

THE SOURCEBOOK

November Edition



the voice of Craigmount students

THE USA 2024 ELECTION



Even for someone who isn't living in the US, the news about the election has been unavoidable, from newspapers to social media reports, everyone's been talking about it. We at The Squawk believe that this election and its result has the potential to significantly impact people across the world, including here in the UK.



A typical US election has two candidates: a Republican and a Democrat. This year, the Republican candidate (as I am sure you are aware) was Donald Trump and the Democratic candidate was Kamala Harris, who is currently the Vice-President of the US.

The U.S. uses the Electoral College when deciding on their president. Electoral College is a group of 538 people called "electors". A presidential candidate needs 270 of the 538 electoral votes to win. In most states, the candidate who wins the popular vote gets all the states electoral votes. This year, the presidential candidate that won the election was Donald Trump. He won 312 – 226 and secured his place as the 47th U.S. president. This election marked a historical moment, as Donald Trump became the first ever convicted felon to win presidency. The U.S Congress, which is the legislative branch of the U.S. government, was also voted on and the Republican party took the majority of the seats in the House and the Senate giving it unified control over the elected branches of government and limiting potential barriers on Trump's power.

Trump won by being his usual self, spouting none sense about immigrants eating pets and Kamala Harris being a Marxist. His win was also helped by Joe Biden's lack of success; no matter how many times he speaks about America having the greatest economy in the world and about how Bidenomics has worked, people feel worse off now than they were under Trump.

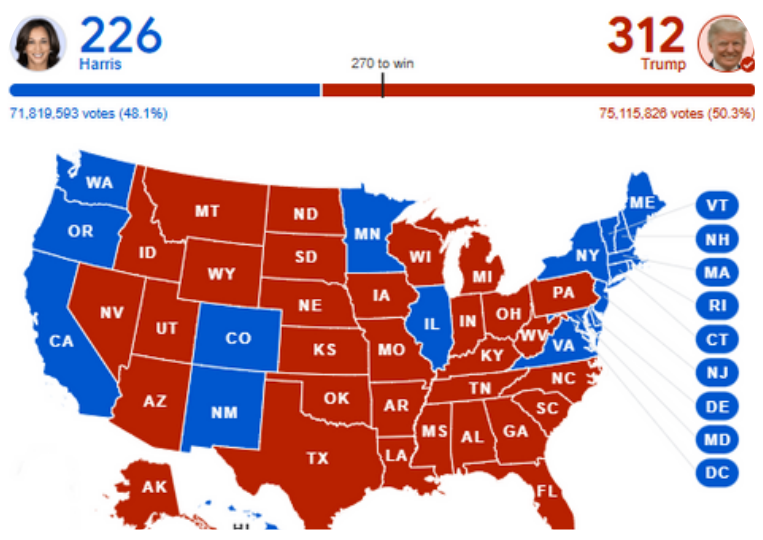
'Trump won by being his usual self...'

Harris gained initial momentum when Biden dropped out (after that disastrous debate performance) which was aided by the pick of Tim Walz as her running mate. She also had a successful debate performance which nearly every commentator across the aisle agreed she had won. leading to the race quickly narrowing. Harris did not do enough to differentiate herself from the Biden administration thus, she became the status quo candidate and ended up the loser.

It may not seem like it but this will have a large effect on the us in the UK, too. As we are all aware, Trump and Farage (Leader of the Reform party) are publicly friends. This alone, is scary enough as Farage is one of the most controversial politicians in UK politics. However, the nightmare only continues when you realise that the re-election of the Republicans may now lead to a surge in right wing ideological growth in preparation for the next UK general election. We will see a rise in the notion of “if it is good enough for the US, then it must be good enough for the UK”. This could increase close-minded views about abortion and LGBTQ+ rights, which have contributed to the rise of parties such as Reform. In the 2024 General Election, we saw a rise in avid support for Reform, with Reform doing well in Labour safe seats and a big part of why the Tory’s lost was due to votes going to Reform. We could be in for a bumpy ride in the lead up to our next election.

