

11 December 2019

THE BROMSGROVIAN

Christmas cookies!

- Gaia Franceschini Y13

It's a tradition for me to make these delicious cookies every year when Christmas rolls around (more like all year round). These are the perfect cookies to snack on as they are the perfect amount of sweetness; soft on the inside, with a crispy exterior. Bake these, and they'll disappear just as fast as Santa does.

Ingredients:

- ★ 1 cup (226 grams) of butter, softened
 - Make sure that the butter used is not straight out of the fridge, warm up the butter in the microwave for a little to soften it - but **do not melt it!**
- ★ ½ cups (115 grams) of white sugar
- ★ ½ cups (115 grams) of brown sugar
- ★ 2 eggs
- ★ 3 cups (336 grams) all-purpose flour
- ★ 1 teaspoon of vanilla extract
- ★ A pinch of salt
- ★ 2 handfuls of chocolate chips
- ★ 2 handfuls of red and green M&M's



Photo by Averie Sunshine
(www.averiecooks.com)

Instructions:

1. Preheat the oven to 350 degrees F (175 degrees C)
2. In a large bowl, mix together the softened butter, white sugar and brown sugar until smooth (around 3 minutes) Mix in the eggs as well.
3. Add in the vanilla extract and pinch of salt, stir the mixture.
4. Gradually add in the flour, not all at once! and mix until all lumps of flour are gone.



5. Add in the chocolate chips and M&M's and stir the mixture.
6. Line a baking pan with parchment/baking paper
7. Roll the dough into balls and place them evenly spaced on the lined baking pan.
8. Put them in the oven and let them bake for around 10 minutes or until the edges turn light brown; the more brown, the crispier the cookie!
9. After the cookies are ready, take them out of the oven and let them cool down
10. Here comes the best part - enjoy with a glass of milk! :)

Sudoku (Level: Easy)

Complete the grid so that every row, column and every three-by-three box contains the digits 1 to 9. If you find this one easy, scroll down to find a more challenging one!

	7			4	5			
5			8	7				3
		4	1			9		
			5		2		6	8
		2	6				3	
		1		3		2		
		5		1	8		9	2
1	4				6			7
2	9							1

A message from the Deputy Head Boy

- Nick Stanig Y13



Before I start, what a first term we have had! Full of exciting and memorable events from the Loy Krathong celebrations to Movie Showdown and House Sport Friday!

As I am part of the Sixth Form Council, which is responsible for creating activities and initiatives which enhance your Bromsgrove experience, I am currently working on a lunch time sporting programme which would happen every Tuesday in the Sports Hall. My aim from this initiative would be to get as many of you involved to enjoy a wide range of sports! I hope to get it started next term so please stay alert for that announcement!

If I could ask one thing of each and every one of you, it would be that you all to take advantage of all the opportunities that the school provides you with. Also, from my own experience, researching and gaining new and interesting knowledge is very important and beneficial and increasing your overall general knowledge is a very good attribute to have. I also stated during our assembly the importance of expressing your opinions about the school as well as the wider community. Remember there are form reps you can give your ideas to and they help provide us with essential ideas and concerns that you might have. If you have any suggestions or ideas which could help improve the school as a whole don't be afraid to come to me or any of the Sixth Form Council with ideas and we would more than happily pass it onto our next meeting. I hope you all have an amazing Holiday!

Interested in writing an article?

All *published* submissions are rewarded a **50 THB Teebar voucher!**

Send it to:
gfranceschini@bromsgrove.ac.th



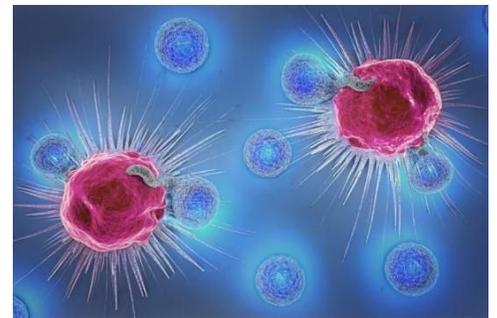
How much do you know about cancer?

