

the quarterly gazette

January Edition

Gordon's: a home from home

We are all proud to call Gordon's our home for the day, the week, or the term; as our diverse group of students and staff create a lively, vibrant, and somewhat hectic atmosphere to work, socialise and relax in. But, at the end of the school day or term, we all go back to very different homes, from just around the corner in Lightwater to a 7 hour flight to Nigeria. In celebration of this diversity and in effort to learn more about the different cultures in all of our homes, The Quarterly Gazette introduces 'Gordon's: a home from home,' where we hear directly from the students about their home, and, in turn, appreciate what makes our Gordon's home so special. To start, we hear from Kemi Williams on her Christmas break in the United Arab Emirates.

-Sadie Wilson

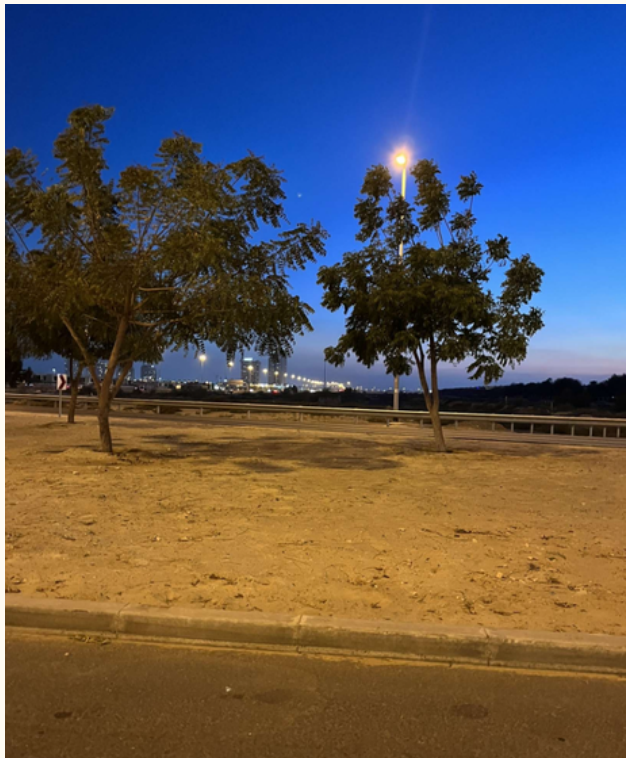
Over the Christmas break, I spent my time in the United Arab Emirates. While that may not be the first thing that comes to mind when you think of the festive season, I have found myself in a place where forging your own traditions becomes more important than sticking to the old ones. As I have gotten older, Christmas has felt less like the idyllic family get together with a star on top of the tree, and more like a chore, with a hustle and bustle to get dinner ready, and the tedious process of buying gifts. This year I decided to take things slow, rather than putting pressure on myself to have the holidays live up to age old expectations, I decided to dedicate time to a hobby of mine. Cooking.



Gordon's: a home from home

Taking charge of the Christmas dinner at first seemed like a tough feat, but with some planning and a couple of trips to the shops, all came together well. As the potatoes had finished roasting, and the Yorkshire puddings were done baking, and the table was set, it felt almost as though another challenge was dawning upon me. New Years.

The typical New Years Eve party was beginning to seem like another stress factor to add to the list, what to wear, where to go, etcetera, etcetera. With this newfound stress, I decided to think back upon my initial challenge of Christmas, and once again take things step by step.



The new year can often feel like there are heaps of expectations to live up to, especially with resolutions, which often come along with the let-down of not completing them. Therefore, I decided to go into the new year with no expectations set in stone but to write down aspirations and things that I want for myself in 2024. Looking back retrospectively on my Christmas break, I feel as though I spent it well, and while the United Arab Emirates may not feel so much like home, I believe that traditions are to be forged rather than forcibly passed down generations. And so, with a content heart and missing my family away from home, I boarded my flight back and quickly found myself back in the rush of it all at Gordon's.

-Kemi Williams

Current affairs: American politics, explained



An introduction to politics across the world

This newly devised segment is aimed to inform and educate our readers about the political structure and current political affairs of countries across the world. We hope that as a result of the explanation, our young readers will be able to exercise a better-informed judgment on political systems and affairs.