‘It may not seem like it but this will have a large effect on the us in the UK, too.’

Although Starmer’s Labour government are not the most left wing, they have differing views to Trump's Republican Party but have claimed to still be neutral and would aim to work with either party. However, Trump has accused the Labour Party of 'foreign interference'. Trump filed a complaint against the party due to their contact with Harris-Waltz prior to the election. This creates an awkward precursor to their international relationship. Trump may be considered a petty and unprofessional man so this complaint could lead to an awful partnership on his behalf. Alongside this, another big dispute between both parties would be their stance on Russia. Trump hints towards striking a deal with Putin and removing support for Ukraine.



On the topic of the economy, Trump has proposed tariffs on Chinese and international goods in general. Trump believes this will lead to more American goods being sold, however the US does not export much, and it will take a lot of time for infrastructure to be built so people will still have to buy from other countries this will lead to mass price rises. This may result in a trade war which in turn would lower the UK's growth as well as increasing prices. As an already struggling country dealing with a cost-of-living crisis, we do not need any more economic strain!

As we are very aware, the US reproductive rights/abortion provisions were revoked when the legislation of Roe V Wade was overturned in 2022. Trump is looking to further strip back reproductive rights in the US. You may think that this means nothing for the protection of abortion rights here in the UK - you would be wrong. Trump's term in office could lead to a surge in right wing ideology in the UK - particularly from pressure groups and parties such as Reform. There has been an ongoing undercover threat regarding reproductive rights in the UK, but we have been lucky to have a few sane politicians. However, we cannot count on these few with the rise of support for Reform and others in this category.

We only have to wait until January to see what impact America’s new president will create.



ASK GOOSE

Life can be complicated, but you don't have to face it alone. Our new column, Ask Goose, will address your every need and offer the thoughtful advice and insight of the Squawk team!

"My friends keep hanging out without me, what should I do?"

It's tough to feel left out, and we truly sympathise. Our first piece of advice is to talk to your friends about how you feel. You could say something like "I've noticed you've been hanging without me. Can we talk about it?" This may feel scary, but it will make you feel a lot better to acknowledge the issue at hand. Your friends may be hurting you unintentionally, so it's good to make them aware of how you feel. A simple conversation can often clear things up.

However, if they remain uncaring or keep excluding you, it might be a sign that this group isn't treating you the way you deserve. If this is the case, it may be time to find some new friends who make you feel included and appreciated. This is easier said than done, but far from impossible! You could join a new club, team, or group at school - there's a wide variety of them available at Craigmount High School, so ask around.

Remember, you deserve friends who appreciate you and want to spend time with you. Don't settle for any less!

No worry is too big, small or strange. If you have a question you would like to ask us, or need some advice, contact us through this QR code. All admissions will be anonymous.



ASK GOOSE

“What are some tips to manage stress to do with school assignments and tests?”

1. Create a Plan

Use a planner or a to-do list to organise deadlines and study schedules. Prioritise tasks by what's due soonest or requires the most effort. This will help you stay on top of your homework and studying and will make you feel more organised.

2. Avoid Procrastination

use techniques like the Pomodoro method (work for 25 minutes and then rest for 5 minutes) to help stay focused. Keep your phone and other distractions away when you're studying.

3. Set Realistic Goals

– don't pressure yourself to finish a massive task in a short period of time. Give yourself the time you think you need to complete the task to a standard that you are proud of.

4. Take Breaks

– but not for too long! Breaks refresh your brain and increase your energy, productivity, and ability to focus. You can use these breaks to do something relaxing like stretching, listening to music, taking a walk or eating.

5. Practise Self-Care

– make sure you get enough sleep (7-9 hours for teens) to keep your brain sharp, eat healthily and drink plenty of water to maintain energy and exercise, even if it's for short period of time, to reduce stress and boost focus.

6. Use Stress - Relief Techniques

– practise deep breathing or mindfulness exercises when you feel overwhelmed. You can also try journaling your thoughts and worries to clear your mind.

