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VINCENT GURD'S GCSE BANANA BREAD



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The newspaper of SJCS
News, views and entertainment
from our community



The Closure

Edition 3

April 2020



Sara, Copenhagen, Denmark: Total Confirmed Cases: 6496, Total Deaths: 285, Recovered 2235

Mrs Pearson

Life has drastically changed in the last few weeks for Sara and her family. She and her husband are working full time from home whilst home schooling the three children. To cope, they are trying to work in shifts, depending on who has

meetings. Jonathan, Sara's husband, works earlier in the morning whilst Sara gets the kids ready and they try to get the schooling out of the way before lunch "dividing and conquering" the children. Jonathan then looks after the children whilst Sara works and then Sara takes out her oldest son for a long walk. In Denmark, the government delivers press conferences when there are some new regulations but not every day. Sara is complimentary at how proactive Denmark was in the early closing down of the country meaning that the numbers are really quite low.

The country is preparing to open again with children going back to nurseries and schools (from Grade 5). The plan is for most of the teaching to be done outside and in larger rooms so that there can be plenty of space between the children. Sara is impressed but is also concerned about the wider world in regard to the huge numbers of fatalities and also the economic downturn we are expecting.

Most of Sara's family still live in Sweden where the approach has been wildly

"...whilst life has changed over the last few weeks, it hasn't been dramatic"

different from the vast majority of countries. There is no lock down and beyond, those ill and vulnerable being asked to self-isolate, life is continuing as normal. Sara reveals that the Swedish people are “quite split about whether or not they agree with the approach” but as it appears to be working, only time will tell.

More from Mrs Pearson Goes Around the World next week.

The Invention of Vaccines

Mr Minns & Mrs Choudhury

Well, of course, we are born with our own natural defence and vaccination system, to defend us from the diseases caused by microbes (microbes = microscopic living things and viruses) which make us ill. So, you could say vaccines were “invented” first by nature!

Vaccines have been discussed a lot in the news lately but what exactly are they? You may know vaccines as the more colloquial term ‘jabs’, the injections you had when you are little or some of you will have at this school.

In our blood stream are special cells called white



blood cells which can attack and destroy anything, like microbes, which shouldn't be in our bodies. However, for a white blood cell to find a microbe, like a virus, in our body, is very much like the proverbial looking for a needle in a haystack.

So, to help, other white blood cells produce things called antibodies. These are made specifically for each type of microbe and attach

to it, making it easier for other white blood cells, that are going to destroy it, to find it. It's a bit like attaching a large flashing neon sign to the needle you want to find in the haystack!



Unfortunately, there is one big problem with this

system, if our body has not been infected by an illness before, then it must “learn” how to make the correct specific antibody for each illness/ microbe, and this takes time. It is during this time delay, between when the microbe infects us and when our bodies can start making the correct specific antibody, that we are ill and suffer the effects of the disease.

We get better from most illnesses, once the correct antibodies are made, however some illnesses are caused by microbes that can cause a lot of damage or even kill us in this time period before the antibodies are made.

It is these illnesses that our bodies need artificial help with, and this is where vaccination comes in. The simple way this works is by introducing either dead, damaged or bits, of a microbe that causes the illness, into the body. This doesn't make the person very ill, but it does teach the body how to make the specific antibodies for

Practice Social Distancing.

What does this mean?



Stay at least 6 feet away from other individuals in public places.



Work from home if you can.

that disease before the real one come along. Kind of forewarned is forearmed. However, this procedure had to be “discovered” and the story of how this started is an interesting one and involves the rather nasty disease of smallpox which is a killer.

The hero of this story, of medical development, is Edward Jenner who was a Doctor living in the country.

Although his experiments are the beginnings of our understanding of vaccines even before this many culture in Asia and Africa practiced ‘variolation’ to protect against Smallpox. In variolation some of the powdered scabs of Smallpox patients are inhaled or placed into a cut. This resulted in protection from Smallpox. In 1717 Lady Mary Montagu, the wife of the British Ambassador to Turkey, observed it was done in Constantinople and had the procedure done to her children there. Edward Jenner may have known about variolation, but as a country doctor he observed that milk maids and shepherdesses did not appear to get Smallpox. He had heard local stories, from the girls who milked the cows on the farms, that if they had caught a similar – but not lethal – disease of Cowpox then they didn’t get Smallpox.

