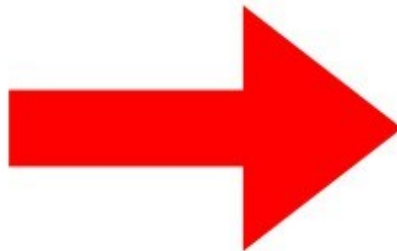




High Flyers

To seek, to learn, today...to shape, to lead, tomorrow

Autumn 2022 Highsted Grammar School Issue 13



Would you swap your regular crisps for Jellyfish Chips?



FIFA World Cup!

Also inside this issue:

Transitioning to Secondary: How will I get there?



Design and Technology: My Experience



Blackout poetry





Contents



Welcome to our thirteenth issue of High Flyers.
This term the Highsted Virtue we have been looking at is curious.

Which subject inspires you to unlock your potential?



Pages 3-4 Feature Article: Science: Jellyfish Chips

Page 5 English: Blackout Poetry

Page 6 Sport: Football Focus

- **Page 7 Transitioning to Secondary School: How will I get there?**



- **Page 8 A-Level: Trip to Margate**

Page 9 Design and Technology: My DT experience

Page 10 Languages: German: How much German do you know?

Page 11 Recommended reads: Malorie Blackman

Pages 12-14 Food Technology: Delicious Recipes

Page 15 Black History Month: Competition

Page 16 Acknowledgements and Answers





Snack design

Credit:stephaniehu.com

Jellyfish numbers are currently on the rise, new production methods look to make jellyfish into an exciting snack to conquer the food market of the western world.



Jellyfish Chips

Credit:
International
Journal of
Gastronomy
and Food
Science.

Credit: Thought.Co Michael Nolan / Getty Images



For most westerners eating jellyfish is not for them however, in Asia it is considered a delicacy. In Asia, jellyfish are traditionally served shredded, with vinegar. This delicacy has resulted in a multi-million dollar seafood business

While different species of jellyfish are used in Asia, the most common, the

Moon Jellyfish *Aurelia aurita* is not. To make jellyfish part of the western diet, Moonfish Jellyfish are an obvious choice to use, due to their abundance worldwide.

- **Scientific Name:** *Aurelia aurita*
- **Common Names:** Moon Jellyfish
- **Animal Group:** Invertebrate
- **Size:** 10-16 inches
- **Lifespan:** 6 months as an adult
- **Diet:** Carnivore
- **Habitat:** Tropical and subtropical oceans
- **Population:** Abundant