The first political system that we will be analysing is one of the most prominent democratic nations of the world: the USA. The United States was founded in 1776 and features constantly in news headlines as is expected from one of the world's richest, most powerful, and most influential nations.

An overview

The US is a Federal presidential constitutional republic. If we break this down into each segment, we have the following: A Federal system, A presidential system, a constitution, and a republican system of government. A Federal system is one in which the government is divided into two main powers, the federal government, which applies to the whole nation, and the state (or in some cases city) government, which applies to each individual state. Germany is another example of this system.

A presidential system means that the president is the head of government, leading an executive branch of government that is separate from the legislative branch. Other nations that use this system include Argentina, Brazil and Mexico.

The constitution is a written document which lays out the fundamental principles of a body, in this case a country, and how it is to be governed. It serves as the supreme law of the USA. France, India and Australia all feature written constitutions.

A republican system of government, in this sense, does not mean the right-wing conservative party in the USA, instead it means a government in which the supreme power lies with the people and the representatives they elect. This often means having a president, who is elected or nominated, rather than a monarch. Prominent republics include Singapore, Nigeria and South Africa.

Current affairs: American politics, explained

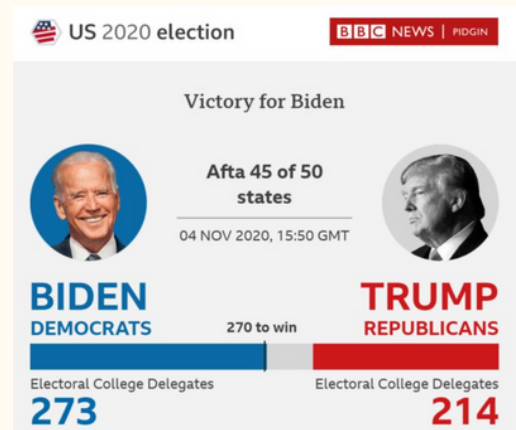
The election process

In order to comprehend the following discussion of Ron DeSantis' presidential campaign, we're first going to secure an understanding the way in which presidents are elected. Any follower of international politics, even to a minor extent, should be able to cast their mind Back to the 2020 Presidential election.

The two main presidential candidates were Donald Trump, of the republicans, and Joe Biden, of the Democrats. Joe Biden won the election, but how is this electoral system organised?

Here is the election cycle as outlined by the US government:

Time of Year	Event
Spring of the year before an election	Candidates register with the Federal Election Commission to run for president. While there is no federal deadline to register, there are other requirements.
Spring of the year before an election	Candidates announce their intentions to run.
Summer of the year before an election through spring of the election year	Primary and caucus debates take place.
January to June of election year	States and parties hold primaries and caucuses
July to early September	Parties hold nominating conventions to choose their candidates.
September and October	Candidates participate in presidential debates.
Early November	Election Day is the first Tuesday after the first Monday
December	Electors cast their votes in the Electoral College.
Early January of the next calendar year	Congress counts the electoral votes
January 20	Inauguration Day



So, with all this knowledge, we move on to the current situation for the republican party. In reference to the table aside, the current stage is the State and party primary elections and caucuses. The party elections are particularly relevant to the focus of this article: the selection of the republican party presidential candidate.

Current affairs: American politics, explained

As many of you are familiar, Donald Trump has opted to run again for President, and is continuing the openly criticised misinformation tactic of claiming that he was in fact victorious in the 2020 election. However, Donald Trump is of course not the only ambitious republican willing to step forward for the role of president. Up until very recently, Trump's main competition was seen to be the republican State Governor of Florida, Ron DeSantis.

However, in an announcement on 22 January, DeSantis announced his withdrawal of his campaign, as well as declaring his support for Trump as the party's candidate. This does not however mean that Trump is without competition, with Nikki Haley also in the running. The polls do not show a promising campaign for Haley, with Trump currently averaging an incredibly strong 68.3% lead in the polls, compared to the more meagre 12.9% of Haley.