Jenner thought about this and decided to experiment. He persuaded the parents of a young 8-year-old boy, called James Phipps, to allow him to deliberately give the lad Cowpox by introducing pus, (**yuck!**) from a milkmaid’s Cowpox spot, into a cut on the boy’s arm. The boy suffered for a few days but then got better.

The next part of the story demonstrates quite considerable bravery on the part of the boy and his parents. Jenner persuaded them to now allow him to give the boy Smallpox! He again introduced pus (**more yuck!**), this time from a Smallpox spot into another cut on the boy’s arm. The boy did NOT get ill, he was not infected with the Smallpox. He had become immune as his body had learnt, in advance, how to make the correct antibodies to fight Smallpox,

so when he was infected with it, there was no time lag and he didn’t get ill.

This procedure came to be known as vaccination because it started with someone being given Cowpox and the Latin word for cow is vacca!

Mr Rooney Writes...

I am pleased to announce Mr Rooney as our first full time columnist, this week he has been pondering the hazards of hunting and gathering in these unprecedented times.

History tells us that thousands of years ago, during the Stone Age and before, men used to go hunting and gathering to provide for their families and tribes. They’d set off from their camps, tools in hand, and actively hunt for animals and forage for other forms of sustenance. Their purpose was, as the name suggests, to hunt and gather. To find food and store it.

When we think of hunters and gatherers, we often think of scruffy, bearded types running around with javelins in hand ready to spear wild animals to take back as the spoils of their sport for their loved ones.



Over thousands of years, with the onset of technology and differing roles in society, things have shifted a fair bit. During the twentieth century, hunting and gathering no longer was the domain of the dominant alpha male. Women began to take on a leading role in gathering the produce and storing it away in the pantry.

Fast forward to Springtime 2020 in the Rooney household and the roles have shifted back.

Each week, unshaven, I check the list for the supermarket (no tick boxes on this one). It’s built up during the course of the 7 days preceding it; items are added as they run out and the

organised into neat sections mirroring the one-way route that has to be taken around Tesco.

Once checked over, organised and approved, I gather my tools; bags for life, wallet and debit card, antibacterial hand gel, phone, car keys and face mask. I'm ready. I bid farewell to the family, not knowing how long the trip will take, but assuring them that I'll do my best to come back with everything that is needed.

I jump in the car, ignite the engine and roar off down the eerie empty Southampton Road with Spire FM to keep me company. As I turn off into the Bourne Industrial estate, I see my fellow hunter gatherers on the horizon diligently queueing up in a snake like formation separated by the metal barriers of overturned trollies and metal milk crates. My heart sinks; the snake is four rows long. Once safely parked up I report back to the tribe that today's gathering may take a while.

I join the queue, careful not to come within two meters of my fellow hunter gatherers and slowly shuffle forwards. And backwards. And forwards again. Then, I'm on the home straight. I can see the final essential tool gleaming in the sunlight; a freshly wiped down metal trolley. Ushered forward, I make my move, grab the trolley with both gloved hands and enter the store. The gathering can begin (well it can once I've sorting out the self-scanning equipment)!

Arrows guide me around the hunting grounds, I spot lots of tempting produce but it's not on the list. I must stay strong and not stray – these items could give me and my debit card a nasty surprise at the end. Stealthily, I navigate the aisles, careful to ensure that I don't need to back track and break the one-way system and put my fellow hunter gathers in danger. After a while, the trolley is loaded and I make my way to the exit (after paying, of course, and thankful to all the staff who helped during my trip).

“When we think of hunters and gatherers, we often think of scruffy, bearded types...”

The car is loaded and once I am sat safe and sound in the driver's seat, I feel a great sense of satisfaction at having gathered a successful haul (aside from eggs, flour and soap). There's a part of me that also feels smug; I even managed to

get my hands on some toilet roll and kitchen roll. I can return home happy that my tribe will be pleased. As I pull up outside the house, I'm greeted by an expectant faces and eager hands ready to unpack and fill the cupboards.

