

The Hare - The school newspaper at The Hurlingham Academy - written for students and written by students. Contributions welcome to Ms Burton.



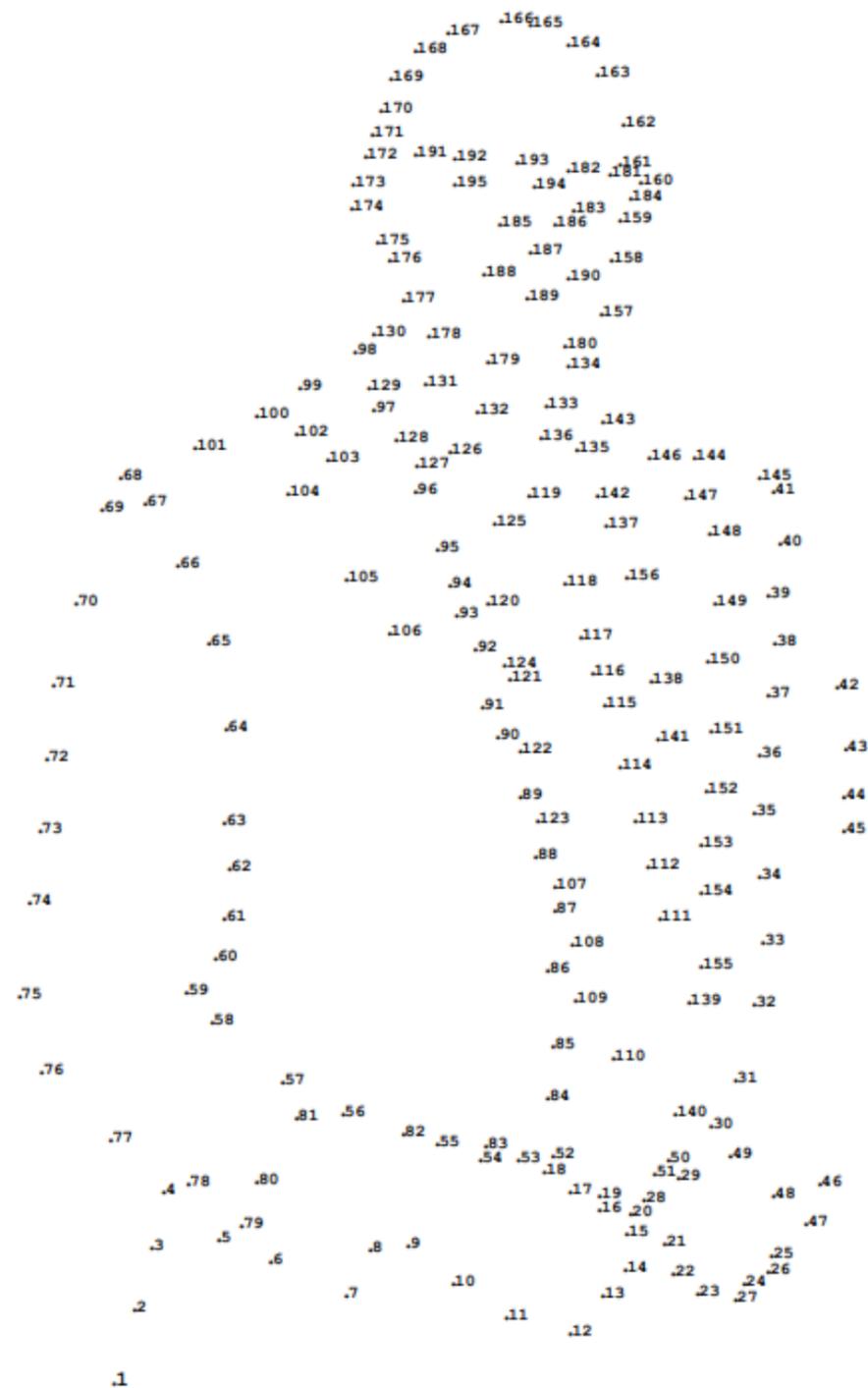
Writers needed! Use The Hare to share your voice.

Read more inside about what the year 8s have been doing in their First Give projects.



2022

Always wanted to know what those days in your planner actually mean? Find our feature inside.



### DOT TO DOT

Email a photo of your completed dot to dot, saying who the teacher in the dot to dot is, to Mr Pudney by 6th June to win house points.

