

Welcome to this months issue of the Boswells Scallop!

The last few weeks have been full of confusion, with the UK going back into lockdown. These are unprecedented times, with uncertainty on student safety, and upcoming examinations. This has caused much stress among students, parents and staff alike. We are all in this together however, and the best thing we can do is speak to each other/support others in need. It is also important that we all continue to work hard, as our education is vital, and we will not get this time back. In this issue we have provided some tips to help you with this, as we understand the struggles of studying/learning during this time. Also in this edition, we have an article explaining the recent US election, as we know that this can seem very confusing to some people who are not familiar with US politics. Other featured articles this month include help with applying for unis, an article explaining the importance of the arts in light of recent comments made by Rishi Sunak, and an interview with the talented Cameron Thomas from the band Pretty Visitors. We hope you enjoy reading this issue; make sure you all stay safe, and work hard over the next few months!

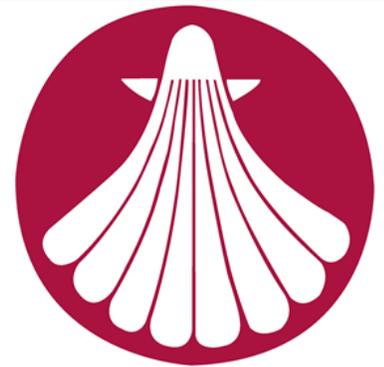
The Boswells Scallop Team

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Dealing With Academic Stress

As if School work/A Levels wasn't stressful enough, doing it during a pandemic where everything seems uncertain and ever-changing can feel incredibly difficult. A key thing to remember is that you are not alone in this sentiment - across the country students are facing this struggle. Whether it be that you're not ecstatic about a mock result, feeling pessimistic about the future due to COVID or struggling to cope with the heavy workload, I've put together some ways to hopefully help alleviate this stress.

1. Make a weekly list of what you need to get completed and make a rough plan of when you intend to get each piece of work finished to help with time organisation.
2. Create a list of long-term goals that you wish to achieve - for example, a particular grade. Write down the ways you can help achieve that, whether it be revising certain areas of the curriculum, analysing essay technique, asking teachers for support etc.
3. Write down everything you are stressed about. With each point, try and mind map some possible solutions you can do to make each issue individually better. Even just writing your problems down can really help clear your mind and prevent it from weighing you down.
4. Record all of your grades down, whether it be from essays or mock assessments, somewhere easy to reach like the notes app so you can look upon your progress and see what areas you need to specifically do more revision or improvement for.
5. Remember that there is always time to improve. Although it's easy to get yourself down over a grade, try and let that motivate you towards putting extra work in to achieve what you want.
6. Speak to your loved ones about your stress, whether that be friends or family. Sometimes talking through your worries with someone else can make a world of difference to the weight of your issues.
7. Don't forget to give yourself a break. Spending time to unwind and focus on you is so important to retain a healthy mindset mentally.

How to navigate virtual university open days

In such an uncertain time, it's difficult to know what the future holds for us as students and it's even more difficult not being able to visit the universities in person. However, many universities are offering virtual open days as a replacement in order to get a sense of what student life at that university would hold. Whether you're in Year 13 completing your UCAS or in Year 12 wondering what university offers, there is plenty of information available to make the best choices for you. To get as most information as possible, here are 7 tips on what I would suggest doing:

- Prepare a list of your top universities you are interested in attending and check out on their websites when their next virtual open day is.
- Research the course you want to take in as much detail as you can beforehand. Investigate what will be taught each year, how you will be assessed, the module options, how the course compares to your other choices, if there's an option for a year abroad etc.
- Take a virtual campus tour. Many universities have good thorough videos exploring the campus and all its features.
- Research the cities where your university choices are located. Often there will be a video exploring the city on the university page but it's also good to do your own independent research through watching YouTube videos, exploring google maps and hearing reviews from other students.
- Browse the accommodation and investigate the distance from where you will be spending most of your time studying and the distance into the city or local town. Consider which features of the accommodation, such as ensuite or shared bathroom, are the best fit for you.

Check out the 'Student Life' section in the virtual open day and find out significant aspects of the university: social life, societies, student union events, local supermarkets etc. · Take a look at websites such as [Complete University Guide](#) for the league tables for your course and [The Uni Guide](#) to see useful statistics on teaching and learning, assessment, resources, graduates, salaries and long-term prospects.

Charys Sparks

Open to Years 12 - 13

Media, Photography, English and Art students: are you looking for opportunities to build a portfolio of work? Boswells' Media department invite you to demonstrate your creative skills for the **Boswells' Magazine Competition**.

Criteria:

- Design and create a magazine cover or article
- Submissions can be individual or a group effort
- Designs and articles can be linked to any magazine genre (fashion, sport, travel, etc.)
- You must include typical magazine conventions (e.g. Masthead, main image, coverlines, columns)
- Use your own original images and article content.

