

# St Mary's Sixth Form Newspaper

Lockdown Edition

The Corona Chronicles

May 2020



## Meet the new newspaper team:

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# Lessons From Auschwitz

Pre lockdown, Joshua M & Mia T were successful in their applications to attend a trip to Auschwitz, run by the Holocaust Memorial Trust. Below, they detail what they saw and learnt. Note - there are some shocking and disturbing details.

The Holocaust is defined as the systematic extermination of the Jewish people. Although there were many other victims of the Nazi regime, the Holocaust refers only to the persecution of the Jews. Having visited Auschwitz, it was clear how organised and industrialised the process of wiping the Jews from the earth was. Six million men, women and children were executed in a variety of ways by Nazis in the period of 1939 to 1945. 63% of the Jewish population of Europe. Through the lens of Auschwitz, we explored the events that took place in the six death camps, (whilst also considering the concentration camps which numbered at twenty). The vast scale of the operation demonstrates the intensity of the will to exterminate the Jews.

Hearing a Holocaust survivor speak is an incredible privilege and adds depth to any investigation into the holocaust. It is one that we were very lucky to experience when we heard the testimony given by Steven Frank of his life during the Holocaust. He was a Dutch secular Jew living in Amsterdam before the Holocaust, and suffered greatly at the hands of the Nazi regime. The first part of his story was the murder of his father (a member of the resistance), followed by his induction into the concentration camp system beginning in Barneveld (a hideout for well-off Jews). He was then transferred to Westerbork before being moved to Theresienstadt. He was one of fifteen thousand children in Theresienstadt. Only one hundred survived. His testimony was filled with moving and shocking anecdotes; one of the most horrific tales was of an encounter with an Alsatian. Steven was attacked and mauled on the order of a guard who then laughed as the 8 year old boy was bitten. The message that Steven wanted us to remember was that the man behind the dog was not an animal or a monster, he was human being with a family and he was an individual. The Holocaust was carried out by educated people, not mindless lunatics. Listening to Steven's story gave a face to the 6 million killed, which is a difficult number to comprehend and can sometimes dehumanise the victims.

The visit to the Auschwitz-Birkenau camps was one we believe everyone should have the opportunity to participate in. It provided an image of the suffering experienced and the scale at which it took place. It would be impossible to recount or give justice to the monuments at Auschwitz, but there are some exhibits that are permanently engraved in the minds of any visitor. One of which is large room containing a case of two tonnes of human hair. This is the hair of forty-four thousand people, a fraction of those who suffered in Auschwitz one. If all of the hair shaved was kept, the scale of the exhibit would be unimaginable. Another room displays the shoes of thousands of people, alongside the clothes of children. Clothes which don't look so dissimilar to those our children wear today. The final stage of the Auschwitz visit was walking through the gas chambers, and noticing the horrifying scratch marks painted a picture of the cruelty and human terror.

The most recent exhibit was the Book of Names, which is a book containing the names of four million holocaust victims. Despite a small text size, this book manages to fill a space the size of a classroom and drove home the true scale of human suffering. We were all asked to remember the name of one victim of the Holocaust from the Book of Names; the one we chose was named Sandor Martin. Despite this being a great collective effort by the Jewish community to remember the victims, there are over two million missing names. That is the evil of the Holocaust- the attempt to erase people from history.

After arriving at Birkenau, we were taken aback by the immense size of the camp. It was a vast graveyard of huts and crematoriums. Standing on the platforms where people's fates were decided was surreal and the atmosphere in that place is unlike any other. Birkenau, unlike Auschwitz I, was a death camp. Within two hours of arriving, ninety-eight per cent of people died. It was built as a streamlined extermination centre, not to be habitable. This meant that disease was so severe and prevalent that German soldiers refused to enter. The Sonderkommando (Jewish prisoners working in the gas chambers) and the Kapos (Jewish prisoners acting as supervisors) kept order in the camp. The SS attempted to destroy the crematorium, so that no evidence of the cruelty and mass death was left to be discovered. However, the remains still stand and are huge, demonstrating the sophistication of the technology used in the Holocaust. The technology used, by humans, to kill other humans.