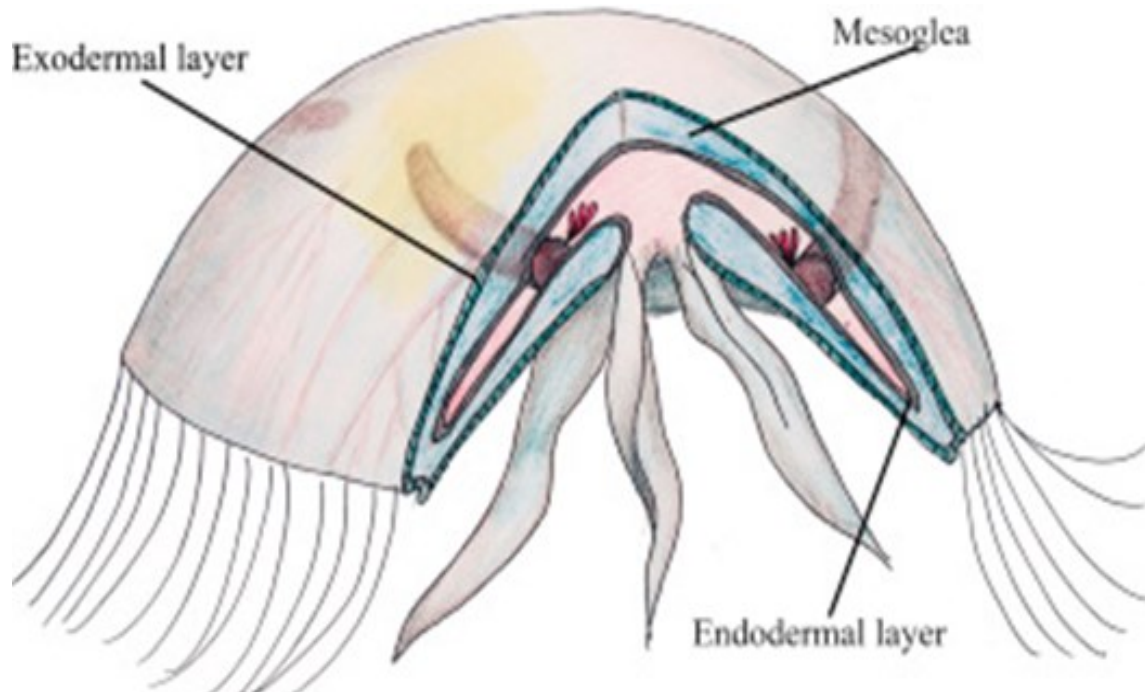


Moon Jellyfish credit: petjellyfish.co.uk



In the wild Moon Jellyfish populations have rocketed, with their numbers increasing particularly during the summer months. Environmentally, they are a species of concern, they significantly decrease plankton levels, which in turn impacts the food chains of other species that rely on the plankton for food.

As they inhabit coastal waters, you may yourself have encountered them at the beach. These jellyfish do sting, but their venom is mild and considered harmless.



Credit: International Journal of Gastronomy and Food Science.

To turn the Moon Jellyfish into a 'crisp/chip' the gel-mesoglea is removed and the jelly transformed into a paper like texture. While some consider the taste to be like pork scratchings, Southern Demark University continue to experiment with flavours to appeal to westerners.



The well-known supermarket brand, Sainsbury's reports that they are a highly nutritious snack, but the public remain sceptic due to the 'fish like smell.'

Could this be our future?

Credit: Sun

English: Have you heard of Blackout Poetry?



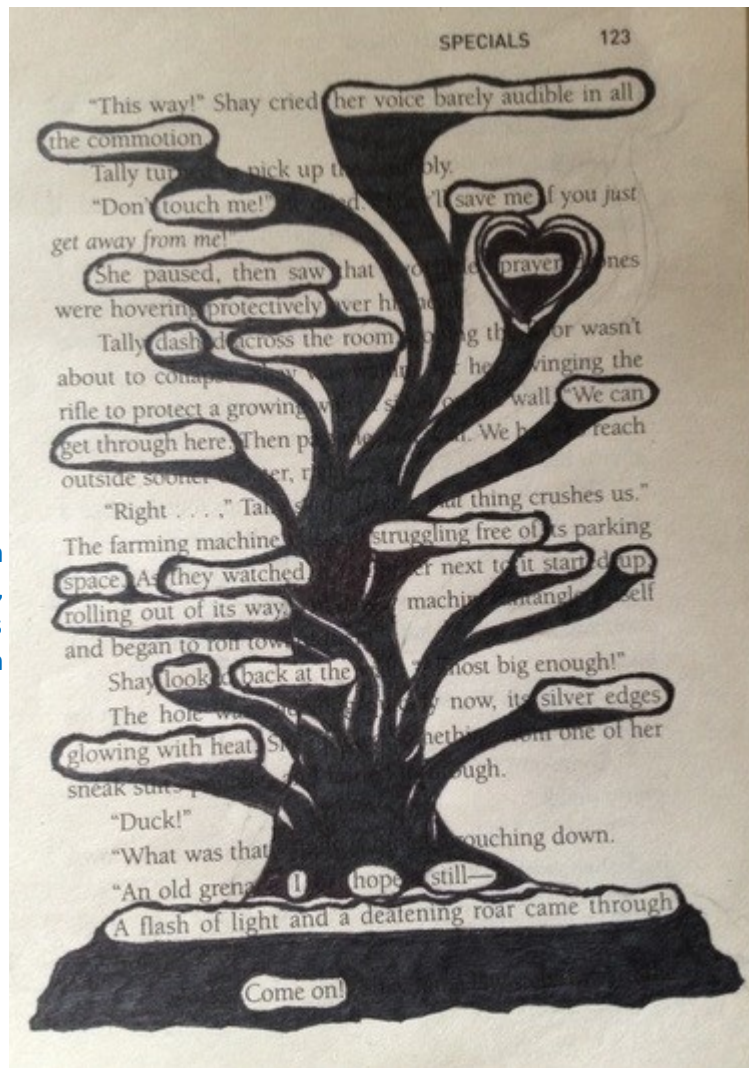
Blackout poetry is a process of narrowing down the words you don't want, then selecting and arranging the words that are left.