I can rest up, knowing I've got another seven days before I have to do it all again.

Protect your Sanity!



Kerry Walters

Are you, like me, someone who just can't sit still for more than 5 minutes? It's exhausting and if you're anything like me your body will scream "NOOOOOO" but your mind has other ideas!

I took the advice from our lovely PE teacher – try something new! And so, I did! I decided to give Yoga a bash. If you have never tried it before, I urge you to give it a go, it's great for the body, mind and soul. Now I'm not going to lie, it's harder than you think, holding weird and wonderful positions for a period of time is no walk in the park, not to mention the comedy value and laughter it has brought to my boys as I either struggle to hold a position or worse, fall flat on my face! Nevertheless 'he who dares wins!' and I dare!

The trick is, do it by yourself, no distractions, find a spacious room and shut that door! That's where I went wrong the first time, I didn't shut the door and before I knew it, I had an audience that found my efforts quite comical! You don't need any fancy equipment that will break the bank, all you need is yourself, it's the perfect opportunity to create a bit of space between you and your

family members that are driving you insane (Kane and Kyle if you are reading this I love you loads!).

I'm currently using an app that is free – result! It's called 'Downdog' it's fantastic, you can set goals and set your yoga session at the right level for you! Here is the link, if you would like to check it out: <https://www.downdogapp.com>

It takes practice, but it has really helped me to switch off and enjoy some 'me' time. After doing a bit of research there are so many health benefits to this such as, increased flexibility, weight reduction (yes please!) increased muscle strength and tone and much more! So, if you don't fancy jumping around in your living room doing star jumps and burpees give yoga a try!

And in Japan...

Eleanor Leeming

My name is Eleanor and I live in Osaka, Japan. My dad is English, and my mum is Japanese. In Japan, we start junior high school (age 12-15) when we are 12 which I am. The school year starts in April, so I was supposed to graduate from elementary school (age 6-11) and have a graduation ceremony on the 17th of March this year. We were planning lots of farewell parties and counting down the days left until graduation, 27, 26, 25, 24...but then suddenly. BOOM! The corona virus came! On Thursday the 27th of February the prime minister of Japan announced that all school would shut down from the following Monday, the 2nd of March. That meant we only had one more day of elementary



school. The whole school was surprised and sad.

My classmates were moaning and groaning of how they hated the virus. The teachers had an urgent meeting about having a quick farewell party for the 6th graders. Unluckily, they decided it was too risky gathering together about 400 people (the whole school) in once place to say goodbye. My teacher actually cried when he said that we won't be having a farewell party, and that he wouldn't be able to see us until the graduation ceremony on the 17th of March. We were all sad. We also got a lot of homework to do over the break which made us even more sad. Luckily, the teacher said we didn't **need** to do it. I will let you guess whether I did it or not...

Since we have been off school, I'm doing lots of reading every day, which I very much enjoy. I also like doing karaoke at home using my Nintendo Wii and playing games with my family. Recently, England is also on lockdown so every day we do Joe Wick's P.E workout. It's tiring but I really enjoy it. I bought my uniform for junior high school, but I don't really know when I am going to start, or even we are ever starting...I hope this virus is over soon!

Virtually Coping?

Mr Coultas Pitman

As a teacher we thrive on social relations. The triumphant dynamic of teacher - pupil - home has long been muted as a means to breed success in education.

It was a Friday at school, like any other Friday, students dreaming about gameplay on their platform of choice, chats, tik-toks, instagrams, tele-friendships a plenty for the next 60 hours. Teachers dreaming of perhaps quite the opposite. A chance to change the dynamics of work and a chance to engage in 'home language and persona'. How did this Friday differ? It differed with the news that the following week was going to change. Celebration, reflection, nervousness, concern, planning and questioning all rose to the surface of emotions quickly. Think back to the days of Tamagotchi, it is very easy to build a relationship with technology, yet we still wish to prove to other humans that we care.

