

Mearns Magazine

Issue 2-Winter



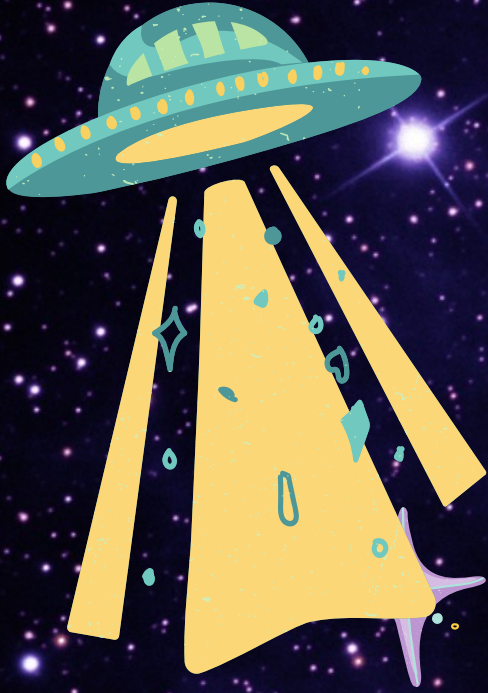
TABLE OF CONTENTS

01	SPACE Planets beyond our Solar System	3
02	CULTURE	4
03	HEAD BOY/ HEAD GIRL INTERVIEW	5
04	OUR NEW PITCH	6
05	WHAT'S NEXT? Support available in school in choosing subjects and careers	8
06	SETTLING IN: S1S' HIGH SCHOOL EXPERIENCE	9
07	CHRISTMAS ADVERTS	10
08	PUMPKIN SPICED LATTE	11
09	PUMPKIN SPICED COOKIES	12
10	CHOCOLATE MUFFINS	13
11	LEAP OF FAITH - COMIC	14
12	RIDDLES/ FUN FACTS	15
13	ACKNOWLEDGMENTS	16

Space



Planets beyond our solar system



Since 2006, when Pluto was announced as a dwarf planet, our solar system has been home to 8 unique planets. However, humanity's inquisitive nature has led us to ponder a very important question: what about the planets outside of our solar system? Well, those planets are called exoplanets (or extrasolar) and a whopping 5,535 of them have been discovered so far with the first exoplanets being discovered in 1992. Aleksander Wolszczan and Dale Frail used something known as the radial velocity technique to discover not only the first exoplanet, but also the second.

There are 5 categories of exoplanet, Gas Giant, which is a large planet mainly composed of helium or oxygen, Neptunian planets which are much like Neptune and Uranus in our solar system, with the same hydrogen and helium dominated outer atmospheres and rocky cores, Super Earth planets which have a higher mass than earth but a lower mass than ice giants and finally terrestrial planets which are made mostly out of silicone rocks or metals.

The nearest exoplanet to us is Proxima Centauri B. Despite being our nearest exoplanet neighbour, it is still a whopping 4 light years away.

This planet is also one of the closest planets to us that may be able to sustain life. Out of the thousands of planets that have been discovered only 59 are thought to be habitable and there are no signs of other life in our solar system yet. But out of the 100 billion undiscovered planets in the milky way it is possible that there still might be undetected life out there in the universe.



CULTURE



Culture can refer to customs, traditions, beliefs, lifestyles, laws, artistic expressions, and other elements that cultivate the collective identity of a group of people. Different cultures are established across nations, regions, communities, and social groups. They are passed on from generation to generation while others evolve or are abolished to give way to modern beliefs and systems. While our cultural identity begins at home, it changes as we involve ourselves with other groups (friends, educational institutions, social media communities, political groups, etc.)

There are many diverse cultural customs around the world. For example, traditionally Kilts are worn in Scotland, as a symbol of Scottish pride, whereas the saree was created in India to represent modesty and femininity. The clothing we wear carries cultural significance and meaning and deserves to be commemorated. That said, the food we eat also carries nostalgia and emotions for many. From Chinese spring rolls made by your nai nai to Indian curry made by your nani, food carries fond memories and emotions for many. These memories may also be tainted by the embarrassment many may have faced at school when bringing foods from their culture.