- Jeana Lee Y13

Did you know that the origin of the word “cancer” came from the infamous Greek physician Hippocrates?

He used the word “carcinoma” to describe a malignant tumour. This word refers to ‘crab’ in Greek because of the spreading projections from cancer which resemble the shape of a crab.

After many decades, this Greek word was translated to the term that we all know “cancer” (which means crab in Latin) by Celsus, a Romanian physician.



So what is cancer?

There are many different types of cancer as it can be formed nearly anywhere in our body. Cancer is actually a collective name for more than 100 different diseases.



Cancer is formed from genetic mutations in cells. (**Mutation: when a DNA gene is damaged or changed that the cells do not function properly**) This means that cancer is not infectious. In fact, the definite cause of the genetic mutation (and of cancer) is still unknown.

However, what we know for sure is that the genetic mutation causes the cells to divide uncontrollably, forming a tumour.



You may have seen a lot of words referring to cancer that start with “onco”, such as oncologists (which means cancer specialists). This came from “oncos” (Greek word for swelling) which was used by Galen, a Greek physician, to describe tumour. There are two types of cancer-causing tumours: benign tumours and malignant tumours. A benign tumour can grow bigger but does not spread to other areas of the body. However, a malignant tumour can grow larger and spread to various parts of the body. In addition, there are some cancers which do not form a tumour, such as leukaemia.

Unlike many diseases, cancer is very difficult to diagnose and treat. Many people do not feel the symptoms during the first few stages of cancer. Therefore, cancer is diagnosed often during medical examinations for other conditions. Diagnosis tests, such as cancer screening, are used by doctors to determine if a patient has cancer or not. An important fact is that the faster a patient is diagnosed with cancer, the higher the chance of the cancer being cured. Therefore, it is vital for many people to have a medical checkup annually.



There are a lot of different treatment methods for cancer as the treatment a patient gets is determined by the condition of the patient. A well-known treatment is chemotherapy which uses drugs to kill cancer cells. There is no guarantee that the treatment will be successful because the chances of a successful treatment narrows as the stages of cancer increases. It is surely a painful journey throughout the cancer treatment. However, as there is still hope and a chance for the patients to be cured, cancer treatment may be a worthwhile action to take.



Top 5 Moments of Term 1

- *Kai Tarrant Y13*

In my opinion these are the best 5 moments from term 1, these are not in any particular order, instead they are just the best 5! If you disagree with any of them feel free to talk to one of the newsletter members about it!

1. The first day of school

Normally this day would be full of the basics, such a sorting out our journals or timetables. This year we spent it doing a variety of activities and at the end a huge treasure hunt which resulted in everyone getting soaked but soaked with a smile on their faces, it was the perfect way to start a school year.

2. The fun run

This day is always an incredible day whether you're running, jogging or walking, it's a great way to end an extremely long term. This year was no different with Mr. Barnes running away with it for the teachers. Kai and Estelle in Year 13 won for the boy students and girl students respectively.

3. The house movie showdown

Who would've thought we would ever have the pleasure of seeing Mr Williams on the stage pretending to be Thanos, or Mr Smith cross dressing, although to be fair that has become standard. It was a lot of effort for all involved but everyone merited their rewards as it was the best turnout yet.



4. Teachers basketball game

The teachers basketball game had an immersive atmosphere and was full of all sorts of surprises, whether that was Mr. Hart channeling his inner LeBron, or Mr. Tuk unleashing his 3 pointers. Everyone involved had a great lunchtime and hopefully the same will be said for future house competitions.

5. Loy Krathong

The whole school came together and put on a great show as we always do for the Thai festival. All year groups had an individual performance to remember and it was our head boy and girls first hosting job and they did incredibly well. The Thai department worked very hard but I'm sure they would also say it was worth it as a packed auditorium watched on in delight.

