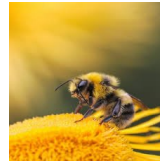


TEAM VISOR

*£26,500 RAISED

* 26,000 VISORS
PRODUCED &
COUNTING**GET
INVOLVED!**Send your
contributions to
newspaper@sjcs.org**CALLUM STEEL
ON BEES****HAVE YOU
LOCATED ANY
MISSING BOOKS?****The newspaper of SJCS**
News, views and entertainment
from our community**The Closure**

Edition 4

April 2020

**Mrs. Cullis Gets the
Lowdown in Lockdown.****Interview with Chief Executive of
Salisbury NHS Foundation Trust.**

I was very fortunate that Cara Charles-Barks M.B.E., Chief Executive of Salisbury NHS Foundation Trust was prepared to spend time allowing me to ask questions for 'The Closure' when this has to

be the busiest time yet in her impressive career. You would imagine that after the drama of Novichok two years ago, things couldn't have got worse for our esteemed District Hospital but here we are again in the throes of a much more dangerous, and equally dystopian, situation.

In position since 2017, Cara has had to deal with two nightmare situations which have brought world focus to the NHS, if not Salisbury Hospital in particular. Who could have predicted these events when she applied for the position to run a hospital in a beautiful market city? She told me that she was drawn to Salisbury because when she visited she saw in the staff, and the city itself, an impressive sense of community and

recognised her own values in the work of the staff at the hospital. 'There was a genuine sense of care and compassion and it was evident that everyone was really looking at their patients and connecting. I wanted to be a part of that.'

Cara Charles-Barks, was honoured with a MBE for 'the exceptional and inspirational leadership' she showed during the 2018 nerve agent attacks. The previous Pride of Wiltshire Award winning executive led the Trust with distinction through the Novichok crisis: her guidance enabled the Trust to provide world-class care to patients, which demonstrated the skill of the NHS and earned admiration throughout the country and around the world.

Elegant and open, she exudes the confidence required to win unquestioning support from the extensive 4,000 strong team of dedicated doctors, psychologists, physios, nurses, pharmacists, cooks, porters, cleaners and maintenance staff at the hospital, many of whom are parents of children at our school. As the largest employer in Salisbury, the existence of the hospital is crucial, so the political direction of closing regional hospitals in favour of 'super-hospitals' in large conurbations is an argument that may need rethinking. Having justified its existence not once but twice, makes our hospital more secure. Indeed, with the Clap-For-Carers gaining momentum weekly the nation has finally awoken to this section of society and its many workers living on restricted wages because of

limited healthcare budget. I asked Cara what her reaction has been to the Thursday night ritual: 'I am so proud of the NHS. I have an amazing group of staff, across the board, all taking their part in a critical role to keep us going.'

Cara thinks there may be multiple waves of COVID-19 infection: **'We are lucky in the South West as our numbers are relatively low, what may happen is that once movement begins again, we will be vulnerable'**.

Believing that they will learn an enormous amount from the pandemic, Cara says that things will never be the same as the hospital establishes a new way of working efficiently in lockdown. 'I think the NHS will be used differently in the future, people maintaining a distance are learning to self-care, with new routines in lockdown. They are taking ownership of their behaviours and this may continue'. She is concerned for those who may need medical care and are holding back however, but is sure that things will change for the NHS. 'We are looking at how to care better for our patients and in-particular with a more 'joined-up' approach for services. At the moment we have too many services who are all asking patients the same questions, or patients are seeing different doctors for their care and constantly having to repeat themselves. With phone and video links, we are more time-efficient and doctors are able to speak to more patients rather than them needing to come into the hospital for clinics. Continuity is actually improved'. Having originally trained as a Registered nurse, her medical background helps Cara with first-hand knowledge of life on the ward. 'I come from Australia and my family were rural farmers. Luckily for me, my father knew the importance of education and was keen for me to get a good basic level of education and supported me to go on to train as a nurse.' I said that they must have been very proud when all her work was acknowledged by the M.B.E. she was awarded last year. **'When I initially rang my family in Australia to tell them, my father's reply was to say that was very nice and well done but he was just off to play bowls.** He must have spoken to his friends there because the next day he rang back in a state of excitement having realised what it really meant. It is a great honour. However, I feel that this was a recognition of the work of all the staff at Salisbury District Hospital. Each of our staff played a part in keeping the

hospital open and running smoothly through the first nerve agent attack on European soil since World War II and the longest running major incident in the NHS's 70 year history. Hospital staff did what they do each day; they gave outstanding care to our community. I am humbled by their commitment and care for people in Salisbury and I was delighted to accept the honour.'