No one deserves to feel embarrassed for wanting to enjoy something that represents their heritage and is just, well, delicious. Therefore, as a school community, Mearns Castle finds it especially important to celebrate and cherish one's culture and enrich our community with elements from different ones. We value diversity and push for acceptance to allow pupils to freely celebrate what makes them the person they are today and boldly express elements of their heritage.

Whether that is wearing certain garments of traditional clothing or sharing and enjoying traditional cuisine, everyone deserves to be able to represent their culture. Therefore, next year Mearns Castle is having their first ever culture day! With this, we hope to allow individuals to represent their culture without shame. We are hoping to allow you to share your heritage with others and create a day in which you can unapologetically represent what makes you the unique individual you are today.



So, get excited and get ready to share some of your culture with others. Personally, I think cultures are fascinating, and I love learning about new ones every day. I recommend you learn more about cultures that intrigue you because it may help you discover a newfound love for something. Mine include a whole lot of spring rolls and prawn crackers, can't forget about the prawn crackers!



Head Boy / Head Girl *Interview*

Mearns Castle's Head boy Lewis Veitch and Head Girl Chloe Winston-McClurg were interviewed on how they felt during the process of becoming Head Boy and Head Girl and how things have changed.

I asked both Chloe and Lewis how they felt being head boy and girl respectively. This is what they had to say :

Lewis said "It felt really good and such a privilege to be able to have this role but also really stressful to follow in the footsteps of others" Chloe also said, "It is so good but also very hard as we both have a lot to do and most of my free periods are spent doing things and helping around the school".

Hearing both Lewis and Chloe talk about the importance and influence they have on the school is a lot of pressure but they both love it.

Lewis and Chloe commented on the the process of becoming Head Boy and Head Girl and the nerves of going through an application to a speech in front of their year group to an interview with senior members of staff.

On the run-up to Charities Week, both Lewis and Chloe look forward to their take on how it should run. And now that charities week is behind us a huge well done to them both and the whole of S6 for an amazing week.

It's clear that Lewis and Chloe are the perfect choice for our Head Boy and Head Girl as they are so passionate about every task they are handed. A huge congratulations to them both.

Our New Pitch



We've recently opened up our new sports pitch. It's equipped with a six-lane running track, a 3G turbo pitch in the centre, floodlights and a storage building. Costing over 2 million pounds, and taking over 2 years to build.

It's safe to say that a lot of time and money was invested into this project. We look forward to testing it out!

What was the motivation or reason for building the new pitch?

Mr Gilroy : "Well, there were a number of motivations and reasons. The school is getting bigger, and the number of pupils in the school this year went up significantly and I believe that's going to continue to increase. So as a PE department, having the new pitch has been a

massive benefit for us because previously there were lots of people on one pitch and there was very little room, especially during Covid times. This now gives us a lot more facilities, which is great when it comes to particular parts in the year, particularly athletics time and summer Games time. When we're all outside we've got two massive outdoor areas that we can use, and it means we can split up the area more beneficially."

Show did the school plan for such a big project?

"So I think certainly, like I said, because we are just teachers, we weren't too involved in the planning of it. I first became aware of a number of years ago, we're talking about maybe the school year beginning 2021. It was probably when we first started seriously hearing about the pitch. Now works began in the pitch around summer time so April 2022. Now it obviously took a bit longer than we expected it to. We were expecting to have access to it in August last year, and obviously it's taken a little bit longer than that, as we never really got access to it until the end of the school term."



Do you think it was worth it? The amount of money, work and time that went into the new pitch?

“Well, it was obviously a lot of money. It was a big investment. I believe that the money that was spent on it would be massively beneficial no matter what whatever area it was put into. However we’re certainly going to be able to use this pitch for years to come. It will definitely help improve the quality of our PE classes and it’s really given us a lot of world class facilities. You should come down sometime at lunchtime and you’ll see that we have more than a hundred pupils who come and use it every single lunchtime. It’s definitely helped make teaching PE easier, and has definitely helped and impacted a lot of students. However, because it is such an amazing facility. I’d like to see maybe it getting used a bit more at night than for external clubs.”