Teacher: .....House:.....

# THE HARE



This term's main features are about reducing stress in exam season and the ongoing war in Ukraine.



## DEALING WITH EXAM STRESS

By: Zaid (Year 10)

You've got exams. You've got homework. Deadlines. Stress. **You've got stress. It's too much.** Overwhelming. Unyielding. And we know. So we put together some tips and resources to help you relax a bit. Maybe to help you focus better, too. Take a moment to breath. Just one. You deserve it!

A personal tip from the man himself, Zaid Barakat, is to always get out as much as possible – even when you feel like doing nothing. I'm sure we've all tried it, but it never really makes us feel better – even if we like to think it does. Try to do little things first – anything that takes less than 2 minutes, just do it. Those little accomplishments are what truly fuel your ambitions!

Here's a good list of websites to help. You can scan this QR code, to access ideas and solutions from some of our favourite support websites.

A summary of The Hare's favourite tips include:

- **Sleeping well!** Your brain will struggle to retain information if it isn't well rested
- **Meditation.** Just five minutes a day can really help you to remain focused throughout your day. Try apps like calm or breathe if you want to try out some guided meditations.
- **Talk about it!** Your friends, family and school community are some of the few people who will support you during this time. If you want to speak with people confidentially, why not check out websites like Kooth or Mind.

# UKRAINE

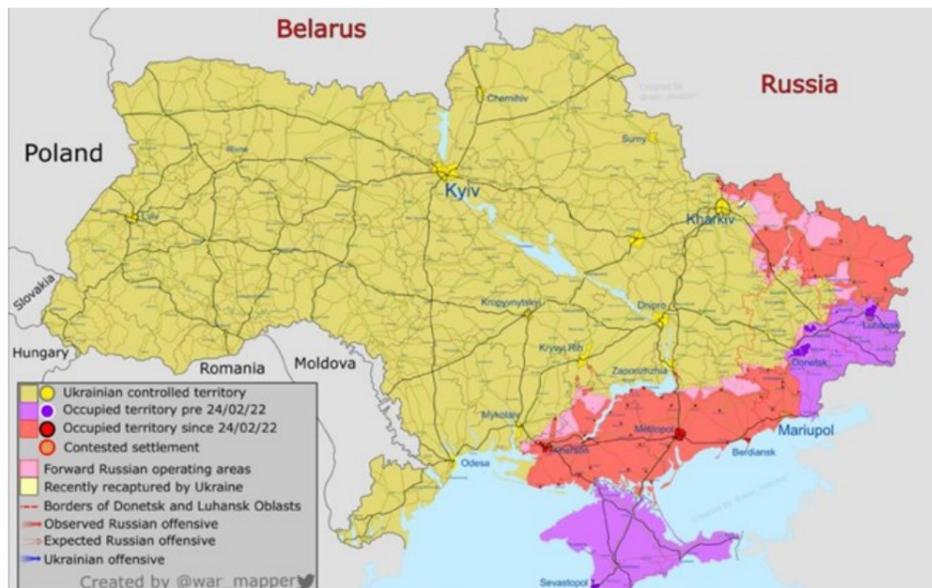
## OUR GUIDE TO UNDERSTANDING THE WAR IN UKRAINE

By Nicoleta and Madeline (Year 7)