Sudoku (Level: Hard)

			3					1
	2			4	9	5		
					2		3	
	9	6				3		
5		4				6		
	1		9				8	
2			6		7			
4			1	9				5
		5						

Complete the grid so that every row, column and every three-by-three box contains the digits 1 to 9.



Keynote Speech

- *Liana Choi Y11*

This is a summary of the keynote speech I wrote to share my experiences in community service in the 6th servICE conference this November. I have decided to send it to the Bromsgrovian as I wanted to share this story with more of you!

Mabuhay, everyone!

I am Liana from Bromsgrove International School Thailand. It's a great pleasure to meet you all, passionate about community service and volunteer work.

Here's the story. I went on a medical mission for a week to the Mindanao Islands in the Philippines. For those of you who are not familiar with that name, let me give you a brief introduction. Mindanao is the second largest island in the Philippines, yet is a disputed region and parts of it are still undergoing conflicts between different ideologies. I was with an organisation called JTS, and we teamed up with medical professionals and we set off to many of the most forgotten and alienated areas of the Philippines.

JTS is short for Join Together Society. It is a non-governmental organisation based in Korea, branching out to other parts of the world, such as the Philippines and India. Fundamentally, their missions are as it states: 'A world without starvation, Disease and Illiteracy.'



One of the most intense happenings of the medical mission started when a man staggered in with a smile on his face. Apparently, he got into a severe motorbike accident about a week before we arrived. His bones were showing through his torn flesh. The worst part? He had wrapped his leg with a duct tape. Yes, those green ones we use to seal boxes. I have to admit, as soon as I saw that poor man's leg, I had to run out to calm myself down, I just couldn't believe what I had witnessed. The duct tape had to be taken out one by one, piece by piece and that man was smiling through the whole thing. It was absolutely unbelievable, yet it was heartbreaking as the man clearly couldn't afford any proper treatment from the hospital.

We also saw a lot of kids throughout the week, and most of them were very bright and brave children with beautiful smiles. However, there is this one child that still sits on my mind, his name was Jollibee. Yes, the fast food store. It's like the McDonalds of the Philippines. At first, it came to me as nothing but a unique name. But the story behind it was actually very bitter. The people at that village cannot afford to eat a hamburger at Jollibee throughout their lifetime. Naming her child Jollibee was actually the mother's wish for the child to become wealthy and famous enough for him to afford Jollibee, just for once. Jollibee was our breakfast menu for the whole week.

One week at the Mindanao Islands flew by and I eventually returned home. At some point, I felt as if the time I'd spent on Mindanao Island was nothing but a vivid dream. That medical mission has shown me so many aspects of the world I was ignorant of. I wasn't a devoted person towards service, but after that week, I felt like I wanted to devote myself to helping this world and the people in it. The joy of helping others, seeing their pure smiles are priceless and indescribable. It had turned my life 360 degrees, I came back to where I originally stood, but now I have seen the world in so many different degrees.

Before, I thought someday, this one majestic person will eventually show up and solve major problems in this world. Someone will, someday. I'm a 16 year old student who



barely has enough time to study for my IGCSEs. I'm too young, I'm too busy. The list goes on. Students, **YOU** are the majestic, magical person that will be a new sensation in this world. We are our own and only hope, and it all starts from here, and don't let anyone tell you when to stop.

For those who seek kindness in this brutal world, for those who seek fairness in this unfair world, for those who seek justice in this unjust world, for those who remain colourful in this monotonous world. Go out, go out and help others. Even if it is something so small and unnoticeable that you think it is worthless. Do it and do it now, and you will never regret doing so.

Thank you so much for listening. Salamats!

Can you complete this word search?