All adults had to turn into logistical experts and plan how the following week was to be juggled, managed and gotten through. At first it seemed simple; upload, share, set, manage. Language akin to a project manager at one of the large

management consultancy firms not the staffroom or kitchen at home.

As the weeks proceeded it became clear that we as humans are in fact not engineered for this, that despite our feelings towards others we need and thrive on human-human relationships. Technology quickly became a burden and benefit. Yes, we can communicate in text form yet it's not the same. Will humanity prevail and create a more humane society as a result?



We have a privileged position; a small city surrounded by close and accessible country. We have all seen the news about the parks in London, Japan and New York. What draws people to these is it the green grass, sounds of the birds, the flowers or the chance to simply see other human beings? Since history has been recorded its accounts all bare links to 'society'. From hunter gatherers to invaders, to colonialism, to the great wars of our last century; all were a function of quantifiable human interactions and relationships. Can we really expect people to stay indoors, isolate, socially distance and adhere to these new rules? It goes against the very fabric of human nature; we are a species that has the most complex fabric of any life form. So why risk breaking the rules, surely the risk outweighs the benefit; but does it outweigh the urge?

As a humanities teacher I aim to challenge students to reflect on relationships. Whether this be the man-environment in geography, man-man in history and parents-child in sociology. It is from this I crave to be educated myself on how humans interact and why! We all crave physical contact. True, if somebody gets too close in a queue, we all shuffle our feet, but that problem has gone as we now stand at least two metres apart and standstill as another human gets close to us. I found myself leaning into the kitchen cleaning products in Co-Op as I desperately tried to adhere to the rules. Recent years have seen people with their heads focused on a screen and

no awareness of their surroundings, so what is the fuss about now. We have never been taught to stand close in a shop, at the park or any other communal space. One lesson in sociology focuses on the Harlow experiment, where baby monkeys are deprived of food and also affection from their mothers. The baby monkeys chose a hug over the chance to eat. Primates, of which we fall in to have larger brains. It is documented that in fact these brain sizes do not simply relate to hunting/surviving, yet it provides us with a capacity to build social relations. Social relations are therefore fundamentally critical to our very DNA. In fact, 150 is our 'social grouping size' construct. Social distancing asks our brain to sever these relationships, the ones built into our brain. That is why it is so hard.

"The baby monkeys chose a hug over the chance to eat."

Add to this science the emotional strain of not seeing family and friends and you have a situation which all humans find hard on a number of levels. This may in part go to explain why we have engineered our relationships in lock down in a way to help cover off this need. Have we programmed ourselves to accept that we may not have a physical hug? Are we now engaged with technology to help feed that larger part of our brain in order to gain the emotional interaction we so crave? If you reflect upon your own behaviours over the last month what has changed? The greatest challenge now is to ascertain whether these changes are for ever or for now. Will we continue with weekly online forums with family and friends? There are so many questions to consider going forwards.

"Will we continue with weekly online forums with family and friends?"

In the same way you loved our Tamagotchi, your expression of care was important you did not just feed the physical need, you equally fed the emotional need. Many have sent in articles about how we are coping during lockdown, and the strategies we are using. This highlights our social engineering, our need for others in our daily life. With this in mind, have we ensured that all around us (family, friends, neighbours) have been reached out to an given the emotional support to 'cope'.



Ask Me Anything with Ms Jones

1. Three new habits that will improve my life are-
 - a. Resuming my teenage passion for horse riding.
 - b. My dog and I have been walking in the woods at dawn, when the bird song has been particularly beautiful. I plan on learning the names of birds and identifying their song.
 - c. Cycling.
2. I think has to have been the most difficult question to answer! There are so many people, both dead and alive that I would love to share lunch with, choosing one has been almost impossible! I think, I would choose Aneurin Bevan, father of our NHS and one of the greatest Welshmen ever!
3. I am grateful to my wonderful parents for a fabulous childhood and for my sons and grandson. I am also grateful for the experiences of travel and the amazing people I've met along the way!
4. The actor I would choose to play me, in a film of my life, would be Meryl Streep. This is because, I love all of her films, she has a great sense of humour and is very beautiful (well, I can dream!).