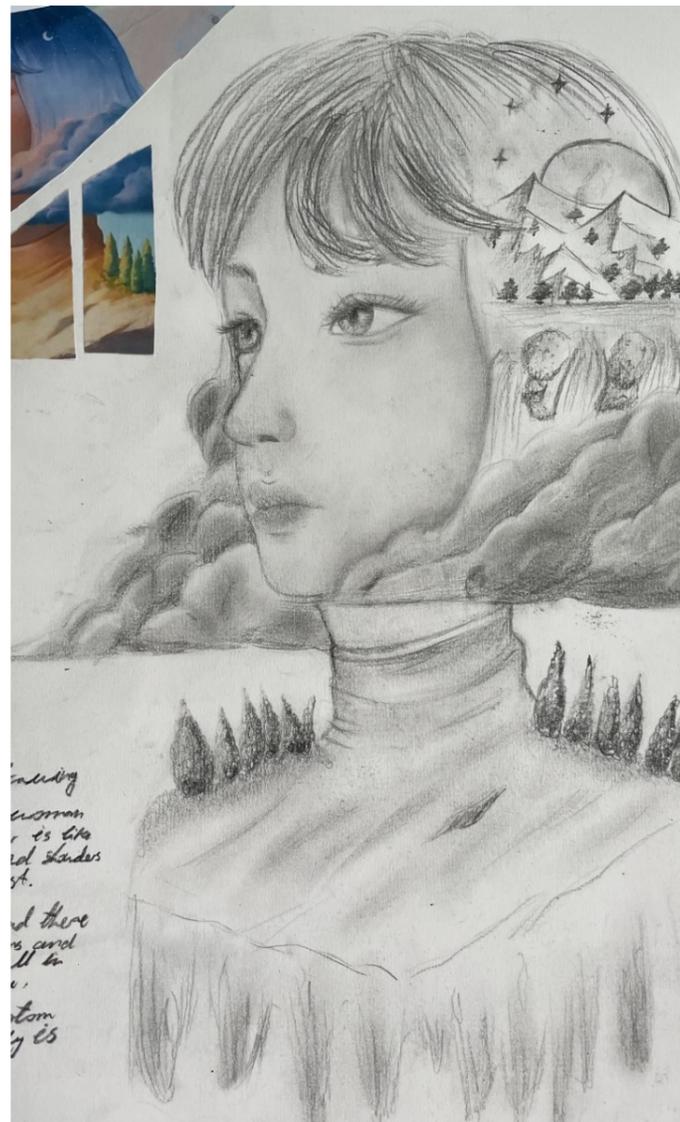


### Why is the war happening

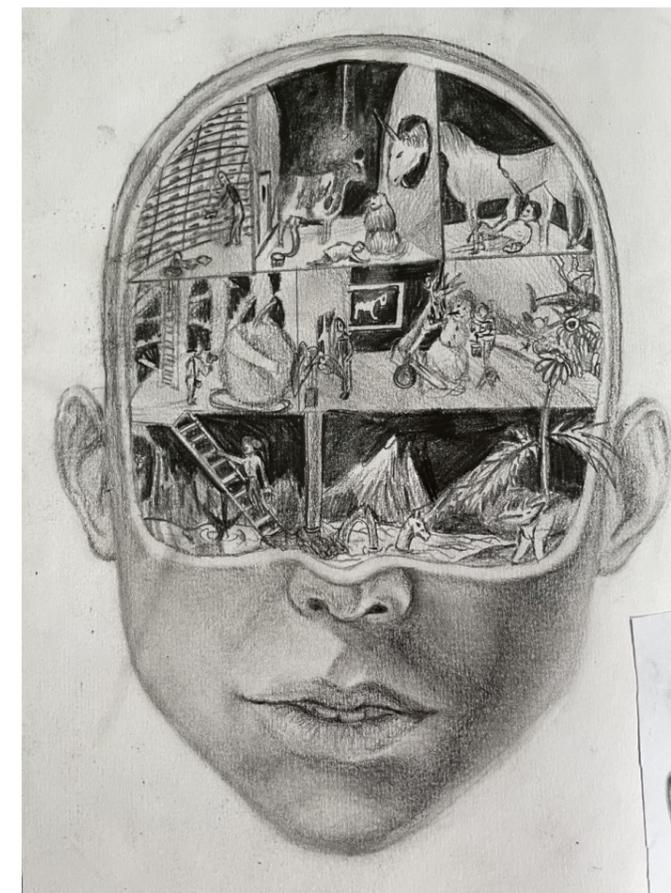
At the start of the war in 2014, Russia captured the south Ukrainian region of Crimea, and Russian backed rebels seized part of the south-eastern regions of Ukraine (the Donbas; in Luhansk and Donetsk), sparking a regional war there. In 2021, Russia began a large military build-up along its border with Ukraine, built up to 190,000 troops along with their equipment. In a televised address shortly before the invasion, Russian president Vladimir Putin adopted the idea that Ukraine took Russian land from them illegally, questioned Ukraine's right to governing independently and falsely accused Ukraine of being governed by neo-Nazis who persecute the ethnic Russian people living there. Putin also said the North Atlantic Treaty Organization (NATO) blackmailed Russia's national security by having expanded eastward since the early 2000s, which NATO ban. Russia demanded NATO stop expanding and permanently stop Ukraine from ever joining the group. Multiple nations accused Russia of planning to attack or invade Ukraine, which Russian officials repeatedly denied as late as 23 February 2022.