I was curious as to what concerns Cara has for the country post-coronavirus, in-particular the fallout on mental health, the soft underbelly of medicine: 'I feel we are prepared for this. Twelve months after the Novichok incident, I took a whole staff survey to monitor the effect on mental health and wellbeing and discovered there was still a residual feeling of anxiety so I am working with our Clinical Psychologists to provide for the staff now and will continue to do this. We have designated 'safe spaces' for respite and there is a 24 hour helpline with trained personnel available to speak at any time. We are providing more yoga classes on-line at times that fit in with shifts and anything else we can think of for support. 'I believe it will take a number of years for staff recovery, not so much in the South West where we have been so fortunate with our numbers but the NHS generally in hospitals where colleagues have died.

Cara was fully aware of the work done by the St. Joe's community in the production of visors, scrub-bags and caps. 'Please extend my heartfelt thanks to all of those who are helping us. It's absolutely marvellous and we are ALL extremely grateful.' As production to-date from teams associated with our school hits 26,000 visors, it seems that Cara was right; Salisbury really does have a caring and compassionate community.



Interview with Barney Norris

Mrs Pearson

Barney Norris is a critically acclaimed author, who spent his teenage years in Salisbury. He won the Critics' Circle and Offwestend Awards for most promising Playwright for his debut full length play *Visitors* and has written three novels: *The Vanishing Hours*, *Turning for Home* and *Five Rivers met on a Wooded Plain*. We are delighted that Barney has taken the time to answer our questions.

1. How has life in lockdown been different for you? Has it been easier or more difficult to write during this time? Why?

This period has reminded me how very collaborative all creative work really is. All sorts of meetings have been cancelled, but it's the coffees with other creative friends and collaborators that I really miss. Time with other people can be one way that ideas develop, and that seems incredibly precious to me, now I can't have it. I have been able to get on with writing, but there have also been days of lethargy and torpor when that's been tricky, because actually, to withdraw so completely from society as we all are now is to be slightly less than fully alive, and that takes a toll. And writing is always about engaging with the world - it has to be, or you wouldn't publish - so it can seem ludicrous to write now, at times. I'm just trying to keep my head down and keep scribbling, and trying very hard to NOT write about what we're going through at the moment. A lot of terrible work will emerge at first, and it will take a little while before anything interesting crops up out of this isolation.

2. Can you tell us about your writing process? What's a typical writing day for you? Where do you usually write? Do you have a set routine?

I work best when I have a good chunk of time ahead of me, and know I won't be interrupted. I don't spend all of that at the desk though; I spend quite a lot of it in the garden, trying to grow things, or reading, or walking the dogs, or generally prevaricating, in the hope that when I eventually sit down at the desk for one or two hours, my subconscious will have lined up some new lesson about the story I'm writing for me to try and get down on paper. I write in my study, with lots of my books around me, and a lovely

view out the window of the Surrey hills. It's an immense privilege, after many years, to finally have a real room of my own, having previously



worked in sheds, spare bedrooms, and on the kitchen table.

3. Could you describe the route to your first novel being published?

My first novel, *FIVE RIVERS MET ON A WOODED PLAIN*, was rejected by many agents and publishers in various forms over several years. Then Laura Williams, who I had gone to university with, got a job as an agent, and everyone she'd ever met sent her a terrible novel, me included. She took me on, and made me rewrite my story, and while I was doing this, my first play, *VISITORS*, opened in London and had a big success. One day, someone who'd been to see my play came home to their flat and told their flatmate, an editor named Suzanne Bridson, that they'd thought the play was good. Suzanne looked me up on Twitter - and it just so happened that that very day, I'd tweeted about how hard I was finding this novel writing business. She wrote to Laura and said that if I ever finished the novel, they'd be happy to take a look - and then when we finally sent it to them, they agreed to publish it.

4. Salisbury has been an inspiration for your writing before, what is it about Salisbury that inspires you?

It's really because Salisbury is the place I started from, so exploring the city is a way of exploring my memory and my youth. And I think the cathedral is an extraordinary thing.

5. What's your favourite novel or short story by another writer?

That's a very difficult question! I don't really know whether I can narrow it down to just one book. I think a lot about the novels of John McGahern, though, they're very important to me.