Here's an easy guide to creating some of your own wonderful poems...

Start by finding some pages with words on them. These can come from magazines, newspapers, or very old falling-apart books that you are ready to let go. (check with an adult first!)

Then:

- Skim your page of words. Which ones stand out to you?
- Lightly circle the words you like.
- Copy the words onto a new sheet in the order they came from the page.
- Read through the words. Do they go together? Do you need to find some words between them to connect them? Do any words just not fit? Cross these out.
- Go back through the original piece of text and use a pen to boldly mark your chosen words and erase any pencil markings you no longer need.
- Read through your final poem. What image does it bring to mind? Sketch the image on the page.



Now its blackout time. Use a black pen to black out everything that is not a boxed out word or part of your sketch.

You might like to write the final poem out next to your image, and add punctuation if you wish.



Here are some images for inspiration!

The Lioness's

The England women's national football team reached the final of the UEFA Women's World Cup Championship in 2022, beating Germany 2-1. This is the first time since 1966 that any England senior football team had won a major championship. The Lionesses have previously qualified for the FIFA Women's World Cup five times, reaching the quarter-finals in 1995, 2007 and 2011, finishing third in 2015 and fourth in 2019.

This was an emotional and remarkable performance that showed courage, resilience, teamwork and determination.



When was the last time England football team won the world cup final before the lioness's?



Demi Stokes player profile.

Age: 30

Position: Defender

Club: Manchester City

Country: England

Demi Stokes is a vastly experienced member of the Lionesses squad, having been part of the international setup since 2009, when she made her first U19 appearance and has been a senior international since 2014.

'Stokes' is still an important presence among the squad and a reliable deputy.

The International Men's' World Cup.

The World Cup is the most prestigious football association tournament in the world, as well as the most widely viewed and followed single sporting event in the world. The first ever world cup took place on **July 13, 1930**, in Uruguay. The World Cup has since become the world's most watched sporting event.

FOOTBALL

Teams that have qualified for World Cup 2022

The following 32 teams will be competing in the world's biggest football tournament in Qatar from November 20 to December 18, 2022.

North and Central America & Caribbean	Europe	Africa
<ul style="list-style-type: none"> Canada (1) US (10) Mexico (16) Costa Rica (5) 	<ul style="list-style-type: none"> Germany (19) Denmark (5) France (15) Belgium (13) Croatia (5) Spain (15) Serbia (12) England (15) Switzerland (11) Netherlands (10) Portugal (7) Poland (8) Wales (1) 	<ul style="list-style-type: none"> Senegal (2) Ghana (3) Tunisia (5) Morocco (5) Cameroon (7)
South America	Asia	
<ul style="list-style-type: none"> Brazil (21) Argentina (17) Ecuador (3) Uruguay (13) 	<ul style="list-style-type: none"> Qatar (debut (host country)) Iran (5) South Korea (10) Japan (6) Saudi Arabia (5) 	
Oceania		
<ul style="list-style-type: none"> Australia (5) 		

Qualified country



The FIFA World Cup is set to take place in Qatar from November 20th to December 18th. This will see 32 teams competing in eight groups.