7. Ask for Help

– if you don't understand something, reach out to your teacher. Don't be afraid to ask, they're there to help and want you to succeed. You can also talk to friends, family or trusted adults for advice or emotional support.

8. Stay Positive

– remind yourself that one test does not define your entire future. Focus on what you can control, don't overthink the past that cannot be changed and learn from every experience.

9. Reward Yourself

You work hard! Give yourself something to look forward to, like a snack, a fun activity, or going out with your friends.



TOP TIP OF THE MONTH

Sleep properly! Getting enough sleep helps your body repair itself, metabolise food, reduce stress, improve your mood, and conserve energy. Teenagers should sleep for roughly 7-9 hours a night.

SQUAWK WINTER RECOMMENDATIONS

Spice up your winter with movie
recommendations for your winter!

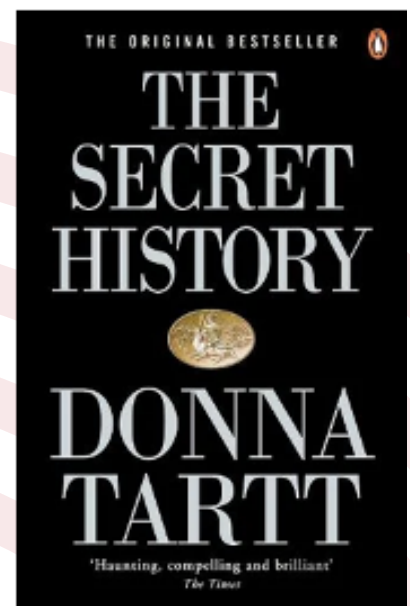
The Chronicles of Narnia

The Lion, The Witch and The Wardrobe is a classic, beloved fairytale suitable for young and old. It's a beautiful novel full of wonder and adventure. It follows siblings Peter, Susan, Edmund, and Lucy as they find themselves in the mythical land of Narnia after going through a magical wardrobe. They meet talking animals, mythical creatures, and get caught up in a fight between good and evil. The entire series is a cold-weather necessity and should be read in full, especially with a Greta Gerwig adaptation coming up. (Robyn's favourite: Prince Caspian. Carolina's favourite: The Boy and his Horse)



The Secret History

A thrilling mystery focused around a secretive, ancient-Greek class in a prestigious college. The story is told through the perspective of working-class protagonist Richard as he is pulled into a world of glamour, elegance, and murder... As he grows closer to the other five students in his Greek class, the danger that surrounds them starts to catch up to him, and he gets caught in a web of lies, schemes, and obsession. I've never read a book with such beautifully written dialogue that flows both naturally and deeply as *The Secret History*. It's a truly genius masterpiece.



Pride and Prejudice

One of the most well-known classics ever written, *Pride and Prejudice* has been adapted into countless movies and shows over the years. It follows headstrong Elizabeth Bennet navigating regency life while coping with a troublesome family and the mysterious Mr Darcy. Elizabeth's life changes as she becomes the object of Darcy's affection - much to her dismay.



Gilmore Girls

A TV show that we simply had to put on this list, *Gilmore Girls* is the perfect pick for the cozy season. The story is centred around the eccentric lives of mother-daughter duo Lorelei and Rory as they cope with school, friends and work while grudgingly showing up for Friday night dinners with the wealthy and tedious grandparents. The juiciest part of the show, however, is the romance. Prepare to become engrossed in the slow burn of Lorelei and diner shop owner Luke, as well as Rory's various boyfriends - are you team Dean, Jess, or Logan?



What We Do in the Shadows

Moving onto the spookier side of Autumn, this adaptation of Taika Waititi's 2014 film follows the adventures of four vampires living in Staten Island alongside their familiar-turned-bodyguard. Filmed like a documentary, the show is much more like a sitcom than a paranormal drama, filled with deadpans to the camera and crude humour from the vampires as they attempt to fit in with regular 21st century humans.