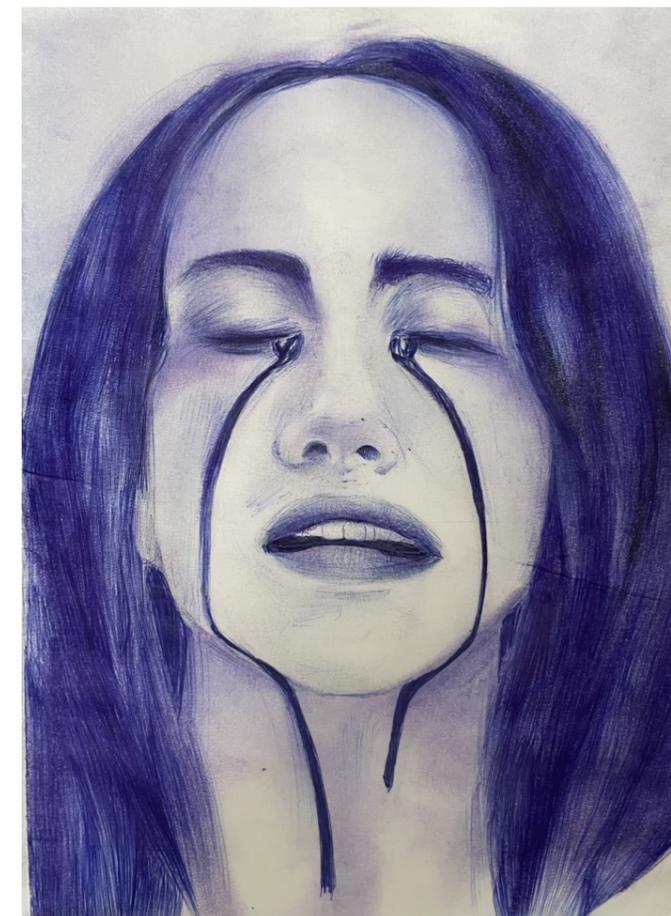
# ARTWORKS OF THE TERM



Andzhi



Andzhi



11 Lorena

## 8H AND 8R ARE RAISING THE BAR FOR FIRST GIVE



Over the past few months, year 8 have been raising awareness and money for their chosen charities. 8H & 8R collaborated to raise money for St. Mungo's (a homelessness charity) and Art Against Knives (tackling gang violence). They organised a student vs teachers penalty shoot-out and bake sale raising a whopping £100.

Kabishan and Marley baked delicious cakes for the bake sale, which were very popular with the crowds.

The final score in the exhilarating penalty shoot out was 5-3 to the teachers with fantastic goals from Dr Patel, Kyreece, Archie and Mr Charkham.

The final presentations were on May 26<sup>th</sup>, where each group had to present their fundraising ideas in attempt to win their charity a £1000 donation!



We have seen so many fantastic efforts from our year 8s this year! Get planning year 7— there is not long to go until its your turn to don your football boots, cooking aprons, and felt tips pens and show the school that you have what it takes to help others in the community!

help others in the community!

## THA Gossip...

This week, our sources have discovered the following...some of it is truly hard to believe...

Year 8 are still in shock from some of the teacher entries for the First Give Bake Off. They are questioning what exactly was going on with Ms. Quinton's cupcakes and whether Ms. Hiscocks really did ice hers with toothpaste. Also, the mystery remains over why none of Ms. Hiscocks' cakes made it to the actual sale - what happened to them? Ms. Morris won't say. Anyway, well done to all those who baked and particularly to those who bought the cakes and subsequently attended school despite having diarrhoea.

Prom - the best night of the year is just around the corner and Y11 can't stop talking about the dope DJ - Alan Perkins. Yes, Mr. Perkins' dad\*. Hits played last year included Queen, 'I want to break free' and Dolly Parton's 'Islands in the stream.' Y11 are just as wild for Portsmouth's number 1 DJ and this year's big tunes, which rumour has it, could include more recent numbers from SClub7 and The Cheeky Girls. Y11 are going to have the best night ever!

Y7 are wondering who exactly the man in the suit with the grey hair and dodgy accent they see around the playground some days is. So many questions...like, who exactly is he? Is he really Australian? Is that a wig? And why was he arguing with Mr. Wilson about kangaroo meat and the canteen?