Celebrate your skill

Deadline: Thursday, 27 November 2020

MAGAZINE COMPETITION



See Mrs Toleman or email

KPR@boswells-school.com for more details.



The importance of the arts

During such worrying times, what did we turn to as a source of fun and entertainment? If you answered music, art or any other creative endeavour, then you are not alone. Most of the nation would agree with you, which is why Rishi Sunak's recent comments make little sense. The Chancellor, Rishi Sunak, implied that those working in creative industries should "adapt to the new reality" by retraining for different jobs outside of creative sectors.

Sunak's nonchalant request to "retrain" has been rightly met with outrage. It's clear that he hasn't taken into account how, according to government statistics, the creative industries contribute almost £13 billion to the UK economy every hour.

We should appreciate the arts and culture sector. This is especially important for us as a school which is known for its performing arts. One of the few things that brought us joy amid lockdown were activities such as listening to music or watching television. Many of us used lockdown as time to gain new hobbies, like learning an instrument or drawing.

During World War Two, Winston Churchill was asked to cut arts funding in order to support the war effort. He responded, "what are we fighting for?"

We see the sheer importance of creative jobs everywhere we look. Every item of clothing we own, every piece of furniture we see, every jingle on the radio - it has all been created by somebody. The arts can help us escape the gloom of the pandemic but it is inescapable in itself. It goes to show that the creative industries are essential to our way of life.

As Art teacher, Ms Glynn, states "art is indispensable for learning and wellbeing. To discredit the arts is to defame self-expression".

Not only are the creative industries integral to society but they're also the basis of our culture. They inspire hope which is precisely what we need now in this uncertain time. The government should be supporting these industries, rather than belittling them.

Frances Hudson

Interview with Cameron Thomas, guitarist from Boswells Band Pretty Visitors

How did the band form?

We all met here at Boswells, and we have been together for 4 years now.

What genre of music would you describe your sound as?

We aren't really confined to 1 genre, but if we had to pick, we're indie pop/dream pop at the moment.

What have you released so far/what are you planning to release in the future?

We put out our first EP 'Thank You George' in August, and going forward we have a new single coming out November 20th. We are also working on a second EP, which has a more garage sound to it.

'Thank you George EP' is out now on all streaming services

Interview by Nathan Tew



In the news this week

Company Pfizer have claimed they have developed a coronavirus vaccine that is 90% effective. It has passed safety testing, and could be given to some patients by the end of this year. However, this is just speculation, and has not yet been confirmed by Prime minister Boris Johnson.

US Election special article

If you turned on any form of media right now, be that radio, TV or even social media, you would most definitely see the words, 'Swing States', 'Democrat', and 'Republican' - but what does this all mean? This is because on Tuesday November 3, the eyes of the world watched and waited for the United States of America to once again elect their President. In the history of American Politics, it has been argued that there has never been an election so important than in the world's current climate - with the Coronavirus Pandemic and the rise of social justice groups such as Black Lives Matter. But who were the Candidates and what policies do they stand for? Furthermore, why is it significant to us on the other side of the Atlantic and even here at Boswells?

Who was running to become US President?

There were 2 Presidential candidates, both having equal opportunity of becoming President. Both these candidates are the representatives of the 2 most popular United States Political Parties - the Democrats and the Republicans. The first candidate was the current 45th President of the US, Donald Trump, who was elected back in 2016 when he ran against the Democratic nominee at the time, Hillary Clinton. Trump has been President of the United States for 4 years, and has been the representative leader of the Republican party. On the political spectrum, the Republican party is more right leaning. Their prime beliefs include free market capitalism and freedom from gun laws. The political rival of Trump is the Democratic Presidential Candidate, Joe Biden. Biden is not new to the game of Politics, as he was formerly the Vice President to Barack Obama, President from 2009-2017. In contrast to the Republicans, Democrats are more left-leaning, with their values including universal health care and the prevention of climate change.

So, Who is going to be the Next President of the United States?

As of the 7th November, it has been announced that the next President and Vice President will be Joe Biden and Kamala Harris. Harris's appointment as VP is particularly significant as she will be both the first woman, and first individual of mixed race heritage to have this role in US history. The two electees will be sworn into their new roles on January 20, 2021.

How will this impact us?

By studying American Politics, it has become apparent to me how significant an election can have on a worldwide scale - including the UK. This can be through a variety of ways such as trade agreements, and the general economy. The President also has great power to impact vital issues, which are important within Boswells, such as racial injustice and climate change. Though I can't tell you what the next 4 years of this new administration will bring to America and how it may impact us both here and potentially at Boswells, it has been fully highlighted by this election the importance of voting. Though the next UK general election will not take place until 2024, from the age of 16 you can register to vote now on the UK government website.

Ellie Fisk