6. What's the best piece of writing advice you've ever been given?

I cherish something D.H.Lawrence once said (though not to me, of course): 'bite down and don't let them shake you off till the money starts flowing like blood'. That feels about right, I think.

7. How many, if any, rejections did you get? What kept you going, in addition to faith in your work?

Across fiction and theatre, I've had dozens, and I still get them today, when I write something that isn't good enough. Faith in the work is of course the main thing: lack of decent alternative career options was also quite important.

8. Apart from novels, you've also written for the theatre and non-fiction? Does the process vary for the different types of writing?

Technically each process is very different, but it's essentially the same job sitting in the same chair. There are lots of obvious differences between what a play and a novel are, that of course make the experiences separate, but essentially the same thing happens each time - you have a bit of an image or an idea, and you plough on through wind and rain and despair, and try and spot the gaps, the bits you've missed and haven't written yet, and try and fill them in till you've got a whole story.

9. Can you tell us anything about what you're working on at the moment?

I've been thinking that I'm going to start saying less when people ask this question, so as not to jinx things, but I do have a play announced, called WE STARTED TO SING, which the Arcola Theatre in London will produce when they can. There are other projects in the pipeline, but I might get shy now, and keep them secret...

10. If you could have any actor play any character from one of your novels in a film version, who would it be and why?

I would always say the actor I'd most want to work with on anything is Linda Bassett. Her involvement in my first play VISITORS was the making of me, and was the most extraordinary acting I've ever seen. She's peerless, and wonderful, and wonderful to spend time with. There are a million other actors I'd love to work with, of course, but I have to say Linda because of what she means to me as an artist and a friend.

Painting windows

Mr Monk



Week 1 – Carefully sand old painted surfaces with fine sandpaper to give a super smooth surface. Wash the area to be painted with sugar soap and allow to dry. Carefully sandpaper and wash again just to be sure – only perfection is good enough! Carefully fit masking tape to the window glass, time consuming but it will be worth it. If any bare wood or chips have been exposed by the sanding use primer paint to seal them, then sand and wash the area again.

Now for the topcoat. Carefully read the instructions on the paint. Stir the paint with a clean wooded rod using a figure of eight motion for five minutes. With a fine brush carefully “cut in” the areas closest to the glass and any other complex parts– take your time, you want to avoid the paint “running” and leaving unsightly ripples. Next, take a medium brush and carefully paint the rest of the area – remember to take your time. When the area has been painted, allow to dry following the instructions on the tin. Make sure you clean your brushes carefully.

Week 2 – Rub any loose paint off with any cleanish rag that you find. Grab the nearest brush that doesn't resemble a dead rat, slosh the paint around in the tin and, while sighing and mumbling, splash paint roughly on any area that you can reach easily. Mop up any “runs”, spills or windows/pets/children that you painted over with your sleeve/handfuls of grass.

Week 3 – See if you can pour the paint directly onto the wood to cut out the brushing (if you can't find any brushes and the view from the window wasn't much good anyway)

Next week – Lockdown haircutting

Social Distancing

Mrs Choudhury

What is social distancing? How will it help to stop the spread of COVID-19?

Social distancing is a term used a lot when discussing how to reduce the spread of COVID-19. How does it actually work?

There are four factors that affect the spread of an infectious disease:

1. Duration. The time that a person is infectious
2. Opportunity. The opportunity to infect others.
3. Transmission. The likelihood of a contact resulting in an infection.
4. Susceptibility. How likely we are as an individual to develop the disease.

(DOTS- a term coined by Adam Kuchaski in his book The Rules of Contagion)

We cannot do anything about points 1 and 4. But we can control points 2 and 3 directly through our behaviour.

The COVID-19 virus is a respiratory illness. This means it travels in droplets from our mouth or nose. These droplets will travel in the air from an infectious person but at around 3-6 feet they will be pulled to the ground because of gravity. Hence the 2 meter or 6 feet recommended social distancing in supermarkets. Of course, if someone sneezes or coughs the droplets will go further, so it is important to use tissues, or cough/sneeze into their elbow to block the spread of droplets.

The likelihood/chance or probability of transmission increases the more you are exposed to infectious people. As many people will not show any symptoms when infectious we do not know who is infectious. To reduce transmission as well as social distancing, people should reduce their time interacting with others. Going out for only one walk/run a day for exercise, only going out to the shops for essentials, etc. Washing hands is also important

to reduce transmission rates as this is another way, we can pick up the virus from droplets that have settled on surfaces.