NEWSFLASH!!!! Y9 have heard that Mr. Cheetham could be returning to The Hurlingham Academy. He went off to be a model but struggled to get work....career high was the July 2020 cover of Horse and Hound magazine. KS3 (KS4, staff and parents) are nervous about the return of his bad jokes, tight suits and claims of Italian ancestry.

Finally, the rumour is out there that we are all walking to sports day this year...WHAT are they thinking??! Unless you want to put up with 'teacher-chat', we need a plan. Three miles of Ms. Morris talking sudoku, Mr. Charkham on river meanders and Mr. Bacalor's chat about waistcoats and calculating subatomic particles will be HORRIBLE. Ideas needed.....URGENTLY!

\*Mr. Pudney has said to remember, prom tickets are non-refundable.

### What was Putin's original goal?

The Russian leader's initial aim was to beat Ukraine and dethrone its government, ending for good its desire to join the Western defensive alliance (NATO-North Atlantic Treaty Organization). After a month of failures, Putin abandoned his attempt to capture the capital Kyiv and turned his ambitions to Ukraine's east and south.

Launching the invasion on 24 February he told the Russian people his goal was to "demilitarize and de-Nazify Ukraine". His declared aim was to protect people subjected to what he called eight years of bullying and genocide by Ukraine's government. Another objective was soon added: ensuring Ukraine's neutral status.

Foreign Minister Sergei Lavrov spoke of freeing Ukraine from cruelty while foreign intelligence chief Sergei Naryskin argued "Russia's future and its future place in the world are at stake".

Ukraine's freely elected president, Volodymyr Zelensky, said "the enemy has designated me as target number one; my family is target number two". His adviser said Russian troops made two attempts to attack the presidential compound.

### Who Is the Most Impacted?

According to UN data, in 2021 the crisis in Ukraine affected 1.5 million people — half a million of whom are children and minors. Since the Russian invasion in February 2022, the UN's refugee agency has reported over 6 million people have become refugees, with many more millions being internally displaced.

As with any crisis, women, children, marginalized communities, and the poor will be those most affected. Ukrainian parents are already taking heartbreaking measures to protect their children including sending them into school wearing stickers identifying their blood types in case of bombings.

In the current crisis, Black people — especially migrants— are reporting experiencing racism at the border while trying to leave the country. Footage has gone viral of people being blocked from boarding trains and there have been worrying reports that police are prioritizing white Ukrainians over Black people crossing the border.

### How Can We Help?

While many of us might feel helpless when confronted with secret geographical and political plans of this scale, we've selected up one way you can help the people of Ukraine right now:

Donate!

Organizations on the ground and globally are actively supporting people within Ukraine and refugees seeking safety elsewhere with medical and humanitarian aid. These organizations include:

- The Red Cross
- People in Need
- Unicef
- Disasters Emergency Committee



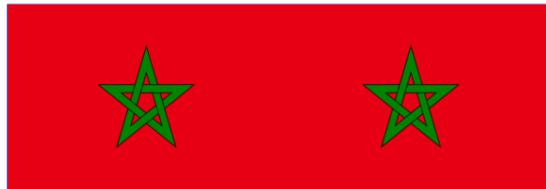


**Nisrin—Year 7**  
My favourite thing about Morocco is the food, for example tagine and couscous.



**Shakeel - Year 7**  
My favourite thing about Morocco is fasting because it is a really special time for my family. I really enjoyed Ramadan and Eid this year.

**Yassine—Year 8**  
My favourite thing about Morocco is the hot weather and being able to play football in the streets until 11pm. I also really like the family community; you never have to worry about strangers because it's a really helpful community there.



**Proud to be from...  
Morocco!**

**Population:** 37 million

**Capital City:** Rabat

**Official Languages:** Arabic and Berber

**GDP/capita:** \$9,339 (USD)

**HDI:** 121 of 187

**Religion:** Islam

**Number of Moroccans in the UK:**  
22,000



**Youssef —Year 8**



**Yara —Year 7**  
My favourite thing about Moroccan culture is the parties because you get to stay up all night and dance and hear Moroccan music.



**Amine —Year 9**  
There are so many great things about Morocco, for example how kind the people are, and all of the cities are incredibly beautiful.