'Did you know', that all the teams that have qualified for the 2022 World Cup in Qatar have had to play in qualifying matches, to determine what teams, qualify for the actual tournament phase.

Can you Identify the Midfield player who might start in the England Team?

CKAJ HASGERIL



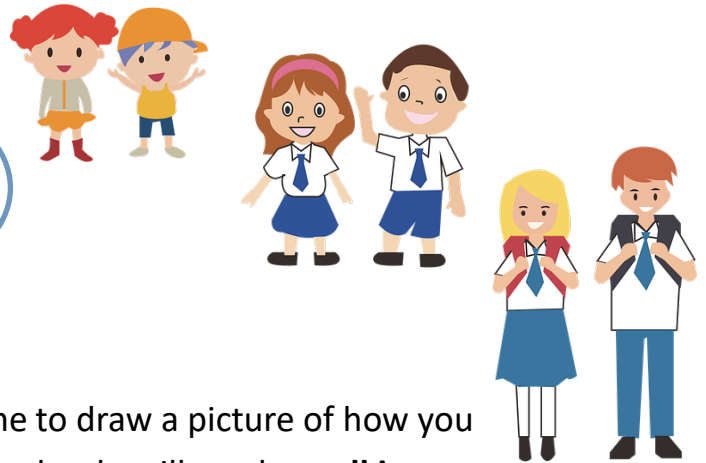
Transitioning to Secondary

How will I get there?



Transitioning from primary to secondary school can be scary but it can also be very exciting! We would like you to give you some activities to start thinking about your journey to secondary school and what you will need to do to get there.

Don't worry if you are not sure what school you will be going to yet, just think about what school/s you might like to attend.



Use this photo frame to draw a picture of how you will be getting to school - will you be **walking**, catching the **bus/train** or will you go in the **car**?



You could now use these notes to write down some things which you need to know about getting to your new school... these could be about your journey there or about any tests you will need to do for a place at the school.



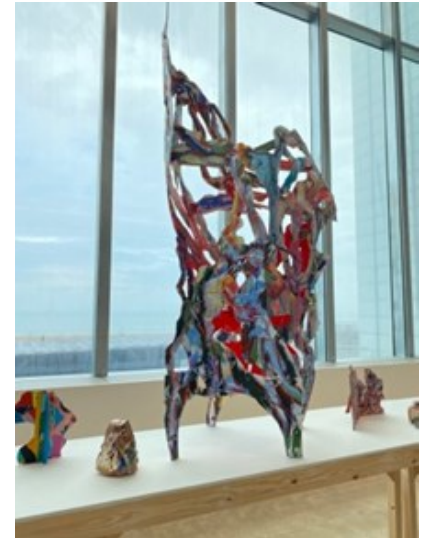
Art Trip to Margate



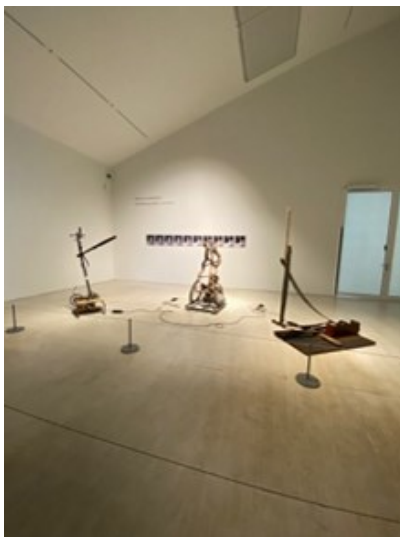
On the Friday 23 September 2022, the A-Level students all took a trip to Margate to visit the old town, go to the harbour and visit the art gallery, the Turner Contemporary.

It was a very exciting day, as we starting sight-seeing as soon as we got off the train.

Our first stop was to the Turner Contemporary, a very modern building with lots of interesting art inside. When we arrived, we looked at all the amazing sculptures made by an artist called Anne Ryan. She created a range of different sculptures of many different people and communities.