Two other words used when discussing this topic are quarantine and isolation. Quarantine is when you separate people who have been exposed to an infected individual and they stay in separation to see if they develop the disease.

Isolation is when you separate people who have a contagious disease from people who do not.

So you can see that your behaviour, staying indoors, maintaining social distancing and washing your hands, will all directly contribute to reducing the spread of COVID-19.

RAINBOWS

Lauren Rooney

I have seen many rainbows when I go on walks and have made one for our front window but I wanted more NHS staff to see my appreciation.



So, we painted our fence with stripes of rainbow and a big NHS logo. We live near to the hospital so we hope that the hospital staff, ambulance

drivers and paramedics will see it on their way to work.

Jokers Corner Are you funnier than Mr Bartel?

My mate bet me £10 I couldn't do an impression of a butterfly. I thought 'That's worth a flutter'.

My fridge freezes stuff to -200 degrees. How cool is that.



Jayne Prigent - JASHAIR Group



Marks 30 years in business
November 1990 is when the
love our industry started - that
marks 30 years of teamwork |
community | passion |
excellence | consistency

My family were born – and still
live – in Salisbury so it made perfect sense to
start my business in the heart of the city. We later
expanded to a three salon group offering hair
and beauty services, and our salons are located
nearby.

I've always wanted to be a hairdresser but never
thought about running my own business with a
team of nearly forty. I went to school at St
Edmunds and nearly 70% of our team also went
to school there too. I started my training at
Salisbury College having left St Edmunds, for
two years and was offered a position as a newly
qualified stylist at a salon called Tondouse in
New Canal Street, located opposite the Odeon.

This salon eventually became our first salon
named JASHAIRGroup – the name coming from
me and my two sisters: Jayne, Andrea and
Shelley – JAS. We employed four staff and had
some great times.

I've always been a believer in self learning and
education and though we had a great team of
people and the business was doing well I wanted
to grow it further and make it bigger and even
better. I booked myself onto a one-week
residential course for salon owners and my head
exploded with all the great ideas to run my
business. I've never looked back but have
always invested my time and money in further
training and education. In life, you never know
everything, you can always learn from other
people. I'm still learning today and with Novichok,
Digital Media and the Coronavirus there are
many things still to challenge you.

My advice as ever is this:

Not many people have a clear idea as to how
they want to end up in their career and life – I
wanted to be a hairdresser not necessarily an
owner of a Salon Group with nearly forty
employees. You make decisions along the way
and hopefully those decisions get you there. A
friend of mine asked me many years ago and I

still firmly believe in it today "Do you know the
difference between a successful and not a
successful person is? (successful can be
anything that you want it to be) Successful
people DO things that unsuccessful people don't
do – it is that simple.

Today, I would highly recommend in training in a
salon with day release to College due to all the
skills and knowledge you can learn. You learn
being around the public and qualified - we will be
recruiting two apprentices to start in September/
October.

Thank You from Alex Mehta

Dear Mrs Ridley,

Thank you so much for everyone's kind words to
my previous email. The sense of togetherness
has been incredible, and I was touched by so
many heartfelt messages.

It's now been 10 + days at home in lockdown
with my wife and kids (7, 6 and 4). There are
tears, tantrums and crying everyday (and that's
just me!).

This situation is affecting us all.

My 6 year-old also caught chicken-pox. He woke
up, saw his spots in the bathroom mirror, and
instantly burst into tears: "Mummy I've got
Corona-Pirates!" he wailed...

I've also noticed a few things:

- I'm struggling to know what day of the week
it is. Sunday in our house, isn't that different
to a Wednesday.
- I used to buy a coffee every morning, on the
way to work. I've no idea how much that has
cost me over the past 5 years, however
since lock down I've not missed that coffee
once.
- I've noticed everyone is being kinder. When
I go out for a walk, strangers nod, sometimes
even smile and say hello. I really hope that
'continues', when all this is over...



•I'm not a teacher. However, I am keen that my children learn something from this experience. One thing that has struck me, is how fragile 'freedom' is. Or, to put it another way: I've no real need to go to Basingstoke (our nearest town). But it's the fact we can't - that makes me crave going.

If I'm honest, I don't especially miss freezing cold Sunday mornings in the wet and the wind watching my 7-year old play football. But it's the fact we can't.

My wife is in the high-risk category, so we don't food-shop. Rather, we depend 100% on Tesco delivery. And if we run out, we go without - until the next food delivery (we're currently out of milk, eggs and chocolate!) I don't miss going to the supermarket, trawling the aisles, and huge queues. But it's the fact we can't...