And lastly, does the PE department have any big plans for the future?



“I think as a PE department, we always have big plans for the future. Like I said, the school is growing, which means, obviously our facilities are growing. We have restructured a lot of our courses and in terms of National 5 PE a lot more pupils have now selected Nat5 then ever before. So in our current fourth years, we have three national PE classes, and in our third years we have 7 or 8. That’s a significant increase, which is, again, why the facility is so beneficial for us to have because it’s going to give them access to more marks for their national five performance.”

We’ve also developed what’s called an NPA or National Progression Award. So it is a fantastic, fantastic course that we’ve developed where when you get to S5 or S6, you would be able to teach younger pupils and primary school pupils sport. So even just last year I had a class of 24, this year there’s 40. So we’ve got two classes doing it. And I don’t know if you’ve seen from our Twitter, we were in the primary school across the road for St Clair’s and Calderwood Lodge last week. The feedback from the primary kids was really positive and our pupils are learning a lot from it. So I think, to answer your question, plans for the future just to develop, continue to develop kind of the curriculum opportunities for pupils to gain more experience.”

The new pitch will certainly have a huge impact on the school. It is a new fresh start to athletics in MCHS. Think about it; this new pitch will be used by students who join the school 50 years from now. We’ll win and lose games here, have fun and make memories with friends. (At the very least we’ll be less overcrowded in the games hall).

Just as Mr Gilroy said “PE shouldn’t just be coming down and playing games, it should be about developing our confidence, developing our ability to stand up in front of people and confidently play your sport, and the new patch has been a great asset in allowing us to do that.”

So let’s all say hello the start of a new sporting era here in MCHS.





WHAT'S NEXT?

It's that time of the year again; subject choices are being pondered, personal statements are being written, and the pressure is building for pupils and parents alike. The good news? You're not in this alone; Mearns Castles' careers advisor, Chris Doyle, is here to help you. Whether you're stuck on what subject choices to make, considering alternative education routes such as college or apprenticeships, or unsure as to what you want to do with your future, Chris's expert opinion and valuable advice can answer any questions or worries you or your parents may have.

Chris's role within the school involves discussing subject choices with younger year groups and providing one-to-one appointments with S4 to S6 pupils to explore the options available to them after leaving school. Many students will be unsure on choosing a career that's right for them, so we asked Chris for some tips. His advice was to first log onto My World of Work and complete the skills profile to get some ideas of potential career paths that may be suited to you. He also suggests asking family members about their careers and attending career fair webinars which can expand your career knowledge. If all else fails and you're still unsure, book an appointment with Chris by stopping by his office for a one-on-one consultation and personalized advice, tailored to your skills and interests.

Other online resources include Digital World, which includes information relating to IT careers, and Apprenticeship.scot. When considering career options, the most valuable things to consider are (V.I.P.S): values, interests, personality, and skills. Discovering more about yourself by finding out what you like, what you're good at and what inspires you is vital for helping your career choice. A common misconception is that university is the best place to go after school. Whilst this may be true for some courses, do some research on your subject of choice, as each subject area may be suited better for apprenticeships or college. Chris gave some excellent insight into the world of careers, and if any pupils or parents have any other questions, be sure to stop by at Chris's office for more career advice.

CHRISTMAS ADVERTS

CHRISTMAS IS A TIME OF FAMILY, REFLECTION, FORGIVENESS, CELEBRATION AND OF COURSE, CHRISTMAS ADVERTS. THROUGHOUT THE PAST FEW DECADES, MANY ICONIC ADVERTS HAVE BEEN PRODUCED AND REVOLUTIONISED WHAT WE VIEW ON SCREENS DURING THE FESTIVE PERIOD.

Coca-Cola is one of the most renowned brands around the world, with 10,000 of the drinks being consumed every second. Their Christmas promotion has played a vital role in their success and contributed to why it is such a ubiquitous brand at all times of the year. Father Christmas was previously depicted dressed in red, and Coca-Cola utilised this as it was the same colours associated with their brand. In 1931, they produced an advertisement which popularised the modern image of Santa that is widely recognised today. Also, the memorable 'Holidays are Coming' jingle was initially included in their Christmas advert launched in 1995. Evidence has been gathered that found it marked the start of the Christmas period for almost half of the British public.