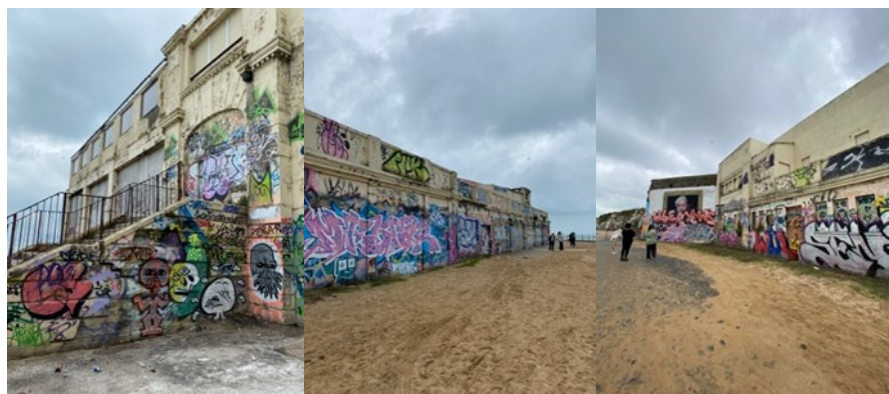
These sculptures were very interesting, as they were extremely intricate and colourful.



We then viewed a very cool artist exhibit, based on an artist called Ingrid Pollard. The main highlight of her exhibition was her moving sculptures. There were 3 of them and they each moved individually and were meant to represent rebellion and protesting.

We then went around the rest of Margate and went and saw some cool graffiti on some abandoned buildings. It was really nice to see some other people's art and to take really nice pictures by the sea.

Turner
Contemporary



After this, we were able to end the day with some fish and chips by the beach and talk to each other about what we found out and what we thought was most interesting.



Design and Technology

My DT Experience



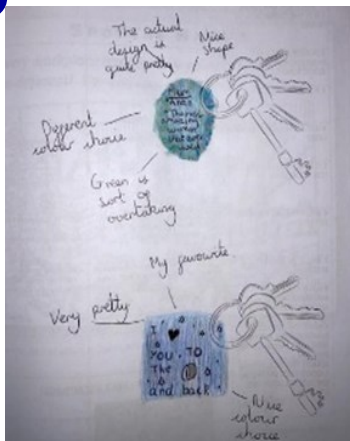
My Design Technology experience, by Year 7

In my opinion I really like Design Technology because I love creating, designing and making things so if that sounds like you, then I think DT may be the perfect subject for you! In DT in Year 7, we are focusing on a keyring project where we are looking at the industry of businesses that create little gifts like Moon Pig.

This picture shows my design cover for my folder that we get given to keep all of the work we do inside. My teacher (Mrs Rennie) allows us to create something for our folders to make it stand out and look nice. This could be a collage, a drawing like I have done or maybe even some patterns but it is completely up to you and what you think would make your one look unique and shows you



Linking back to the keyring project, we have started drawing some design ideas that we can create and turn into keyring later on. We had to choose a specific age group that we were going to dedicate our keyrings towards, then research some designs that we could use as inspiration and then draw some designs. Finally, we annotated our designs saying what we like and what we could improve about them.



To help the people (and us) looking at our work understand what we have been doing in further detail, we created a mood board that have pictures that would relate to our research and the designs we want to do. I look forward to hearing your opinions on DT when you join Highsted. Thank you for reading this article on DT and I hope you enjoy your future at Highsted Grammar School!

Written by Poppy in Year 7.



Hello, what you are reading now is going to be about how it's like in Year 7 and all the fun stuff we do in DT!

In Year 7, we earn merit points whenever we do well in work! At the end of the term, you will earn a special prize. You can also earn certificates from your form tutor in assemblies every Friday.

In DT, you will work on a keyring project and it's really fun! You will first have to do a test and then learn about the types of plastics. After you covered that up and do your design you can finally manufacture your keyring! I hope you look forward to that.

Diana 7.3





Languages: German



How Much German Do You Know?

You know much more German than you think you do!

