayed us. It is the aim of democracy. Do you want to end up like North Korea? I think not.

Kindest Regards

Noah Adams

I bet North Korea's top Christmas song is have a cheeky Christmas, and so really I question the effectiveness of democracy as a whole. I'd rather have an accurate list of the top Christmas songs than a vote. Though I understand your position, you're wrong.

Have a cheeky Christmas

Love from Sam xoxoxo

Hi,

After considering your point, I have realised you are probably right. I hear Kim Jong-Il understood the depth of Jona Lewie's song writing - so maybe he was better than us all. In future, I will aim to replace all poll based content with a tyrannically decided list to prevent your displeasure. I shall be the equivalent of Colonel Gaddafi, but for school newspaper music rankings.

Thanks for your feedback

Col. Gaddafi

(Noah Adams)



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!

Maybe 2017 seemed like a tough year for you, and it was, a lot of rubbish stuff happened – there's no denying that. But equally, there was a lot of good stuff too, so I figured it'd be nice to see a list of things that were positive about 2017.

1. Pandas, snow leopards and humpback whales are no longer classed as endangered
2. Southwest airlines flew a plane full of puppies to safety after Hurricane Harvey
3. The UK, France and Finland have all agreed to ban the sale of any new petrol and diesel cars and vans by 2040
4. The UK carbon emissions fell to the lowest levels since 1894
5. Remember the ALS ice bucket challenge? Israeli scientists announced a new treatment for ALS
6. The One Love concert raised more than £10 million for the We Love Manchester fund
7. A spray gun was invented that shoots stem cells onto burn victims to regrow their skin without scars
8. The World Health Organisation has developed a new vaccine that's cheap and effective enough to end cholera, which has historically been a leading cause of death
9. Women who had been harassed and assaulted stood up and spoke up, leading to the #MeToo campaign which has triggered talk of new laws and legislation
10. In December, Australia legalised gay marriage
11. Cancer deaths have dropped by 25% since 1991, saving more than 2 million lives. And breast cancer by 39% (saving 322,600 lives)
12. The Ozone hole shrunk to its smallest size since 1988
13. Child mortality in Rwanda is down more than two thirds
14. Gucci announced it would go (animal) fur-free in 2018
15. The Indian government officially banned the use of all wild animals in circus performances
16. The number of cases of leprosy has dropped by 97% since 1985, and a target to completely eliminate the disease has been set for 2020
17. The women's march in America holds record for the most attended protest in their history
18. A province in Pakistan has announced that they have planted 1 billion trees in 2 years
19. Indonesia pledged to spend \$1 billion to clean up its seas from plastic
20. Sweden has committed to phasing out all carbon emissions by 2045
21. The UK, along with France, Mexico, Canada and Finland committed to ending their use of coal before 2030
22. On International Woman's Day, Iceland became the first country in the world to make equal pay compulsory by law
23. Bradley Lowery won the January goal of the month
24. Astronomers found 7 new planets similar to earth
25. Women in Saudi Arabia are now able to legally drive (small progress, but progress nonetheless)
26. Suicide attempts by LGBT teenagers have decreased by 14% in the US since 2014
27. Crime rates have decreased in Holland so significantly that it began to close prisons, and so they have started to be used for housing for tens of thousands of refugees instead
28. India's Supreme Court issued a ruling confirming the right of the country's LGBTQ people to express their sexuality without discrimination
29. Global deaths from terrorism dropped by 22% from their peak in 2014, the decline has been significant in countries such as Syria, Pakistan, Afghanistan and Nigeria
30. In October, the UK banned the sale and export of all ivory items



www.caitlingodfrey.wordpress.com

So 2017 hasn't been a total write-off. Here's to 2018!



JANUARY HOROSCOPES

Megan Dessent



Scorpio (23rd October – 21st November)

You may have a change in your future career plans – but try not to panic. There's plenty of time to make changes in your life to meet these new goals. You have a new sense of control over your life. Maybe take this time to help guide someone not so clear.



Sagittarius (21st November – 21st December)

Take the New Year as an opportunity to recharge and reset. Take a break from everything this month. 2018 is going to be a crazy one, so it's important to ease yourself into it and try not to overwhelm yourself.



Capricorn (21st December – 19th January)

Your creativity will peak this month, so make sure you put it to good use. Start a project you've always wanted to. You may be feeling a little bit anxious about your workload in the New Year so be prepared. You will do better than you think.



Aquarius (19th January – 18th February)

2018 is the year that your future plans finally come together and all of your hard work pays off. January is the perfect time to start a new hobby. Take this time to listen to your gut as a challenging situation makes you question yourself.



Pisces (18th February – 20th March)

Take this New Year to focus on your health as you've been neglecting it as of late. Balance is crucial. Take the time to find a healthy emotional space in order to align you to your physical health. This year is about bettering yourself and putting yourself first.