**Malak—Year 8**  
My favourite thing about Moroccan culture is the weddings and the food. The weddings have amazing music, dresses, and dancing, and it is all presented beautifully.

**FAKE IT 'TIL YOU MAKE IT**

**ICE LOLLIES EDITION**

**Tallulah (Year 7)**

**FAKE IT TILL YOU MAKE IT** is a small article that will be out every term. It compares branded vs own brand foods and throughout the terms we will be trying seasonal foods and rating them. I hope you look forward to more comparisons and suggested foods are always welcome.

**FAKE**  
PUSH UP 7.5/10  
ICE BLITZ 1/10  
RAINBOW LOLLIES 1.5/10  
CONES STRAWBERRY 5.5/10

**REAL**  
CALIPPO 9.5/10  
FAB 5/10  
FRUIT PASTILLES 6/10  
CORNETTO 5/10



**THE REVIEWS**

My personal favourite to recommend would be: push up!  
The flavour was lush however it fell apart in the tube, so I gave it a 7.5/10

Ice blitz—horrible taste sprinkles fell off and the lolly tasted like sugary water  
Rainbow lollies—no flavour tasted like coloured ice  
Cones strawberry—lovely flavour soft ice cream didn't melt easily

# MEET THE TEACHER

## MR EL GHZAL

By Zsa Zsa and Vitoria (Year 9)

We recently interviewed Mr El Ghzal as we have heard wonderful things about him. He joined The Hurlingham Academy in September 2021 and teaches geography. Since he joined us we have only experienced kindness from him.

Here are some things we asked him for you all to know some fun facts about him.

We first asked him:

**What encouraged you to become a teacher?**

The main reason why I decided to become a teacher was to promote and motivate students in education in London. Understanding the significance one teacher can have on a pupil's life was made clear to me at school. My geography teacher was an incredible role-model, who inspired my choice to study geography at university.



**What did you want to join The Hurlingham Academy?**

From the start, I saw that The Hurlingham Academy was an incredible school that had a very strong sense of community and values.

**What is your favourite hobby?**

Without a doubt, my favourite hobby has to be football, whether that is playing or watching as a fan. It has been my favourite hobby since the age of 4 and has been a huge part of my life.

**Do you have any advice for your students or any advice for the year 11s who are doing their GCSEs?**

Good luck to all the year 11s with your GCSE exams! The best bit of advice I can give is to keep working hard and stay motivated throughout the exam period. Your hard work will be rewarded when you get your results in August!

**What's a fun fact about you that people don't know about you?**

A fun fact about me is that I am a twin. I have a twin sister, who surprisingly is very different to me. But despite our differences, we still get along really well.

We hope you enjoyed getting to know Mr El Ghzal. If you want to know about any other teachers in the future, let us know!

# CHARITY CLUB

By Eva , Fatemeh and Sofia (Year 7)



We are charity club - a group of individuals in year 7 who help refugees. Well, what are Refugees? They are people who have had to flee their country due to war, natural disasters or persecution. In the autumn term, we read a didactic book called 'The Jungle' by Pooja Puri. This book is a young adult realist fiction novel mirroring the needs of refugees in the camp in Calais. By reading this, we have learned more about refugees and the vile experiences that they have no choice but go through. We thought this was unjust and refugees should receive major support so with the help of Ms Mackay, invented our very own charity club.

Now more than ever we know about how tough and heart-breaking a refugees' life really is. As we all know, Ukraine and Russia have been at war making the population of refugees increase rapidly and there are now over 100 million displaced people and refugees around the world. Let's work together to help.

**What are we going to do?**

1) **Many bake sales**

2) **Rowathon** (row the length of the channel - 560km)

3) **Ribbon badge sale** (colours of the refugee nation flag)

4) **Thursday Tannoy Tales** (sharing stories of refugees' lives on the Tannoy)



Watch this space for more updates on our work. If you want to get involved please come and talk to one of us or to Ms Mackay, who helps to run the club. The more the merrier!