Charmed

A 90s classic, Charmed focuses on three sisters living in San Francisco who discover they're powerful witches, leading to difficulties in their work and love lives as they battle demons and warlocks. The show is just the right blend of silly and serious, with the sisters' relationship at the core of the show and their 'power of three' always trumping evil. Whether you're in the mood to laugh or cry, Charmed will always have something for you.



'The show is just the right blend of silly and serious...'

When Harry Met Sally



When Harry Met Sally makes you fall in love with the couple as they fall in love with each other. This perfectly cozy film brings together all the best tropes of a love story, with a will they won't they mixed with enemies to friends to lovers. The scenes are stupidly funny, with Harry and Sally oblivious to their growing feelings for each other as they debate romance and accidentally pair their friends up with one another. This film is truly deserving its place as one of the most iconic romcoms.



Lord of the Rings Trilogy

Everyone's heard of J.R.R. Tolkien's iconic book series, and the movies do not do it a disservice. The beautiful setting in New Zealand truly brings Middle Earth to life, along with the incredible design of the fantasy creatures, intricate costumes, and, of course, the talented ensemble of actors featuring Elijah Wood, Ian McKellen, and Cate Blanchett. Join the hobbit Frodo on wild adventures with his misfit gang of friends as they encounter magical creatures and try to stop evil from taking over.

Dead Poets Society

A beautiful, coming-of-age film that follows 50s high schoolers Neil and Todd as they restart the Dead Poets Society - an old club that their English teacher (played by Robin Williams) used to be a part of.

Set in an old, ornate boarding school with autumn leaves covering the grounds, Dead Poets Society has a delightful, dark academia quality to it, perfect for Pinterest boards and an evening drinking hot chocolate. But don't be fooled by the seemingly innocent plot, because the ending will leave you in tears, chanting "Oh Captain, my Captain" between broken sobs.



TURKISH DELIGHT

"It is dull, Son of Adam, to drink without eating," said the Queen presently. "What would you like best to eat?" "

Turkish Delight, please, your Majesty," said Edmund.

Probably the most iconic Narnian recipe around, Turkish Delight disappointed many children who sought the precious treat that Edmund gorged on and found that it didn't taste as delicious as expected.

So maybe it's worth another shot for you to try make it!

Ingredients

- 1L of water
- 1 tbsp of lemon juice
- 600g of sugar
- 125g of cornstarch
- 1-2 tbsp of rose water
- Pink/red food colouring
- Icing sugar and more cornstarch to complete

Instructions

- 1 | Line a baking tray with oiled parchment paper.
- 2 | Bring half the water (500ml), lemon juice and sugar to boil, stirring constantly until the sugar has dissolved. Once the sugar has dissolved, turn up the heat, cover the pan with a lid, and let the mixture boil for a minute. Remove the lid and continue to boil without stirring until the temperature reaches 115C.
- 3 | In another pot, add the cornstarch and gradually in the rest of the water. Once combined, cook gently, stirring until the mixture forms a very thick, gluey paste.
- 4 | Remove from heat and gradually mix in the sugar syrup a little at a time. Do not rush this step!
- 5 | Return the combined mixture to heat and allow to boil before reducing it to a simmer and cooking for about an hour. Keep an eye on it and make sure it's cooking at a very low temperature. The mixture will turn a golden amber colour when it's done.
- 6 | Once cooked, stir in the food water and a few drops of food colouring. Pour the mixture into the prepared tin and allow to set for at least 6 hours
- 7 | To complete, combine 50g of icing sugar with 15g of cornstarch and sift a bit of this mixture over the set Turkish Delight.
- 8 | Turn out the Turkish Delight onto a clean surface and dust with more of remaining sugar/cornstarch mixture.
- 9 | Cut into squares using a lightly oiled knife and drop the squares a few at a time into the remaining sugar mixture, tossing to coat.



GLORIOUSLY STICKY MARMALADE ROLL

"And when they had finished the fish Mrs. Beaver unexpectedly pulled out of the oven a great and glorious marmalade roll, steaming hot, and at the same time moved the kettle onto the fire, so that when they had finished the marmalade roll the tea was made and ready to be poured out."