Starting as a Year 7 student at Highsted, many girls are surprised how much they already understand in their first German lesson. Did you know that English is a Germanic language? English is a language originally derived from West Germanic more than 2,000 years ago and both English and German are still closely related today. Given their shared origins, there are strong resemblances between them. In addition to the vast number of words, which are shared between the two languages, German and English also feature many words, which sound extremely similar. From the starting point of being an English speaker it is possible to guess that 'Haus' means house 'Katze' means cat, 'Computer' means computer and 'Apfel' means apple.



If you are able to speak English there is a high probability that you know more German words than you think you do. You may be able to work out the meaning of a whole sentence, even if you have never encountered the words before. For example:

'Popmusik ist interessant' - popmusic ist interesting.

"Ich surfe im Internet" - I surf in the internet.

Test your language skills by linking the food and drink related words below:

Interesting fact - all the words for foods and drinks have a capital letter in German because they are nouns.

All German nouns have a capital



Wasser
Salt
Orangensaft
Milch
Tee
Honig
Eis
Suppe
Brot
Schokolade
Reis
Fisch
Nudeln
Kaffee
Banane

When you have finished check your answers at the back of this magazine.





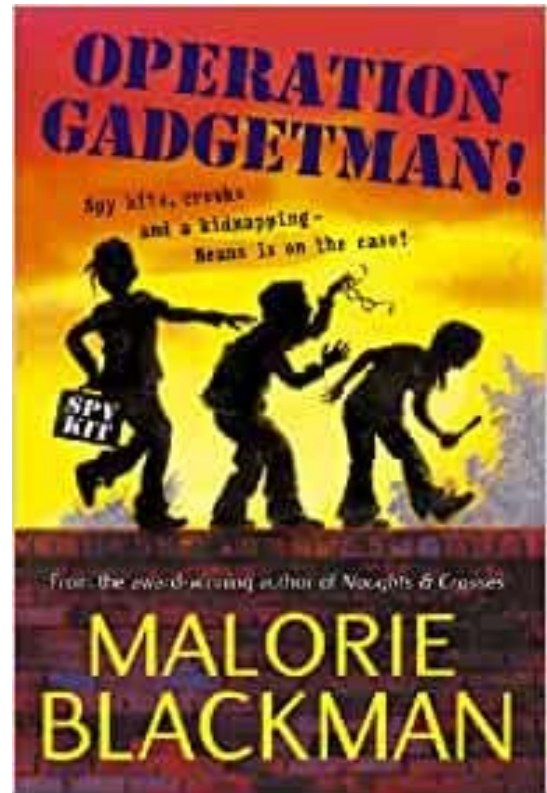
Recommended Reads



Malorie Blackman

A tale of Spies and Adventure!

Beans calls her dad 'Gadgetman' because of the weird and wonderful gadgets he comes up with - everything from exploding biscuits to Spy Kits. When Gadgetman accidentally invents a device that could be used to steal millions of pounds, the wrong people find out and Gadgetman is kidnapped! With the help of her friends, and her special Gadgetman Spy Kit, Beans is determined to track down the kidnappers and rescue her dad. But can she find Gadgetman before he is forced to hand over the details of his invention...?



"Exploding Biscuits!"

Malorie Blackman is an English author who is primarily famous for her novel series "Noughts and Crosses". Malorie Blackman was born in 1962 and released her first novel "Not so Stupid!" in 1990. Since then Blackman has released famous works such as "Pig heart boy" and her "Crossfire" series. Between 2013 and 2015 Blackman was the UK's Children's Laureate and earlier this year Blackman won the PEN Pinter Prize.





Food Technology: Autumn

Pumpkin Muffins



Pumpkin muffins

Delicious recipes from our Food and Nutrition Department for you to try!