# UNDERSTANDING YOUR CALENDAR

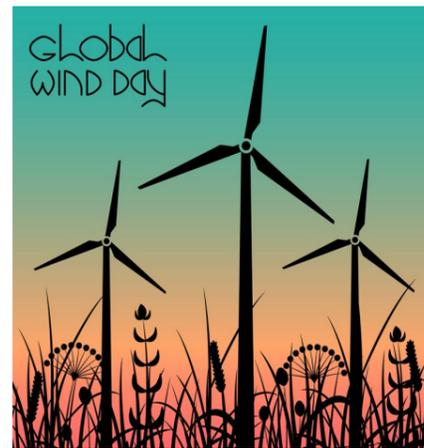
## 5th June—World Environment Day

World environment day is annually celebrated on 5th June and is the United Nation's principle vehicle for encouraging awareness and action for the protection of the environment.. Each year, the program has provided a theme and forum for businesses, non government organizations, communities, governments and celebrities to advocate environmental causes.



## 16th June—Global Wind Day

Global Wind Day or World Wind Day is a worldwide event that is held on June 15 around the world. It is organised by WindEurope and GWEC. It is a day when wind energy is celebrated, information is exchanged and adults and children find out about wind energy, its power and the possibilities it holds to change the world.



## 21st June—World Music Day

The Fête de la Musique, also known in English as Music Day, Make Music Day or World Music Day, is an annual music celebration that takes place on 21 June. On Music Day, citizens and residents are urged to play music outside in their neighborhoods or in public spaces and parks. Free concerts are also organized, where musicians play for fun and not for payment.



## 28th June—Henry VIII's birthday (1491)

Henry VIII was born at Greenwich on 28 June 1491, the second son of Henry VII and Elizabeth of York. He became heir to the throne on the death of his elder brother, Prince Arthur, in 1502 and succeeded in 1509. Henry VIII was King of England from 22 April 1509 until his death in 1547. Henry is best known for his six marriages, and for his efforts to have his first marriage annulled.



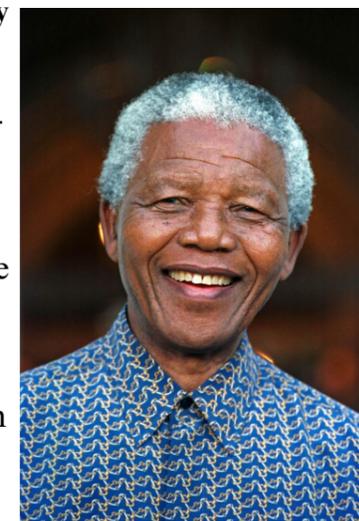
## 8th June—World Oceans Day

The international day supports the application of worldwide sustainable development goals of the ocean. People observe world ocean day by encouraging others to respect the marine environment or by participating in local beach cleanups. They also keep lights off at night on turtle nesting beaches, and support sustainable development initiatives.



## 18th July—Nelson Mandela Day

We celebrate Nelson Mandela International Day every year to shine light on the legacy of a man who changed the 20th century and helped shape the 21st. This is a moment for all to renew with the values that inspired Nelson Mandela. Absolute determination. Mandela Day is an occasion for all to take action and inspire change.



## 13th July—Asalha Puja Day

Asalha Puja is a Theravada Buddhist festival which typically takes place in July, on the full moon of the month of Āsāḍha. It is celebrated in Indonesia, Cambodia, Thailand, Sri Lanka, Laos, Myanmar and in countries with Theravada Buddhist populations.



## 17th June—Plastic Free Beauty Day

The UN has predicted that if the rate of waste production continues, by 2050 our oceans will carry more plastic than fish and an estimated 99 per cent of seabirds will have ingested plastic. People will collect beauty waste and packaging throughout the day, to promote and show how brands, retailers and consumers can make small changes to make a big difference.



## 16th June—Martyrdom of Guru Arjan Dev

The Martyrdom of Guru Arjan Dev is a special holiday declared to reminisce about the sacrifice that Guru Arjan made for the Sikh people. The Sikhs observe the martyrdom of the Sikh Guru Arjan each year on June 16. Guru Arjan was the fifth great leader of the Sikh religion.



## 9th July—Eid al Adha

Eid al Adha is a celebration to honour the Prophet Ibrahim's willingness to listen to what Allah had asked him to do. Eid al Adha is an annual activity celebrated by all. Eid al-Adha is celebrated on the final day of the annual Hajj pilgrimage to Mecca, the holiest city in Islam, in western Saudi Arabia. All Muslims able to do so are asked to make the five-day Hajj journey at least once in their lifetime, and 2 million do so each year. Only Shia Muslims celebrate this.

By Eva and Sofia (Year 7)