A letter to Harry (9 months 5 days)

Ms Jones

This week we are very lucky to have a Ms Jones double bill. Here she writes a poignant letter to her first grandchild, Harry.

Nine months and five whole days ago, I became a nana for the first time, to Henry (Harry). It was 'love at first sight!' Harry is developing and growing fast, I'm sad to be missing his important milestones and our wonderful cuddles at the moment. Having always found IT a challenge, I really can't believe how quickly I've recently learnt how to use 'Facetime' and 'Zoom', thankfully, I am now able to see Harry remotely.

However, I have also decided to write a more traditional letter to Harry, documenting these very lonely days of self-isolation. Admittedly, some days I just write a sentence or two, other days these sentences quickly grow into paragraphs! This letter will one day become a piece of history, Harry may want to take into school to use as a primary source, when he studies the Coronavirus outbreak of 2020, in his history lessons of the future! I hope he won't be too embarrassed, when I recount the heart melting moment, I heard him say "nana" for the first time, via a video link!



My wonderful year 7BY and 7D history classes, will recognise the importance of studying sources and using them as snippets of evidence from the past. Some of you may already be keeping a journal, documenting what it is like living

in the Coronavirus lockdown of 2020, how life changed so quickly and how you might feel when it's all over and it too becomes another event in history.

“My wonderful year 7BY and 7D history classes, will recognise the importance of studying sources...”

To all of our budding, St Joseph's, 'Samuel Pepys' out there, remember that keeping a diary will become part of your history, which in time, you will be able to share with your children and grandchildren. After all, I wonder if Samuel Pepys would have ever thought that his recollections would become an important primary source of the Great Plague of London in 1665!

Mrs Cullis Gets the Lowdown Lockdown with her celebrity pal

Mrs Cullis

All through the 90's the 'Strictly' of Saturday nights was an equally raucous and excitable game show called 'Gladiators'. An impressive team of professional bodybuilders, athletic stunt men and women would challenge members of the public who would throw themselves, not to lions, but to gladiators with the hope of getting through to the final round by beating them on a huge circuit made up in Wembley Arena. Think extreme "HIIT of the day" with a series of physical tasks - invariably the contestant would be given a short start and the gladiator pitted against them would follow in hot pursuit to try and pull them off the climbing wall, from the slide and so on. The circuit was composed of air-filled plastic; don't think bouncy castle here, these were dizzyingly high, defying nerves and demanding steely determination. The gladiators had swanky costumes in red and blue and had names to match. So, when I was asked to interview Mark Griffin, "Trojan" from the show, I did not have to think twice – what a great chance to speak to the man who was a hero to a whole generation, seeing out five years of prime-time television.

“a hero to a whole generation”

Time seems to have lost its meaning in Lockdown and to my chagrin, I realised as the receiver was picked up at the other end of the phone, that I had rung at 1:00 when most people take lunch. I immediately apologised - I have stopped wearing my watch with all this hand-washing malarkey. Mark could not have been more charming, saying I had rung at the perfect time. I asked Mark about his school days initially, having done a little research into his school in Basingstoke, which is not unlike St. Jo's. It has Sports Specialist status now and so I asked Mark if it had been influential in his success as a teenager – not only was Mark ranked in the top 20 Junior Squash players in the world, but he also played rugby, football and participated in athletics. "Without doubt", he conferred, "I could never have succeeded without the support from school. I was even given a javelin so I could practise at lunchtimes, something which would never happen now with all the restrictions of health and safety". I was curious about the name Trojan too and wondered if Mark had been able to select the name himself. In fact, it was the programme producers who came up with names allowing Mark to choose from either Trojan or Terminator; the latter had some complications due to the film rights, so he went with Trojan. However, Mark did share that he "loved history, the ancient Greeks and Romans and reading, starting with comics then going on to the Hardy boys' series, Agatha Christie and sci-fi as a teenager".