You only realise how precious something is, once you lose it. I feel a bit ashamed that I've always taken 'freedom' for granted. Freedom to go where you want, do what you want, whenever you want.

That kind of freedom hasn't existed for most of human history, and for many people in the world, doesn't exist today. It's something I've always known and taken for granted. But not truly 'felt' until now. There's a subtle difference between knowing something and feeling it, and it's this 'feeling' I really want to instil in my children. That freedom is precious and fragile. That freedom is an unusual state of affairs for humans - and so when we have it - we must really respect, be grateful and appreciate it.



I never thought that buying a coffee in Basingstoke could symbolise so much. But over the course of their lifetimes, I'm hoping to teach my kids to appreciate it, far more than I ever did. Enjoy the little things in life...Because one day we will realise they were the big things.

Stay safe and stay kind.

Creatively Spreading Positivity

By Maggie Miles, Year 10

Coronavirus is affecting many people at this present time in lots of different ways, from not being able to work to missing out on taking exams. This means that people are not able to carry on with their normal life and everyday activities that they normally participate in. So, people are starting to come up with creative ideas to pass the time and keep up with their exercise routines.



An example of this is what is shown in this image.

This image shows the route of my dad's run which is in the shape of a heart to

spread some positivity in this strange time. It is still great to get out for some exercise each day and if you need motivation this is one of the ways which could make it more interesting!

Mrs Marshall's story challenge.

Can you add the next paragraph? Send your ideas to: newspaper@sjcs.org.uk

To start us off a joint entry from Matila Marshall age 5 and her Daddy.

'The Pompoolmoose is on the loose prowling in the park. He bashes and crashes, and moans and groans his way through the dark.'



The Pompoolmoose - Matilda Marshall



Around the World with Mrs Pearson

Karl, Netherlands:

Karl is originally from Reykjavik, Iceland but is now living in the Netherlands with his wife and daughter, where he is studying for a master's degree. He has reflected on the situation in the Netherlands as well as in Iceland.

He reports that his work-family balance has taken on a new meaning in the last month or so, with everything now taking place in the same space: home schooling, working, writing, exercising etc. This is a very different dynamic to usual for Karl and his family. Having only just moved to the Netherlands for a one year's master's degree in the Autumn, they were drawn to central Europe by the prospect of being able to travel around the continent during the spring and summer. This now seems unlikely to happen and the friends and family from Iceland who had planned to visit have had to cancel.

For Karl there is also a sense of uncertainty about how they will travel home in August due to the lack of flights and lack of knowledge about how long this will last is proving frustrating, however he is positive in his attitude: "what hasn't changed is that we are healthy and thankful for that and our loved ones are safe."

As Karl is trying to complete his masters, his typical day involves waking before his wife and daughter to get three hours of studying done. At 10am, his wife starts working and he starts to home-school his six-year-old daughter, mixing that with some free time and exercise. At 2pm, there is "another changing of the guards" and Karl starts working again for 3 hours.

Karl is keeping up to date with the progress of the pandemic in Iceland daily as well as what's happening in the Netherlands as best as he can, although this is difficult as he isn't fluent in Dutch. He's impressed with the way in which the Icelandic government are dealing with it. Matters in Iceland are in the hands of the Director of Health, Chief Epidemiologist and Chief Constable at the Department of civil protection and emergency management. These three have a public briefing every day, they work based on science and best practice rather than politics and are so well liked that all of them have been asked whether they would like to become president. Data is published in a clear way in nine different languages on <https://www.covid.is/data>. With widespread testing, tracing the movements and contacts of those infected, isolation and quarantine, those that have gotten better from the disease now outnumber those with an active infection.

Karl reports that the government in the Netherlands started with a herd-immunity policy but backed out of that like the UK did. Things have gotten quite serious, and yet numbers of infected and even those dying from the disease are lower than they should be because not everyone is counted and there is limited testing unless you are admitted to hospital. The policy of battling the disease seems to be partly an economic thing rather than strictly public health.

WORD UP!

How many words can you make with these letters?

KASHREAPES

There's an 11 letter word, can you find it? Send your ideas to newspaper@sjcs.org.uk



Bees

Callum Steel

I am a beekeeper and have just set up my first hives full of bees together with my dad.

I joined Kennet Beekeepers last year as a junior and learnt lots from the experienced beekeepers at the club apiary.

I am now part of the club apiary team although lockdown means we cannot go there.