The John Lewis Christmas advert is one of the most highly anticipated ads each year. From 'The Man on the Moon' to 'The Bear and the Hare', John Lewis have released adverts which truly epitomises what Christmas is all about. With sentimental music, lovable characters and heart-warming storylines, what's not to like? Additionally, they often contain important messages at heart, which have included stories about friendship, foster care and loneliness among the elderly. John Lewis have partnered with charities to create their compelling adverts to help develop people's understanding of these causes.



Finally, Aldi introduced 'Kevin the Carrot' in 2016, and it became instantly popular, featuring in every one of their festive adverts since then. I mean, who could resist that adorable little carrot? Last Christmas, consumers were queuing from 4am in the morning just to buy a Kevin the Carrot toy! Through their advertising, they have also given 1.8 million free meals to families in need across Britain, and this year they will be donating any proceeds from their character merchandise to The Teenage Cancer Trust.



WHILE CHRISTMAS ADVERTS ARE CREATED WITH THE INTENTION OF ENCOURAGING US TO BUY PRODUCTS, OR TO EVOKE A CERTAIN EMOTION, THEY DO ALSO SPREAD AWARENESS AND RAISE FUNDS FOR WORTHY CAUSES. IT'S IMPORTANT TO REMEMBER THAT WHILE CHRISTMAS IS A TIME FOR PARTIES AND PRESENTS, IT IS ALSO A TIME TO HELP OTHERS WHEREVER WE CAN.



PUMPKIN SPICED LATTE



Looking for a new drink to spice up the season? Look no further. The creamy milk, bold espresso, hint of pumpkin and notes of spices create the perfect sense of warmth. The invention of this latte is owed to Starbucks, and it has grown to be a very popular drink since its' 2003 debut. It is the 20th anniversary of the creation and what better way to honour it by making it yourself? And why not bake some sweet pumpkin spice cookies to complement it!

INGREDIENTS

- 2 tsp pumpkin purée
- pinch of ground cinnamon, plus extra to serve (or use pumpkin spice)
- pinch of ground ginger
- pinch of ground nutmeg
- 30ml espresso or strong coffee

METHOD

1. Measure out the pumpkin purée into a heat resistant cup.
2. Sprinkle in the variety of spices
3. Pour in the previously prepared espresso (add boiling water to ground espresso)
4. In a saucepan, warm up the milk at a low temperature. It will look foamy and release steam when ready.
5. Place into a cup of any kind and remove excess froth. Mix until the ingredients are blended well.
6. Lastly sprinkle a spice of your choice (e.g., cinnamon) and enjoy.





PUMPKIN SPICED COOKIES

These cookies are inspired by the famous Starbucks pumpkin spiced latte. They are delicious, quick and easy to make, taking less than half an hour to complete. With warming spices and the incredible pumpkin flavour, these are truly the perfect Autumnal treat.

INGREDIENTS (MAKES 6)

- 40g butter (melted)
- 50g granulated sugar
- 75g plain flour
- 30g pumpkin puree
- 1/2 teaspoon baking powder
- 1/2 teaspoon vanilla extract
- 35g chocolate chips



Spices:

- 2 teaspoons ground cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon ginger paste



METHOD

1. Preheat the oven to 190C/fan170C/gas 5 and line one baking tray with greaseproof paper.
2. Mix the granulated sugar and melted butter in a bowl using a wooden spoon.
3. Sift the flour and baking powder into the bowl and fold them into the batter.
4. Dollop in the pumpkin puree and sprinkle in the spices- cinnamon, nutmeg and ginger paste
5. Add the chocolate chips and stir thoroughly until the mixture is smooth and creamy.
6. Scoop about 1-2 tablespoons of the dough on to the baking tray for each cookie
7. Put in the oven and bake for around 10-12 minutes until golden brown.
8. Remove from the oven and leave them on the baking tray for a few minutes before placing them on a wire rack to cool.