Mark left Gladiators to take up an acting role for a two-year contract as "Action Man" (in the title role) which meant a move to Los Angeles and Florida. This was followed by parts in "Daddy Day Care" and "Dr. Doolittle 2" with Eddie Murphy followed by various other acting jobs. After 14 years in the States, Mark returned to England and a book deal with Little Brown Books, winning a Random House competition to write the first 5,000 words of a crime novel. "My mother sent me information on the competition, and I adapted a screen-play that I had been working on and sent it in. I was delighted to find out that I had been selected in the top five out of thousands. I have just finished book three and the first two are published and on sale now." The thrillers: 'When Darkness Calls' and 'When Angels Sleep' follow the work of Holly Wakefield a criminal psychologist. "I can write anywhere, if

it's noisy then I have to concentrate harder and it still works".

“I could never have succeeded without the support from school.”

The books are well-reviewed, and Mark has achieved three Gold Awards for writing in the adult category in the Hampshire Literary Festival so has brains as well as brawn! His first novel even won a Dagger Award from the Crime Writers Association. It was good to hear that Mark recently tracked down his old English teacher whose parting words to Mark leaving school were “keep writing”. What good advice that has turned out to be.

Hearing all this, you would think that Mark is a pretty busy man, but he has yet another string to his bow. His father collects English 18th Century porcelain and when in the States, Mark found some pieces he thought his father would like to add to his collection. They turned out to be rare and Mark clearly has the eye so embarked on a new venture. He started a business “Arbatel Antiques”, sourcing and selling to customers all over the world. I asked Mark about the theme of angels going on here, since Arbatel was the archangel of truth. “You are literally the first person who has ever picked up on this and yes, I love angels and have always been fascinated by them. In the novel ‘When Angels Sleep’ it refers to children who are the target of a serial killer though”.

Wrapping up the interview, I commented that Mark seemed to have plenty to do to help him keep sane during lockdown: “I am staying with my parents who live in Salisbury and I love the city and feel really lucky to be able to go for great walks in beautiful countryside to enjoy this good weather. Have you noticed the bird song? I may be moving to Canada later in the year and will miss Salisbury - but will always come back”.

“I love the city and feel really lucky to be able to go for great walks in beautiful countryside to enjoy this good weather.”

Before going, Mark generously offered to come to school and lead drama and English writing workshops for us. “I have done it before and just loved the way young people are like sponges and soak up everything you tell them and then



come back with it in a variety of surprising ways”. It's a brilliant offer and, when all of this is over, we would absolutely love it Mark – thank-you.

Our Thanks...

As Headteacher Mrs Ridley always feels pride towards the St. Joseph's community, perhaps none more so than in this great time of need. Here she writes to just some of the 800 people who have donated so far...

Dear all,

I, as the Head teacher of St Joseph's Catholic School, felt compelled to write a personal letter to you to express my total gratitude for your recent donation to our cause. I have to admit, it is not often that I am personally lost for words but your very large donation will help us to continue our production of PPE equipment - in fact we have now involved others with the same technology to up the output and at a far faster rate.

There are so many acts of kindness that it is just heartwarming to be part of the fight to support our front line workers

Please continue to stay safe and thank you once again.

Mrs Ridley



Dear Mrs Ridley,

Thank you for your letter, which was lovely to receive. As a proud Salisbury company since our inception in 1973, Naim Audio is delighted to support your endeavours.

We would be happy to be mentioned in your newsletter – you can find out more about us and our history here on our website: <https://www.naimaudio.com/our-story>

Once we all emerge from these terrible times, maybe some of the pupils engaged in the fundraising would like to visit our factory in Southampton Road and see how we design, develop and hand-craft audio products. Best regards,

Charlie Henderson
Managing Director

“maybe some of the pupils engaged in the fundraising would like to visit our factory”

Over the coming editions we will be thanking our supporters, starting with:

Lisa Cowley

Alan Britten

David Yeatman

Dorset Vehicle Services

Johnson’s Laundry Services

Clean Services

Naim Audio and Tesco

Like Captain Tom, we salute you!

A SPORT SPECIAL

Olympian Liz McColgan MBE

Most professional athletes have a stubborn streak in them, a never give up attitude and a drive to be better no matter what level they are .You need to be mentally strong which you can develop as you progress and develop into a stronger, faster, older athlete .