I wear my own beekeepers jacket with jeans and wellington boots, arm gaiters and gloves – luckily I have not been stung yet and our new bees seem to be calm now.

The bees were not active in the photo as the temperature was around 7° c as they need warmer temperatures of around 14° c to go out foraging.

Bees are fascinating and fun.

Interview with Salisbury Rugby Captain Josh Green

L. Woods and J.Babey

JB - How have you adapted your training program since the lock down?

JG – We obviously can't Team Train anymore, so we have to maintain our individual fitness. I have had a knee injury recently so I have been doing long rides on the bike but I have recently started running again, not too far and not very fast!

LW - If the six nations had finished, what do you think the outcome would have been and why?

JG – Good question. England would have won in Italy quite comfortably. My parents were due to

fly out to Rome and had tickets so it was a shame for them. I can't remember who France had, possibly Ireland. England are the best team in the Northern Hemisphere at the moment. They had an off day against France but I think they would have taken the title.

JB - How did you get into rugby, what are the responsibilities?

JG – I have been playing since I was 6. It wasn't my choice but luckily I got on well with it. I also played a lot at school at Bishop Wordsworth (BWS). I have two areas of responsibility. On the field and off the field. On the field I have speak to the team, motivate them, encourage them, manage their difficulties. I have to liaise with the coaches to implement their ideas, I have to speak to the referee, manage the referee from a team perspective and get the referees opinion and decisions across to the team. Off the field I help with selection of the team and complete admin tasks like organising the players dinner at the end of season and such like. There is a lot to do and it takes up a lot of time beyond just playing but it is varied and I enjoy it.

LW - Did you ever fall and hurt yourself in rugby?

JG – I have had 6 operations from rugby. I have metal plates in my jaw from a tackle, a pin in my knee from a broken shin bone, 2 broken thumbs and a broken arm. I never feel scared going out



to play rugby, you kind of know these sorts of things are going to happen but I have been a bit unlucky!

JB - What is your favourite thing in Salisbury?

JG – Probably the Rugby Club to be honest. I've spent so much time there, I know so many people through the club, great friends and some

really great memories so probably the club is my favourite thing.

JB - Who are you in lock down with?

JG – My fiancé. We are due to get married next summer so this lockdown experience has been a real test! The wedding day is due to go ahead, at the moment!

LW - Who would be your top 5 people to be in lock down with?

JG – I'm going to mix this one up and have a couple of celebrities. Someone who could make me laugh, a comedian, like Michael McIntyre. A sportsman. Richard Hill is a Salisbury and England rugby legend. A couple of friends, the two guys who are going to be Best Men at my wedding and I probably should say my Fiance because she is right here!

JB- If you could only eat one meal for the whole of lockdown what would it be?

JG – Spaghetti Carbonara.
An absolute favourite.

LW - f you could only watch one film for the whole of lock down what would it be?

JG – Shawshank
Redemption. A classic.

JB - What music are you listening to at the moment?

JG – Jack Johnson – my fiancé has it playing on the Alexa.

LW – Board games or video games and which ones?

JG – I've never been a video gamer. Board games, but I'm not particularly enthralled by those either to be honest. We've had a couple of games of Scrabble. It's one all at the moment. We have played Monopoly but that almost ended in a domestic! Not really a game for only two people is it?

JB - What TV show is keeping you busy?

JG – We've been watching Killing Eve on the BBC. Also working our way through Homeland on Netflix.

LW - What was your first rugby memory?

JG – Playing Mini's so 7 or 8 years old probably. We played a festival at Salisbury, so lots of other clubs come and play in a tournament. I remember losing in the final and throwing my toys out of the pram. I cried and everything.

JB - Who is your Rugby role model and why?

JG – Growing up it was Richard Hill, he was someone to aspire to having played for England and the British Lions. Similarly, Mike Brown was another Salisbury lad. I had school mates who went on to play internationally, Tom Heathcote for Scotland and Robbie Keith for Hong Kong. Although they are your team mates and friends and you love the opportunity to play with them they are still really good to have as role models of what you can achieve.

LW - Can you remember your first game for Salisbury?

I can. We were playing Devises away and I was due to start on the bench. I broke the leg of the player who was starting in my position during the warm up so I had to start instead of him. We won though which was nice. I still get ribbed for that all the time at the club.

JB - What do you eat before a big match?

JG – The night before I will eat pasta or rice, heavy carbs, loads of energy. In the morning I'm usually a bit

nervous so probably just some porridge. Then just before the game normally a banana or an energy bar. Like I say, I do have nerves and it's hard to eat when you have that feeling.

