

19th May 2020

Dear pupils of Stewarton Academy,

Recently there has been a lot of bad news in the media and there is a lot going on in the world right now which makes it difficult to keep a positive outlook when all we are seeing is negativity.

So, when Ms Barbour and Ms Vallance asked us to write a good newsletter, we were eager to participate. Everyone has shown great **determination** when getting through these uncertain times and **responsibility** is key when **respecting** the new rules to keep everyone safe. Finding good things to write about came easily as there are so many positive things you can do. Instead of thinking about this time at home as a negative thing, you can think about it as an opportunity to spend time with your family and do things you otherwise wouldn't have time for. This week is also mental health awareness week which means it's the best time to recognise that people may be struggling with their mental health especially when being isolated from a normal routine. We should demonstrate **fairness** and equality when considering that you don't know everything that is going on in someone's life and since we are missing out on seeing loved ones, you should take time out of your day to talk to a friend, a grandparent or anyone who you think would like to have a conversation. A phone call is always appreciated, especially when you miss spending time with family and friends.

If you have any other good news stories you would like to share, please contact us

StewartonPositiveNews@gmail.com

We really hope you enjoy what we have put together,

Thank you,

Abigail MacLeod, Eve Thomson, Rowan McClure, Ruby Angus, Natalie Smith and James Leitch





POSITIVE NEWS

WEEK 1

ENTERTAINMENT RECOMMENDATIONS

BOOKS



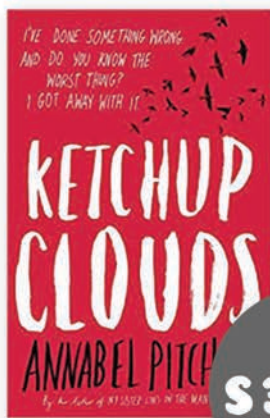
S1/S2



LOVE SIMON
BY BECKY ALBERTALLI

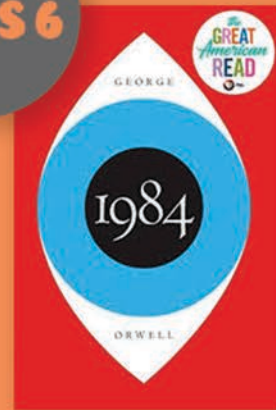
**KETCHUP
CLOUDS**

BY ANNABEL
PITCHER



S3/S4

S5/S6



1984
BY GEORGE ORWELL

MUSIC

SONG OF THE WEEK!

HEROES (WE COULD BE)
BY ALESSO AND TOVE LO



DO YOU HAVE ANY
RECOMMENDATIONS?



STEWARTONPOSITIVENEWS
@GMAIL.COM



Movies

Spiderman into
the Spiderverse



PG

The Breakfast Club



15



12

Miss Peregrine's Home
for Peculiar Children

The Dawn Wall



Doc

INGREDIENTS

- ┆ 155g plain flour
- ┆ 1/2 teaspoon baking powder
- ┆ A pinch of salt
- ┆ 120ml vegetable oil
- ┆ 125g creamy peanut butter
- ┆ 200g brown sugar
- ┆ 1 egg
- ┆ 80g sour cream
- ┆ 180ml whole milk

CHOCOLATE PEANUT BUTTER ICING

- ┆ 115g unsalted butter
- ┆ 210g confectioners' sugar
- ┆ 25g cocoa powder
- ┆ 3 Tablespoons milk
- ┆ 80g creamy peanut butter

INSTRUCTIONS

- 1** Preheat the oven to 180°C. Line a 12-cup muffin pan with cupcake liners. Line a second pan with 2-3 liners because this recipe yields 14-15 cupcakes. Set aside.
- 2** Whisk the flour, baking soda, and salt together in a medium bowl. Set aside.
- 3** Whisk together the oil, peanut butter, brown sugar, egg, sour cream, and vanilla extract together in a large bowl. Add the dry ingredients and milk, then whisk together until completely combined. Avoid overmixing. Batter will be slightly thick.
- 4** Pour/spoon the batter into the liners, filling only 2/3 full to avoid baking over the sides. Bake for 21-23 minutes, or until a toothpick inserted in the centre comes out clean and the tops of the cupcakes spring back when gently touched.
- 5** To make the icing, beat the butter until creamy. Add the icing sugar, cocoa powder, and milk. Beat until combined (around 40 seconds), then add the peanut butter. Beat all together.
Note: Add more icing sugar if icing is too thin or add more milk if icing is too thick.
- 6** Leftovers can be stored in the fridge for up to 5 days.

PEANUT BUTTER CUPCAKE RECIPE



ENJOY!

LOCAL HERO



Our very own Mr McLean swapped his textbooks for running shoes and a spiderman suit in order to raise money for the NHS!

On the 26th of April Mr McLean completed a half-marathon in the comfort of his back garden dressed as spiderman in honour of the heroes on the front line battling covid-19. From that run alone he managed to raise £700! As if that wasn't enough, he plans to do 79 laps of his street (the length of a marathon) on the 26th of May! He was originally training for the Edinburg marathon and thought he could put his training to a good use, since it was unfortunately cancelled.

Stewarton Academy could not be prouder of his MARVELous work he is doing, well done and we will all be routing and thinking of you on the 26th!

www.justgiving.com/fundraising/andynhsruns

THANK YOU!

I HOPE THIS BROUGHT SOME POSITIVITY INTO THIS TRYING TIME. REMEMBER TO CONTACT US AT STEWARTONPOSITIVENEWS@GMAIL.COM IF YOU HAVE A NOMINATION FOR THE LOCAL HERO, A GOOD NEWS STORY, OR COMPLETED A SECTION IN THIS NEWSPAPER (BAKED OUR RECIPE).

IN A TIME WHERE WE ARE SO PHYSICALLY DIVIDED, USE HOPE TO UNITE US.
STAY SAFE AND STAY POSITIVE

BY ABIGAIL MACLEOD, RUBY ANGUS, EVE THOMSON, NATALIE SMITH, ROWAN MCCLURE, AND JAMES LEITCH.