Ron DeSantis was seen as many to initially be a strong competitor to Trump. DeSantis condones particularly conservative policies such as: Abortion ban, banning 'woke' ideology from schools, and a wall between Mexico and the USA.

Whether Donald Trump will go on to presidential success for a second term remains to be decided but if this article was of interest to you, the Democrat party primaries are also taking place, with current president Joe Biden up against Dean Phillips and Marianne Williamson, so be sure to follow that equally. The Elections are due to take place in early November, so will be arriving sooner than you may have previously realised.

-Elizabeth Bailey



How to survive exams: a scientific guide

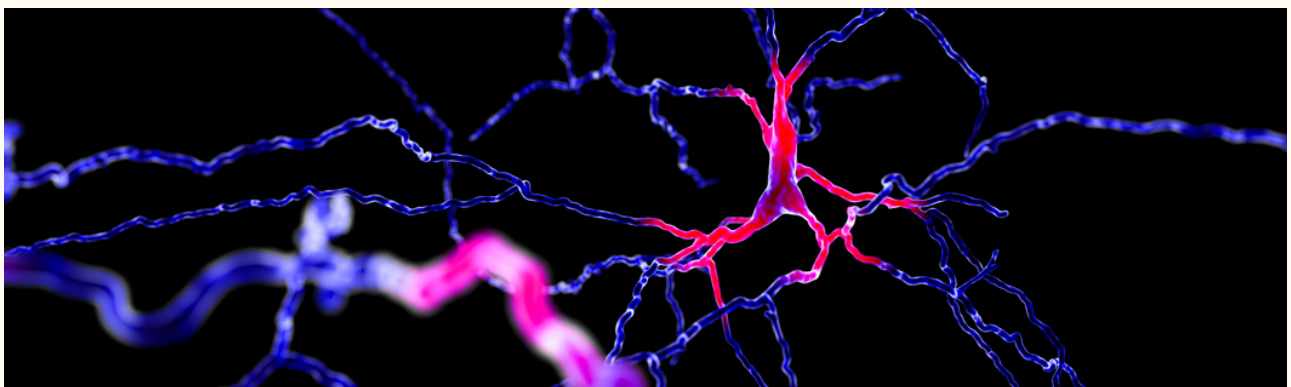
While major exams do not start until the summer term, with January being notoriously synonymous with the occurrence of mocks, many students will have already felt the heat of exams. With these major exams around the corner it would be a smart idea to start revision to save yourself from last minute cramming. However, you may feel unmotivated to revise, finding yourself drifting in and out of your productive routine, and struggling to focus on your task, inevitably procrastinating – going on your phone for 2 hours is certainly easier than studying for 2 hours.

So, how can you prevent this?

Well, there is a surprisingly easy fix: hormones. More specifically, the powerhouse hormones dopamine, oxytocin, serotonin and endorphins. According to Heart Radio, these hormones, when in balance, can boost ones mood, self-esteem, and sense of closeness, ensuring maximum productivity.



First up, dopamine is the “feel-good” hormone, known for improving motivation. Playing an instrumental role in the brain’s pleasure and reward system, this hormone will keep you inspired and set on your goals so that you feel more motivated, and thus more likely to resist going on that phone. Some good ways to promote this hormone is through exercise, listening to music in order to stimulate that dopamine release in your brain. Also, stop snoozing that alarm clock – as well as boosting dopamine, doing this also results in improved cognition.



How to survive exams: a scientific guide

Next is the ultimate bonding agent oxytocin. Although this hormone is mainly associated with love, closeness, belonging, and trust, it can also calm the nervous system and regulate stress levels. While a small amount of stress can help you work hard to achieve your best, too much stress comes with many health issues that can negatively impact your academic performance and overall well-being. In order to help manage this, try hugging your friends more often.

Serotonin's job is to ensure you feel good about yourself, and is usually stimulated upon completing a task and ticking it off your list, or when someone gives you a compliment, in turn boosting your sense of confidence. There is a plethora of foods that you can to increase your serotonin, including bananas, pineapples, turkey, salmon.



Lastly, endorphins are hormones most closely associated with exercise, whether that is participating in cross country week or going on a brisk walk, you are encouraging the release of endorphins that result in reduced anxiety, and a better memory and cognitive function.