LW - Do you spend time with your team mates?

JG – Yeah we do. It's such an important part of rugby. You are a better team if you know each other. It is essential that you sit down together after the game and have a meal together. We try and do a little tour away tighter before the start of season. Overnight, so that you know the people you are heading onto the field with.

JB - What will you do instead when you stop playing rugby?



JG – Cricket, that's the answer to this one I think Mr Bartel will want me to give. I like playing cricket but rugby takes up so much time in the winter that I like some free time in the summer. I like golf too and I'm looking to try and do an Ironman soon in Cork in Ireland.

LW - How do you deal when you lose a match?

JG – I guess this has changed a lot over time. I used to take a long time to get over a defeat and it would really get to me. I've grown to understand that, while it is important, it is just a game. Especially as a captain you have to put it be behind you and move on, plus help the team move on.

JB - What has been your rugby career highlight?

JG - There are two. The first one was going almost the whole season undefeated in Year 13 at BWS. We won the league but lost in the Cup Final. Also 4 years ago when I first took over as captain. Salisbury were promoted to National League via a playoff which we won by only 3 points I think. It was a great day.

LW - What one tip would you give to a young person looking to succeed?

JG – In a rugby context it's important to keep going even when you've had a bad day. Like a training session you don't enjoy or don't want to do, get it done, get stronger and learn from it. I suppose it is true of a lot of aspects of life, you just have to push on though things to get to what you really want.

JB - What is your favourite restaurant in Salisbury?

LG – Chapter House. They do South African food and the meat dishes are amazing.

LW - How is the project all change going?

JG - I walked past today and there has been significant progress. Tiles are going on the roof. It has dragged on for a long time but hopefully at the start of next season we will have some really quality facilities for the club and the City.

JB - What is the furthest marathon you done?

JG - I ran 10 marathons in 10 days. Liverpool to Salisbury. I'm a Liverpool supporter, which is a bit stressful at the moment, so that was the reason for the start point.

LW - Who supported you in your 10 in 10 marathon?

One of my younger brother Luke drove the support vehicle the whole way. I didn't run one single marathon on my own. I had family, friends, work colleagues, players you name it, running with me for every marathon. For the last one there were 40 people, finishing up down the High Street in Salisbury.

JB – What got you into running marathons?

JG – I played in a 7's tournament which had been run in aid of a rugby player who had broken his neck playing rugby. He was a quadriplegic so he has lost the use of his arms, legs and torso. He gave a really inspiring speech and I thought what could I do to support. I went away and came up with the plan of the 10 in 10 and we raised money for the RFU Injured Players Foundation.

AMA – If you could replay any match which one would it be and why?

JG – It would be the one I mentioned earlier, for BWS in the cup final. We lost 17-11 and I went through with a team mate 2 on 1 in the last few minutes. I should have thrown the pass but I saw my name in lights as a hero so I chucked a dummy and tried to go alone. I got tackled and we lost. I'd definitely change that.

We would like to thank Josh for his time and for being interviewed in his home by our students. Good luck with Lockdown, next season, your Ironman and, most importantly, your Wedding!

Dear Miss Moss

Michael Unwaha 7F



I have done some sports outside school, it was a football tournament of players from different primary schools in Wiltshire . My team did want to come first or second we came fifth, but we still tried knowing most of the players we played against were older than us.

When I was in yr 5, I was one of the people picked for the tournament so the school said we could eat lunch early which was great because it

saved me from a very boring lesson. We ate lunch with the receptions and the school provided the football kit. I got changed quickly and lined up waiting for the bus to come which took some time, we waited outside with our coach who was also my Head master.

When the bus arrived, it took a long time to get to the football pitch but when we got there the coach, our head master, set up the formation. I played as a midfielder, there were ten players on each team seven playing and three substitutes. My parents came to watch me play and that made me glad.



Most of the players we played against were in yr6 and yr5 while my team only had yr5 and yr4 but they did not score more than three goals so we tried. I do not know why my team could not have yr6s.

I did not have any pictures taken to show for it but I still had fun. I

am not sure how many games there were in total but it was five minutes for one full game. I think I played about four games, the last game was against some players our age, so it was finally fair. We were able to win two to nil. I scored the first goal while my friend scored the other. I felt a bit bad for them because they had not won any of their games but they were very rude and I stopped felling bad for them. The winners of the game were some yr6s from another school.