Ingredients

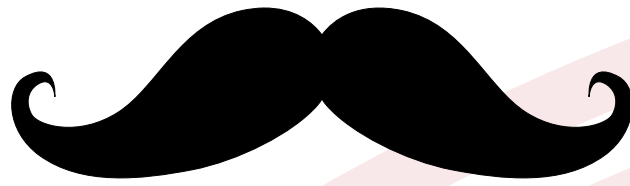
- 300g self-raising flour
- 6 tbsp sugar
- 150g vegetable/beef suet
- 200ml whole milk
- 450g marmalade
- icing sugar for dusting



Instructions

- 1** | Preheat the oven to 200C/ fan 180C/ Gas 6. Grease a sheet of baking paper.
- 2** | Sift the flour into a large bowl and stir in the sugar, suet and milk and mix until it forms a firm dough.
- 3** | Tip the dough onto a lightly floured surface and knead for a couple minutes. Transfer to the greased baking paper, use a rolling pin to roll the dough into a square, and spread thickly with the marmalade. Roll rightly (using the baking paper to help) and squeeze the ends of the roll so the marmalade doesn't ooze out as it cooks. Make sure the baking paper is rolled tightly around the roll and then wrap it in foil, scrunching the ends to seal.
- 4** | Place the roll on an oven rack with a tray of water directly under it, ensuring the water doesn't touch the foil.
- 5** | Bake for an hour and 10 minutes or until a skewer inserted into the roll comes out clean (apart from the marmalade).
- 6** | Slice and serve with custard or vanilla ice cream with a cup of tea!

MOVEMBER



Movember is when men grow a moustache over the month of November and encourage friends, family members and colleagues to donate to Movember charities. The goal is to raise awareness and funds for men's health, specifically prostate cancer, testicular cancer, mental health and suicide prevention.

Movember was established in 2003 by a group of friends over a beer in a pub just outside Melbourne, Australia. It has since created a movement of over 5 million supporters across the world, funding more than 1,200 innovative men's health projects across more than 20 countries.

The Squawk's Chief Editor, Carolina, met with PE teacher, Mr Clark, to ask him a few questions about Movember:

When and how did you first get involved with Movember?

“I first got involved at university. It was a big thing at university, everybody grew their moustache, raised money, and did different events. That's where I first kind of saw it. It's kind of hard to not notice it with all the moustaches!”

How can Craigmount students get involved?

“They can either grow a moustache - if they're capable! If not I'm sure we can supply some fake moustaches for those who want them. They can also try to run or walk 60km over the month, which is a reference to the 60 men that the world loses to suicide each hour.”

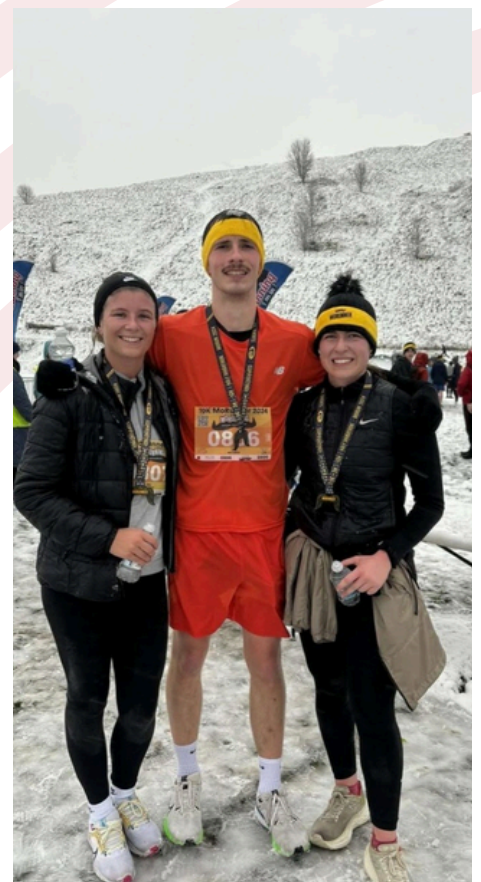
‘Movember has funded over 1,320 men's health projects globally.’