CHOCOLATE MUFFINS



INGREDIENTS

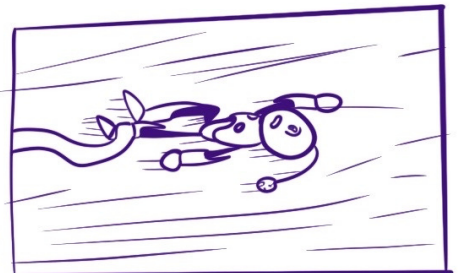
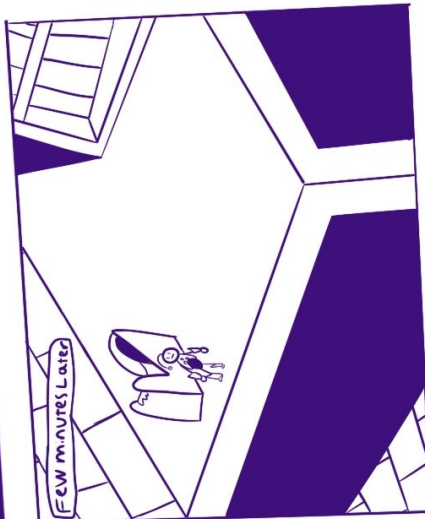
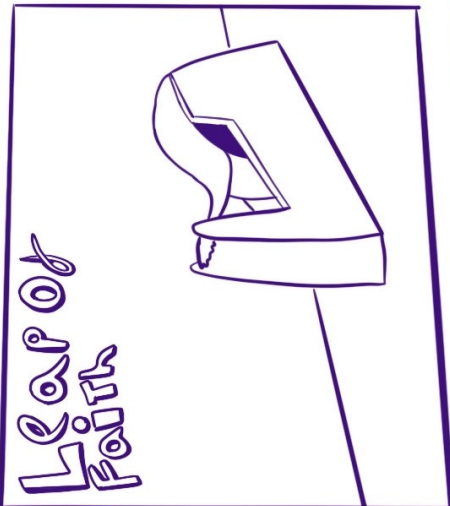
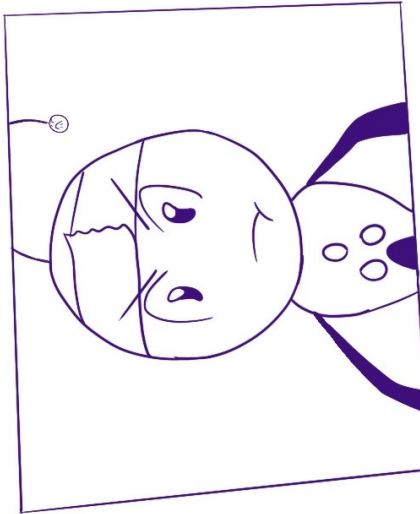
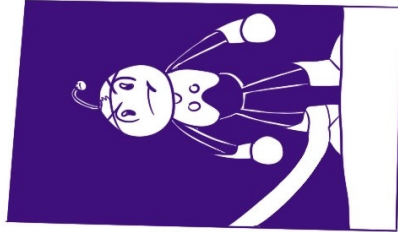
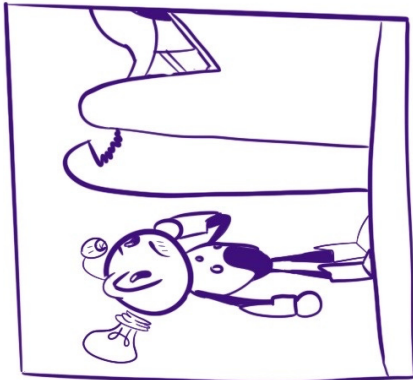
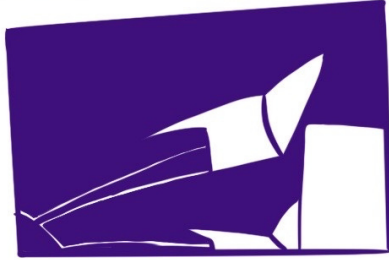
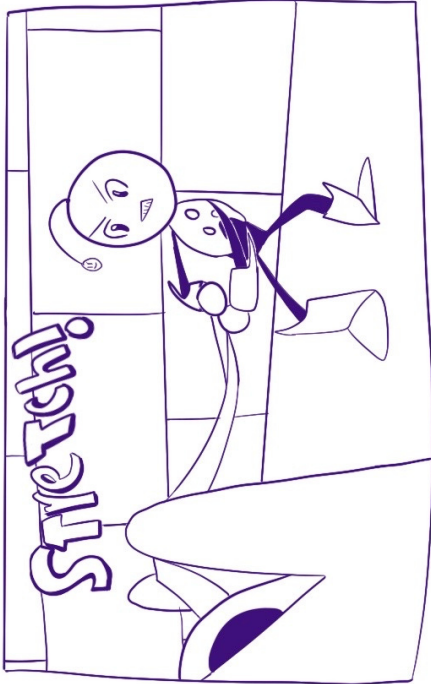
- 1 medium egg
- 62ml vegetable oil
- 125ml semi-skimmed milk
- 125g golden caster sugar
- 175g self-raising flour
- 25g cocoa powder
- ¼ tsp salt
- 100g chocolate chips