C	D	E	C	E	M	B	E	R	U	S	T	O	R	V
G	H	D	W	A	R	E	C	R	A	O	S	R	I	P
I	A	R	R	E	I	N	D	E	E	R	A	B	E	R
N	S	L	E	I	G	H	E	J	A	N	S	R	C	E
G	N	G	A	S	E	O	G	I	S	A	N	T	A	S
E	O	S	T	O	C	K	I	N	G	M	O	J	N	E
R	R	I	H	L	V	C	N	G	D	E	R	O	D	N
B	T	C	A	O	I	D	G	L	D	N	T	L	Y	T
R	H	A	M	E	L	G	E	E	A	T	H	G	C	S
E	L	V	E	S	G	L	H	D	E	S	P	H	A	L
A	I	C	R	D	A	S	Y	T	Y	C	O	T	N	E
D	C	H	R	I	S	T	M	A	S	X	L	S	E	E
A	R	A	Y	B	R	E	A	S	A	N	E	R	A	F
C	A	R	O	L	S	W	R	W	I	N	T	E	R	S
S	T	G	I	N	G	L	L	Y	O	R	N	A	S	T

- | | | |
|-------------|------------|----------|
| CANDY CANE | HOLLY | SANTA |
| CAROLS | LIGHTS | SLEIGH |
| CHRISTMAS | MERRY | STOCKING |
| DECEMBER | NORTH POLE | TREE |
| ELVES | ORNAMENTS | WINTER |
| GINGERBREAD | PRESENTS | WREATH |
| JINGLE | REINDEER | |

Star stuff: How we're all connected

- *Tawfiq Morshed Y13*

There have always been people that look for ways to feel superior to others: saying one skin colour is better than the other, saying that one gender is better than the other, and so on. But with a simple understanding of stars, we can all see how people really are not that different and these groupings can be unnecessary and divisive.

Our ability to generate energy from the Sun has been around since 1941 but not everyone knows how the Sun gets this energy. All of the stars in the sky use what we call "nuclear fusion", the 'fusion' of two atoms into one new atom, to create energy. A simple way to think of fusion is to imagine trying to get two dodgeballs and stick them together into one dodgeball without any glue, this is similar to how atoms repel each other, we don't have the strength to push these dodgeballs together into one, but the Sun has the energy to push the atoms together! Because the Sun is so big and heavy it forces the atoms (or dodgeballs) in its centre to fuse the atoms together, creating new elements. We start with the lightest element: Hydrogen, and work up from there. Going from Hydrogen to Helium and so on. Once a star runs out of helium and starts to expand, making more elements all the way to iron until it finally explodes! This explosion creates even more elements like gold! These explosions have been happening for a long time around the universe, creating big gas clouds which eventually become solar systems like ours. These





gas clouds cooled down and became big rocks (planets) and stars too. Everything that makes up humans: Carbon, Oxygen, Hydrogen, all came from stars that exploded a long time ago.

For me, the fact that we all come from the stars means we're all the same, even the same as stars we'll never get to see in person! It's important to understand and acknowledge the differences between people, but at the most basic level we're all made out of stars, and how weird would it be to be mean to a star?

Can you unjumble these Christmas words?

nows	
taasn uscla	
file	
ftgi	
hlrpuod	
dycna each	
samhrcsti rete	
eesitmhot	

Advice Column : Mathematics Study Tips

- Yujia (Cathy) Zhou Y13

Teachers' quotes and guides

Mr Morgans

- 1) 3 packs : definitions, formulas, examples for each topic (e.g 1.5 h write down examples and solve them next day to practice and test understanding.
- 2) Revision : arrange time table (break up subjects' revision evenly. On the day before the exam, revise that subject. Revise frequently: twice a week a subject.
- 3) Always practice - exercise questions or past papers.

Mr Seigel

- 1) You learn maths by doing maths, try as many questions and past papers as possible, you learn a little bit from each question you attempt. This is much more effective than reading a revision guide for example.
- 2) Have the answers, or even better, full worked solutions close at hand. If you get stuck, use the worked solutions to help you get unstuck as quickly as possible.
- 3) Focus on the incorrect answers. It may feel good to get lots of correct answers on a topic but you are probably not improving that much. You will improve much more by really studying the questions that you got wrong.

Mr England

"Practice Practice Practice. Consolidate Consolidate Consolidate."