Do you have any upcoming events planned for Movember that you would like to share or want pupils to be involved in?

“We don't have any in the book, but we are planning on getting some teacher leg waxing. There was talk about head shavings if a certain criteria is met. But we're very open to suggestions if anyone has any ideas or events that they want to put on as part of it, I'd be very willing to hearing any ideas and seeing what I can do to get it set up.”

Is there anything else you want to share?

“If anyone has any questions or wants to get involved or wants to donate, they can contact me or ask their tutor teacher to contact me. And yeah, if we reach a certain target, I might let people shave my head - we'll see! If we reach 1.5K.”
If that isn't motivation enough, then I don't know what is!



‘And yeah, if we reach a certain target, I might let people shave my head - we'll see!’

Rights Respecting Schools

The best interests of the child

Every child has their rights to be protected, respected and to live a safe and healthy life. But what does it mean to put children first? One of the most important articles of the children's rights is the "best interest of the child" right, article 3. This stands for the idea that when adults make conclusions that affect children, it is important to keep in mind what is best for the child, not what is most convenient for the adults.

UNCRC (United Nations Conventions on the Rights of the Child) is an important agreement signed by almost every country. This agreement lays out rights that protect children's education, health, and development. But why is it crucial to prioritise the children's best interest when making decisions that effect their life?

Schools need to consider the children's best interests. For example, a student with learning disabilities needs their school to provide extra support and resources to help them succeed. This may include extra time on tests, extra tutoring, a scribe and a reader or mental/emotional support. Without this, children may suffer inequality and anxiety of learning and

so schools make sure every student has the equal opportunity to learn and succeed.

Governments also have a crucial responsibility in ensuring that adults keep in mind the child's best interests. They create laws to prevent child labour or exploitation, equal access to education, and free healthcare. Without these basic laws, many children would not have access to education or could be exposed to dangerous working conditions. Governments also celebrate children and their rights through events such as children's day, which highlights their importance to society.

But why should we prioritise this? Adults make almost every crucial decision in a child's life. They need extra attention and protection to make sure they can thrive. For instance, if a family goes through an inconvenient situation, the court needs to sort out arrangements for the child. No matter how hard it is for the parents, this protects the child and their emotional health.

Unfortunately, not all children receive this kind of care and protection. Some live in poor conditions where their best interests are deemed not important due to war, poverty, etc. And that is why it is essential for everyone, from parents to teachers to governments, to understand and implement this right.

where every child is not only protected, but also given all the opportunities they need to reach their potential.

We try for this right to be more than just a 'rule'- we think it needs to be a responsibility, for all of us... including you.

Written by Shravya Sriramadesikan

Everyone deserves to be safe and healthy, especially children. Implementing this right all around the world can lead towards a world





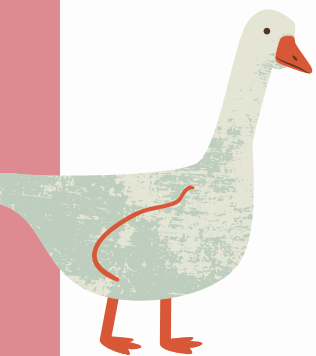
Want to get involved in The Squawk? Have an idea for a story? Want to share some good news?

This is our school newspaper and we are seeking voices from across the school to be a part of it. Would you like to write? Interview? Photograph? Design?

Good content is created by students just like you!

Get in touch using the QR code. Or pop along to Room 220 on a Thursday during junior lunch.

Our name represents the geese on our school logo. A Squawk is the voice of a goose, and we are the voice of the school.



Team Squawk

Carolina Nunes-Gomes
Aoife Donald
Robyn Neilson
Eili Kandasamy
Sathvik Sriramadesikan
Shravya Sriramadesikan
Torin Gilmour
Jakey Yang
Rowan Kelly
Carly McLear
James Stone
Sam Mackenzie
Kara Adamson
Kirsten McGill
Harry Grant
Harshith Reddy Konda
Isla Kinnear