- Heat oven to 200C/180C fan/gas 6. Line a muffin tray with paper muffin cases. In a large bowl, beat 1 medium egg lightly for 1 min.
- Add 62ml vegetable oil and 125ml semi-skimmed milk and beat until just combined then add 125g golden caster sugar and mix until you have a smooth batter.
- Sift in 175g self-raising flour, 25g cocoa powder, and ¼ tsp salt then mix until just smooth. Be careful not to over-mix the batter as this will make the muffins tough.
- Stir in 100g chocolate chips.
- Fill muffin cases two-thirds full and bake for 20-25 mins, until risen, firm to the touch and a skewer inserted in the middle comes out clean.
- Leave the muffins in the tin to cool for a few mins and transfer to a wire rack to cool completely.

LEAP OF FAITH

BY CHARLIE T, S3



RIDDLES

By Shravan, S3

WHAT HAS NO LUNGS BUT NEEDS AIR?

THE MORE YOU SEE, THE LESS YOU KNOW, WHAT AM I?

WHAT ONLY HAS TWO WORDS BUT THOUSANDS OF LETTERS?

IT TOOK 5 WORKERS 10 DAYS TO BUILD A PALACE, HOW LONG WILL IT TAKE 10 WORKERS TO BUILD?

ANSWERS ON THE LAST PAGE!

THE SHORTEST WAR IN HISTORY WAS BETWEEN BRITAIN AND ZANZIBAR ON AUGUST 27, 1896. ZANZIBAR SURRENDERED AFTER 38 MINUTES.

THE INVENTOR OF THE FRISBEE WAS TURNED INTO A FRISBEE. WALTER MORRISON, THE INVENTOR, WAS CREMATED, AND HIS ASHES WERE TURNED INTO A FRISBEE AFTER HE PASSED AWAY.

A "JIFFY" IS AN ACTUAL UNIT OF TIME. IT IS DEFINED AS THE TIME IT TAKES FOR LIGHT TO TRAVEL ONE CENTIMETER IN A VACUUM, APPROXIMATELY 33.3564 PICOSECONDS.

COWS HAVE BEST FRIENDS AND CAN BECOME STRESSED WHEN THEY ARE SEPARATED FROM THEM.

DESPITE CLOUDS' LOOKING FLUFFY, THEY CAN WEIGHT UPWARDS OF HALF A MILLION TONNES

FUN FACTS

By Namit, S3

**MEARNS CASTLE MAGAZINE
ISSUE 2 – WINTER TERM**

WITH THANKS TO

REBECCA A
EEMAAN A
SHRAVAN A
AASIYAH A
DANIEL B
ROSS C
RUBY C
MIA C
GINA C
LEXIE D
JANE G
FELIX H
AKHILA K
ALISHBA M
ANUSHA M
HANNAH M
ANGEL P
MARYUM R
EVAH SHAAR
ABBY SLACK
JESSICA S
CHARLIE T
NAMIT V
BONNIE W
MISS ELLIOT