I never expected my running to be anything other than a hobby as when I started running there were no role models earning a living as it was an amateur sport. I just wanted to be better than I was and was always driven by running faster than I did the week before.

“a never give up attitude and a drive to be better no matter”

When I was 16 I worked in a factory and got the opportunity of a scholarship to the states. Even there you could not earn a living so my drive was to win medals and break world records. When I was 22, I began to see it as a career pathway and earned a living from winning races and shoe sponsorship. I had no sporting heroes or role models growing up, mainly as we didn’t have a TV! My focus was loving to push myself in training; it was never about what or who I could become . As I got into my athletics there was the Coe / Ovett rivalry. I always was in favour of Ovett as I saw him as a natural and hard working like myself.

“I never expected my running to be anything other than a hobby”

The world championships is my most memorable race as it was in my mind for so long. I won a silver medal in the 1988 Olympics and I was so disappointed that I made a conscious change to

my training to focus on the world championships but I fell pregnant and had my first baby, Eilish. This put a spanner in the works! I trained all through my pregnancy when others told me not to and gave up on me, my sponsors left me but I kept believing. Then, 9 months later, I was champion of the world.

I was a very hard trainer and ran lots of miles: for 10 kilometres on the track, I would run twice per day and gym 2 days a week. 90-105 miles per week.

Monday was 2 steady runs morning and afternoon and the rest of the week panned out in pretty much the same way.

For the marathon I would sometimes run three times a day with gym session two days a week.

I also did core training every day and daily stretching. I had a personal therapist that I had deep massage and stretching with once or twice a week.

“I would sometimes run three times a day ...”

I have encouraged each of my five children in all sports. Eilish played hockey at Midlands level, was a great horse rider & participated in all school sports. I never took any of my children to training or races as I did not want them to feel they had to run. I saw so many pushy parents when I was growing up it just disengaged the children from the desire to train.

Eilish got into running through her teacher at primary school; they needed a cross country team so because she was my daughter assumed “she can run”. Eilish loved it and asked to join a club so I took her to my local Dundee Hawkhill Harriers club.

After being there a year I started coaching her when she was 12, she loved high jump, in fact she holds a junior national medal for it.

I have always encouraged her as I saw from an early age that naturally she was built to run. I was so happy when she decided athletics was for her and have enjoyed her journey from being a little girl, who had difficulty growing up as she was tall, to developing into one of the UK's best ever distance runners.

I was shocked and surprised when I won BBC sports personality of the year. I never thought I

had any chance as athletics is such a minority sports compared to say football or cricket. It was a great honour to be win in a public vote. To me that was very special as it was testament to my running



abilities and wins over the years. It felt different to winning medals but is right up there with one of my best ever moments.

Everybody has to start somewhere, if you have been inspired by Liz's story, why not try out Dotty's home workout plan below (and not a Joe Wicks in sight)!

- Starting with 5 lunges on each leg to serve as your first pulse raiser
- 10 squats (optional: squat lunges)
- Jog on the spot for 30s x 3 times with ten second intervals
- Stretch your Hamstrings
- Circle your arms 5 times forwards and backwards on each arm
- Touch your hands behind your back (one hand over the other under) three times with switching the positions
- Inside thigh stretch for 20s on each leg
- Standing quad stretch for 10s on each leg
- Stretch your arm across your shoulder 10s on each arm
- Side stretch 10s each arm



Mr Sibley

I hope that you were able to make a risotto last week and use up some of the food you might have knocking about to add some interesting toppings to your creations. I was fortunate enough to have some left over Easter lamb which I mixed in with some mint and peas to make a stunning, fresh, spring inspired risotto dish.

Just like with the Pizza, if anyone does have any pictures of the food they are cooking or copies of recipes that they would like to share, then please do send them in. This recipe supplement is as much yours as it is mine. Hopefully the best ones can be shown in future issues of the paper.

Thinking about the magic combination of mint and peas it reminded me of one of my favourite, quick and easy dishes I cook at home. Jamie Oliver's mini shell pasta with a creamy bacon and pea sauce. The joy of this dish is in its pure simplicity; it only takes 10 mins to cook. Following the theme of last issue and using up ingredients around the house this only uses a few ingredients and one of them is something most of us have in our freezers at home, frozen peas!