Ingredients:

225g plain flour

2 tsp baking powder

1 tbsp ground cinnamon (or 2 tsp pumpkin spice)

100g caster sugar

- 50g soft light brown sugar
- 200g pumpkin purée (from a can or
- homemade)

2 large eggs

125g slightly salted butter, melted

Method:

Heat the oven to 200C/180C fan/gas mark 6. Line a 12-hole muffin tin with muffin cases. Mix the flour, baking powder, cinnamon and both sugars together in a large bowl. Break up any lumps of brown sugar by rubbing them between your fingers.

Whisk the purée and eggs together in a jug, then add to the dry ingredients with the melted butter. Whisk for 1-2 mins with an electric hand whisk until just combined.

Bake for 15 mins until golden and risen and a skewer inserted comes out clean. Lift onto a wire rack to cool completely.





Pasta Salad

This term Year 9 have been working on making a pasta salad!! Have a go yourself!

See the recipe below.



Ingredients:

- 2 cups cooked pasta
- 1 pepper
- 1 cup cherry tomatoes
- 3 spring onions
- 1/4 cup sliced pepperoni (optional)
- 1/4 cup olives
- 1/2 cup grated parmesan cheese or hard cheese
- 1/2 cup fresh mozzarella balls, chopped
- 3 pepperoncini [optional]
- fresh parsley or basil, optional

HOME MADE DRESSING

- 1/2 cup white vinegar
- 1/2 teaspoon fine sea salt, plus more to taste
- 1/2 teaspoon fresh ground black pepper
- 1/2 teaspoon dried oregano
- 2 to 3 tablespoons juice from pepperoncini jar, optional
- 1/2 cup extra-virgin olive oil

Method:

Fill a pot with hot water and bring to boil, Place pasta in to cook.

Prepare vegetables - pepper, spring onions tomatoes, pepperoncini (if using), olives, parmesan, mozzarella, and the herbs (if using).

Make the dressing - whisk the vinegar, salt, pepper, oregano, pepperoncini juice (if using), and the olive oil until blended.

Add the drained and rinsed pasta to the dressing and mix well.



Food Technology

Dippy Divers



Dippy Divers

This term Year 7 have been working on their skills in the kitchen making dippy divers. Have a go yourself!

Ingredients:

- 1 carrot
- ½ red or yellow pepper
- ¼ cucumber
- 1 small pot of soured cream
- 50g strong cheese
- Handful of fresh herbs, for example chives



Method:

Using a colander, wash the pepper and cucumber.

Using a peeler, peel the carrot.

Using a desert spoon, remove the seeds and pith from the pepper.

Using a claw grip, slice the pepper into thin strips.

Using a bridge grip, slice the carrot into batons.

Using a bridge grip, slice the cucumber into wedges.

Place the divers (vegetables) on a plate.

Using a grater, grate the cheese on a yellow chopping board.

On a green chopping board, finely chop the herbs.

Using a mixing bowl, combine the soured cream, grated cheese and chopped herbs.

Using a spatula, carefully transfer the dip to a small bowl.





BLACK HISTORY MONTH



Competition



Celebrate Black History Month!

Why not enter our competition?

Draw a picture of your Inspirational role model:

A few ideas could include:

Michelle Obama

Mary Seacole

Claudia Jones

Dianne Abbot



Send your entry to:

ks3@highsted.kent.sch.uk by 1st December 2022

Place in the subject box: BHM competition.

Include:

Your name

Your age

Your primary school

The winning photos will be displayed in the next edition





Acknowledgements and Answers





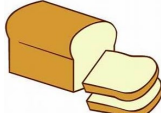












High Flyers was produced by Highsted Grammar School to inspire Key Stage 2 students in local primary schools to develop a passion for learning across the curriculum.



With thanks to Miss Baker, Ms Williams, Miss Appleton, Mrs Rennie, Mrs Tirimisiu, Miss Hyde, Mrs Field, Mrs Gratzkowski and Miss Gardiner for sharing their enthusiasm for their subjects.

Answers:

How much German do you know?

 Milch	 Wasser	 Brot
 Schokolade	 Orangensaft	 Fisch
 Eis	 Banane	 Tee
 Reis	 Honig	 Kaffee
 Nudeln	 Salat	 Suppe