My parents had already gone to pick my sister up some minutes before the end of the game so they did not see me score my goal. We had to wait for the bus to come again before we could go back. By the time I got back it was the end of school and the only people there were some staff, me and some other people who played as well. Not long after my parents came back to pick me up and told them all about it when I got home.

Oscar Dear

Since school closing because of COVID -19, I have been going on loads of bike rides and camping in my garden and doing school work.

I have enjoyed getting to know my family better.

I haven't liked not seeing my friends or my brothers



and sisters.

I have missed doing football and basketball.

I have have missed my best mates Charlie, Archie and Abigail.

The best part is getting a little bit of a lay-in.

What I will do as soon as lockdown is over? Go to town with my friends.

The first place I am going to eat is KFC or Nandos.

What can I do to make it fun? Doing lots more sports and catching up with the people you haven't spoken to in a while

How can I help others? By talking to them and maybe playing Playstation or Xbox with them.

What will I tell my future self? Treat the world how you want to be treated.

In it to win it with Lois Parsons and Ariana Campari Moss

Has no school left you missing House Competition?

How about starting up your own version, in your own home against members of your family?

Let's face it, they aren't likely to have the excuse that they have something better to do!

- Keepy uppies- all you need is a ball or a balloon and some skill (or lots of practice!)
- Fastest time around your garden carrying a plastic cup filled with nice cold water!
- Most press ups/burpees/star jumps/squats in a minute!
- Crazy golf- place cups on their sides around your garden or living room, then using a broom and a small ball try and be the first to get around without missing any!
- Limbo- two people hold string at a reasonable height which is lowered slightly after every round (Parents: chiropractors are closed!)
- Family MasterChef- anything from fastest sandwich maker to tallest cheese and cracker tower, the possibilities are endless!
- Staring Contest- last to blink wins!

Prizes are up to you, have fun!

Recipe supplement:

Better food, better mood!

I thought I would look into some of my favourite dishes and share these with you. They are not always the most technically demanding or made with the most expensive ingredients. In fact, the best cooking in the world is done by the people who have the least money, using what little they have to the greatest effect. Just look at Italian or Indian food as great examples.

This dish uses an ingredient that is just at the end of its season, so there should be plenty of them about. Seasonality is something we discuss in year 7 and it goes a long way to reducing our carbon footprint or food miles. Parsnips are in season in the UK from September, throughout autumn, winter and now into spring. The starches in the parsnips turn into sugar over winter to get ready for new growth in spring, so ones that are harvested in very early spring can be really tender and sweet. This sweetness is just what makes this dish so special and it's my go to quick pasta dish when I am really hungry and in a rush!

Just like with other dishes, 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.

Adapted from this recipe by Jamie Oliver.

Ingredients (serves 4)

8 slices higher-welfare pancetta or dry-cured smoked streaky bacon (or a packet of prechopped pancetta squares as I have used!)

1 handful fresh rosemary,

1 good knob butter (approx. 50g)

2 cloves garlic, peeled and finely sliced

2 parsnips, finely sliced

455 g dried tagliatelle

1 good handful Parmesan cheese, grated

Sea salt

Freshly ground black pepper

1 tablespoon olive oil

Method

Parsnip and pancetta together are slightly unusual but make a really good combo.

1. Prepare the ingredients listed in the recipe above. Slice your parsnips as finely as you can. It's really important to get them fine as then they will have the best chance of cooking and getting those nice brown edges. You can use a grater to make the slices really thin if you're not confident with your knife skills.

2. Place a large pan of boiling water on to boil.

3. In a large, non-stick frying pan, fry your pancetta and herbs, half the butter, in the olive oil for 2 minutes, then add the garlic and parsnips. Cook for a further 4-5 minutes, maybe longer, on a medium heat, until the pancetta is slightly golden and the parsnips have softened nicely.

4. You will have the time it takes for the pasta in stage 5 to cook as well so you will be cooking them for around 15 mins in total. You will know the parsnips are done when they are nice and brown a bit like parsnip crisps!

5. When your water has boiled, cook your tagliatelle in salted boiling water according to packet instructions, then drain, reserving a little of the cooking water.

6. Mix the pasta with the parsnips and pancetta and stir in the rest of the butter and the Parmesan, adding a little of the cooking water to loosen the mixture and make it creamy and shiny.

7. Season to taste, adding the last of the parmesan over the top with a good grating of fresh pepper and salt to help.

8. Take a photo of your finished dish and email the newspaper on newspaper@sjcs.org.uk

Bon appetit !