“...magic combination of mint and peas ...”

The recipe states you should use mini pasta but just use whatever shape you have to hand, the idea with the shells is that the peas and bacon get caught up in them, making it just that little bit more lovely!

Mini shell pasta with a creamy smoked bacon & pea sauce (serves 4)

Ingredients

6 slices higher welfare smoked streaky bacon or pancetta

1 small bunch fresh mint

100 g Parmesan cheese



1 organic chicken stock cube, optional

400 g dried mini shell pasta

Olive oil

300 g frozen peas

2 heaped dessertspoons half-fat crème fraîche

1 lemon

Method

1. Finely slice the bacon. Pick the mint leaves and discard the stalks. Finely grate the Parmesan.
2. Bring a large pan of salted water to the boil and drop in the stock cube (if using). Stir until it's dissolved, then add the mini shells, or the shape you are using, and cook according to the packet instructions.
3. Get a large frying pan over a medium heat and add a good lug of olive oil. Add the bacon to the pan, sprinkle a little pepper over and fry until golden and crisp. This should only take 4-5 mins on a fairly high heat.
4. Meanwhile, finely chop your mint leaves. As soon as the bacon is golden, add your frozen peas and give the pan a good shake. After a minute or so, add the crème fraîche and chopped mint to the

bacon and peas (do not add the crème fraîche to a hot pan as it will split).

5. Once the pasta is cooked, drain in a colander over a large bowl, reserving some of the cooking water.

6. Add the pasta to the frying pan. Halve your lemon and squeeze the juice over the pasta. When it's all bubbling away nicely, remove from the heat. The sauce should be creamy and delicious but if it's too thick for you, add a splash of the reserved cooking water to thin it out a bit. Add the grated Parmesan and give the pan a shake to mix it in.

7. Divide your pasta between plates or bowls or put it on the table in a large serving dish and let everyone help themselves. Lovely served with a simply dressed green salad or on its own.

“Salsa Verde”, Mrs Facey’s Family Fave!

We enjoy our food at home. I make five times this recipe and keep it in a container in the fridge for a month or so. All my meats are marinated with this sauce before going in the fridge or freezer. In the summer, our BBQs, jacket potatoes and roast potatoes taste gloriously with it too. We also add mayonnaise to make a fantastic dip to go with arepas, tequeños, empanadas, tortillas and even works well as a salad dressing.

Ingredients:

2 garlic cloves

½ bunch of coriander

½ bunch of parsley

50ml olive oil

2 tsp of salt

Chilli and pepper to taste

Mayonnaise – for when making a dip

Method:

1. Place your cloves of garlic in a mortar and smash them with a little bit of salt.

2. Next put the herbs in a food processor at high speed for around 30 seconds.

Beware of adding any parsley or coriander stems in your machine as they will release a bitter flavour into your sauce.

3. Right after, add your herb mixture and the rest of the ingredients into the mortar.

Combine well. The finished product will have a dense consistency with a dark green fresh colour.

“... a fantastic dip to go with arepas...”

To make it a dip, add several spoons of Salsa Verde into a small container and just add mayonnaise to your taste; and “listo”. Ready!

GCSE Banana Bread

Vincent Gurd

115 g softened butter and extra for greasing
175g dark soft brown sugar
2 large eggs beaten
3ripe bananas peeled and mashed
225g self raising flour
1tsp baking powder
55g sultanas
115g chopped pecan nuts

1. Pre heat the oven to 180 / gas mark 4. Grease and line a loaf tin.

2. Put the butter and sugar in a mixing bowl and beat until the mixture is light and creamy.

3. Add the eggs gradually beating after each addition, then best in mashed bananas.

4. Sift in the flour and baking powder and gently stir them into the mixture with sultanas and pecans, using a large metal spoon, scrape the mixture into the loaf tin.

5. Bake for 50-60 minutes until the loaf springs back when touched or when a knife comes out clean.

6. Remove the loaf from the oven and leave to stand for 5 minutes, then turn out on a wire rack and leave to cool.