To conclude, if you can successfully integrate at least most of the these habits into your daily routine, you are already making great choices that will benefit you in your studying and ultimately help you achieve your goals.

-Hannah Alon



SOCIETY SPOTLIGHT:

An insight into Culture Society

The Culture society is quite a recent society created by the diverse sixth form at our school. What started out as quite a small organization with few numbers, has grown into a larger community which strives to bring knowledge of contrasting traditions, to show how the differences and diversities between people can be introduced and bring people together and bring the celebration of culture to Gordon's. Within the society we engage in fun and enlightening activities that teach us the importance, history, and strength of culture.

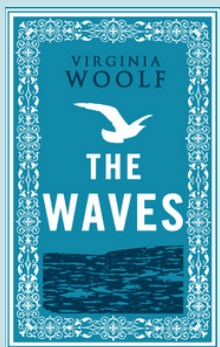


This is mainly run by sixth form, who in turn include the president and vice president of the culture society, however it is a society open to all year groups. Culture society runs during period 7 on a Thursday. We are planning our annual Valentine's Day sale: just one of the events we do in our society. We are open to more people of any background to join, bringing fresh ideas and a continuation to our society. It would be a great opportunity to add this to your CV and emphasis how you brought something special to the school, alongside academics.

-Adaora Ambrose

Recent Recommendations

B O O K



The Waves by Virginia Woolf

The story of six friends as they lead very different lives from childhood to middle age. Full of beautiful and evocative description, 'The Waves' paints a poignant and complex portrait of human experience.

M U S I C



The Land is Inhospitable and So Are We By Mitski

The latest album release from the evermore popular Mitski, including the now infamous 'My love Mine All Mine,' is full of emotive lyrics, beautiful vocals and new synthetic sound- unlike anything you've ever heard before!

S H O W



Percy Jackson and the Olympians

The new TV series on Disney+ recreates the iconic story of Demigod, Percy, on his hero quest to retrieve Zeus's Lightning Bolt, in the way intended by author, Rick Riordan: he produces the show. A must-watch for original fans of the book series!

New Year, New Paper!

A Note from the Editor

You will have noticed The Quarterly Gazette looking a little different this year, but don't worry we are still the same group of writers, our paper has just had a little makeover! As our Year 13s become increasingly busy with A-levels, we would love for new writers to get involved; whether that be as a committed writer, or a one-off idea.

Please get in touch at gazette@gordons.school, or come and find us on a Monday period 7 in E5. If you can't make period 7, please still get in touch, we would still love for you to be involved!

-Sadie Wilson

SPORTS HERE AT GORDONS SCHOOL:

Gordon's netball vs. Churcher's College

Most of them bracing the bitter cold, 23 Gordon's netball teams took part in a block fixture vs. Churcher's College. There was some fantastic netball on display, with teams from all age groups celebrating impressive wins. With even more teams coming together from netball period 7 on a Tuesday, Netball term is off to an amazing (and very busy) start. Look out for netball matches nearly every Wednesday and Saturday- exciting things are to come!



1st Hockey XI vs. Hurstpierpoint College

In the National Cup Quarter Final, 1st Hockey XI put up a phenomenal fight and showed some real grit and resilience against a tough Hurst's side. After a strong start putting them up 2-0, Vice-Captain Tierney got Gordon's back in the game with an excellent draag-flick goal. It wasn't quite enough to win, though, as Hurst's retained their lead and won 2-1. A massive congratulations to all the girls: Quarter Finals in the National Cup is, still, an incredible achievement. Momentum will not slow for Hockey, though, as 1st XI are in the Spring League for the first time, and aiming to win.



SPORTS HERE AT GORDONS SCHOOL:

Coming up:

- Regional round of National schools for 1st VII Netball- the first time Gordon's has qualified!
- Seaford 10s for ACE Rugby
- Interhouse boys hockey
- Semi-Final of the National bowl for U15 A Netball

Congratulations to the Netball and Football players selected for Team of the Week- this is a fantastic achievement and celebration of the sporting excellence here at Gordon' school.