Aries (20th March – 19th April)

You're feeling refreshed and ready for the New Year ahead. You may feel a little childlike this month as the prospect of new beginnings excites you. You will be full of creative insights, however, you may need to focus on calming an authority figure in your life this month.



Taurus (19th April – 20th May)

Compromise may be your best asset this month as it's time to put aside your stubbornness. January is the perfect month to take time for yourself and ground yourself in preparation for the work this month will bring. Some good news is coming your way and will start your 2018 in the best way.



Gemini (20th May – 20th June)

This month you will be surrounded by those who really love you. Keep hold of them for support as the middle of this month may give you obstacles – but don't worry! The love and support of those around you will keep your perspective positive and will help to keep you grounded through the bumpy start.



Cancer (20th June – 22nd July)

Take this month to re-evaluate some of your relationships; there may be some you're neglecting. Your emotions are strong this month, so try your best to think before you react. Taking a day to calm things down may be wise as things could be getting tense in a relationship around the middle of the month.



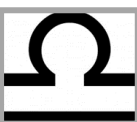
Leo (22nd July – 22nd August)

Your 2018 will start off with a bang as you're entirely focused on your future. You may get an offer from a uni you love, or maybe an amazing grade in a test you were worried about. Whatever it brings, January will set the tone for your work ethic for the rest of your year.



Virgo (22nd August – 22nd September)

You have a habit of stressing yourself out – breathe. Everything is not as bad as you think. Romance may be on the horizon and may be a welcome distraction from your brain. Take time to focus on others this month and work on being more selfless.



Libra (22nd September – 23rd October)

January is the perfect time to pamper yourself. 2018 is going to be a busy year, so why not take the time to take care of yourself? Be careful not to over-indulge, however, as you have a habit of relaxing maybe a little too hard... Emotions are high this month so be careful to keep yourself grounded.



THE STRAMUSICSTANDARD

Stand Out Moments in Music from 2017

One Last time – Ariana Grande

Following a devastating time for the entire nation after a concert bombing, Ariana Grande's 'One Last Time' became an iconic and emotional song for many. The pop star performed it on stage at her self-organized benefit concert 'One Love Manchester' with support from her friends. The concert raised over £17 million, was named the best UK concert of 2017 and will be remembered in years to come as a beautiful moment in music which brought a lot of people together.

1-800-273-8255 – Logic, Alessia Cara, Khalid

A stand out performance for many at the 2017 VMA's came from Logic who – with this song – had the internet talking. Amazingly, the national suicide prevention lifeline saw a major increase in received calls after the performance, something worth the promotion of the song. Suicide survivors joined the artist on stage, making an all-around emotional performance that had an important, positive impact.

Mi Gente – J Balvin (Feat. Beyonce)

During hurricane season, hurricane Harvey hit hard. Beyoncé – originally from Houston - took J Balvin and Willy William's song 'Mi Gente' and re-released it as a remix, donating the proceeds from the song to hurricane relief charities, helping Puerto Rico, Mexico and other affected islands. As Balvin said 'the power of music goes beyond any language', and Beyoncé proved that with her reach out to help.

Top selling songs of 2017:

1. Shape of you – Ed Sheeran
2. Despacito – Luis Fonsi & Daddy Yankee, featuring Justin Bieber
3. That's what I like – Bruno Mars
4. Humble – Kendrick Lamar
5. Something just like this – Coldplay & The Chainsmokers

10 positive/motivational songs to kick off your 2018:

1. Just Hold On – Louis Tomlinson
2. Don't You Worry Child – Swedish House Mafia
3. Be Alright – Ariana Grande
4. Stronger Than Ever – Raleigh Ritchie
5. On My Way – Charlie Brown
6. Confident – Demi Lovato
7. Champion – Fall Out Boy
8. Good Life – One Republic
9. Not Afraid – Eminem
10. Human – The Killers

Top 10 iTunes Chart

(Week commencing – 01/01/2018)

1. Anywhere – Rita Ora
2. River – Eminem (Feat. Ed Sheeran)
3. Havana – Camilla Cabello (Feat. Young Thug)
4. Perfect Duet – Ed Sheeran (With Beyoncé)
5. Perfect – Ed Sheeran
6. Wolves – Selena Gomez & Marshmallow
7. Dimelo – Rak-Su (Feat. Wyclef Jen & Naughty Boy)
8. Man's Not Hot – Big Shaq
9. Silence – Marshmallow (Feat. Khalid)
10. I Miss You – Clean Bandit (Feat. Julia Michaels)



THE STRATTON STANDARD

“Dear Aggie, last night has left me with the WORST hangover, help!”

Dear anonymous, everyone knows it, unfortunately there is no proven cure for a hangover, no magical remedies! However, if your first of January was spent in bed with the lights switched off and you know you've got another big night coming up, here are some well known pick-me-ups for the day after!

- **Drink water.** The obvious one, if you drink water between alcoholic drinks then your mouth won't feel quite so much like the Sahara Desert the day after! But, if you skip this step and your mouth does feel rather desert-like, drink as much as you can to flush the impurities out of your body.
- **Drink other things.** Water isn't enough to drink on its own, after all, you need to replace all the important stuff your body has lost on your big night out like potassium and salt. So, try a ginger shot or other smoothies with all that good stuff like the 'Naked blue' or 'Naked green' drinks. Ginger shots are a well-known cure for nausea and vomiting!
- **Grease up!** If you didn't already know, there is actual reason why you're so drawn to a kebab after a night out, or a big fry up the next morning. When consuming alcohol, your body craves greasy food as it greases your intestines and therefore absorbs the alcohol, which gives your body more time before the alcohol takes effect. So, maybe have that kebab *before* you go out next time!
- **Get some sleep.** Another obvious one, but as much as you may think it, that awful headache isn't caused by your two hours of sleep! Although, it doesn't help. In other words, go back to bed, it's your body's way of healing.
- **Finally, eat the morning after!** You probably won't feel like it, but it'll do you more good than bad.

I hope this has helped you!

Love, Aggie

If you need advice on any topics, whether it be friendship, school or relationships, please don't hesitate to send in your questions! Simply email thestrattonstandard@gmail.com

Top 10 foods to beat a hangover:

- Coconut water
- Greek yoghurt
- Oats
- Nut butter
- Soup
- Salmon
- Avocado
- Eggs
- Tomatoes
- Sourdough bread



THE STANDARD CONSPIRACY

The true Black Mirror

Harry Dilley

With the recent release of 'Black Mirror' season 4, it is now more than ever that we are asking ourselves, can people see us through our webcams? Obviously, the answer is yes, when you are using your webcam. However, can people see you even when your webcam is off?



Terrifyingly, the answer is yes. And the chances are, the government has seen you, and maybe even has pictures or videos of you. 4 years ago, after the release of the notorious 'Black Mirror' episode, where a teen is blackmailed using 'intimidate' photos of him filmed through his webcam, The Huffington Post published an article entitled 'Your Computer and Phone Cameras Are On – Beware!'. This article admits that the government is watching us. The UK, USA, Australia, New Zealand and Canada are part of a 'Five Eyes' programme which allows the countries to spy on their populations through their webcam.

The UK is one of the worst offenders, behind the US, of course. The GCHQ (Britain's NSA) ran a programme between 2008 and 2012 called optic nerve; this programme scanned live webcam chats on yahoo - and most likely many other chat services - and obtained many 'personal' images that could be used to blackmail or harass users. The US government can also spy not only through webcams, but through phone cameras too. Szymon Sidor (a former Google intern and software engineering genius) wrote on his blog 'Snacks for Your Mind', that your android smartphone can be turned on, and operated without you knowing it. The sequential photos taken can then be sent to a third party easily over the internet. This all happens without any awareness by the phone user, even if you are using the phone at the time. Szymon has also managed to bypass the android security systems which require a photo preview on the screen by reducing this to the size of one pixel, which you would not even notice.



So, what can you do to prevent you from being watched? Well, the obvious answer is to cover your webcam. Personally, I keep both my webcams covered, but how do you cover your phone camera? As most phones have both front and rear cameras, it is unrealistic to cover both cameras.

So unfortunately, there is no way to prevent the government watching you through your phone, let's just hope the pictures they take are insta worthy.



Could Newcastle United's takeover allow them to compete?

Alfie Oliver

Newcastle United fans could receive a much-needed Christmas Present if Amanda Staveley takes over the club from Mike Ashley, prompting a new-year celebration for fans of the club.

Under Mike Ashley, the club was often run as a business, with the club making consecutive profits of £32.4 and £18.7 in 2014 and 2015. But a lack of investment in the playing squad, just £80 million over these two years meant that the team lacked quality, ultimately leading to relegation to the Championship at the end of the 2015/16 season.

Although they are now back in the Premier League, Newcastle United have one of the league's weakest squads, with the 6th lowest wage bill in the league illustrating the current lack of investment. This has made it clear that the club requires funding, which is why the ongoing takeover (of around £300 million) by investor Amanda Staveley is so welcomed by the fans, with only 1.88% of Newcastle fans wanting Mike Ashley to stay on as owner.

Newcastle fans believe that through the financial backing she can give to manager Rafael Benitez, the club's near 50-year trophy drought can be ended. Ultimately, if the takeover is completed, Newcastle United fans will have something to cheer about going into 2018.



Many Newcastle United fans believe that under manager Rafael Benitez and enough funding, Newcastle United could re-establish themselves amongst England's best.

Candy cane sale competition

Congratulations to Dr Sala and Ms Cash for winning the prize of *Best Message* in our December Candy Cane Sale!

“You technically brought this yourself, loser”

“Drink more water”