At the end of the Birkenau visit, as the sun set, we took part in a memorial service led by a rabbi and listened to Jewish prayers. Candles were lit, the camp was in darkness and an unexpected atmosphere of peace descended. The camp was no longer a place of cruelty or death, it became a memorial to the lives of the Jews that were killed. The camp was reclaimed for the life and the souls of the dead.

It is far easier to forget the Holocaust and the events which happened at Auschwitz than face the reality. It is easier to blame it on a few insane individuals than to realise that there was a society which stood by while it happened. This bystander attitude continues to exist. Genocide continues to occur around the world. The persecution of the Rohingya in Myanmar, where one hundred thousand have been placed in internment camps, happened within the last 5 years. The lessons from Auschwitz simply have not been learnt by sections of society. Hate and prejudice still exists in various forms in our own country and throughout the world. Every person involved in the Holocaust was human: the collaborators, the perpetrators, and the victims. All it takes for something like this to happen again is for people to make the wrong choices or turn their backs while others do so. Hate should never be accepted in society in any form. The Lesson that we should learn from Auschwitz is tolerance of others and recognizing the danger of inaction. Every person has a voice and it is important that it is heard. So we must use it.

## Pigtail

When all the women in the transport  
Had their heads shaved  
Four workmen with brooms made of birch twigs  
Swept up  
And gathered up the hair  
Behind clean glass  
The stiff hair lies  
Of those suffocated in gas chambers  
There are pins and slide combs  
In this hair  
The hair is not shot through with light  
Is not parted by the breeze  
Is not touched by any hand  
Or rain or lips  
In huge chests  
Clouds of dry hair  
Of those suffocated  
And a faded plait  
A pigtail with a ribbon  
Pulled at schools  
By naughty boys

Tadeusz Różewicz, The Museum, Auschwitz, 1948

## Home Workout advice

*As the number of COVID-19 cases continues to soar, the government continues to request that individuals remain at home to prevent further spread of the virus. As a result of the lockdown, fitness centres and gyms are temporarily closed all over the country leaving people wondering - "what's the best way to exercise from home?"*

*The World Health Organisation suggests roughly 150 minutes of moderate exercise per week and despite the lockdown these recommendations can still be met.*

*Here are some ideas to help you get started:*

*One way of staying in shape is to go out for a walk/run/bike ride. Even with the lockdown in force, it does not mean you have to spend all day, every day cooped up inside your house. Staying at home for a long period of time can have a detrimental effect on both your physical and mental health. For this reason, it is important for people to get outside and have a little bit of exercise. From a short walk to a long run, any form of activity in the fresh air is a sure-fire way to improve one's health and mood.*

*Another idea is to follow Joe Wicks' guided exercise session. Since 23 March Joe Wicks, more commonly known as The Body Coach, has run a daily YouTube live stream called 'P.E with Joe'. The fitness coach has gained over 2 million subscribers in the past month due to the huge popularity of his videos.*

*If you must stay within the confines of your house, the best way to keep in shape is to simply improvise. Whether it's running up the stairs or using bags as kettlebells, all it requires is a small amount of creative thinking. If you need some guidance about the kind of exercises to do at home, then the NHS has put together a ten-minute home workout to get you started. There's also some suggestions on the next page that you could use!*

*Keep busy, and keep well!*

*Disclaimer – please follow any individual medical advice when exercising 😊*

recovery

# MAN DOWN

NR PROJECT WORKOUT @ [neilarey.com](http://neilarey.com)

repeat 3 times | up to 2 minutes rest between sets



10 knee rolls



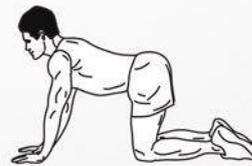
10 bridges



10 x 10sec stretch & hold



10 reverse flutter kicks



10 x 5sec stretch & hold



# Revision tips to reduce exam stress

By Chloe H

Despite lockdown cancelling exams for most, for Year 12s, it's more important than ever that we keep up with our learning and revise content from this year so far – we'll need it in Year 13! The below might be helpful if you're running out of revision ideas.

There are many ways to revise! Everyone revises in different ways. But don't revise without a plan! Many people sit down and read through past work and call it revision, but this is not true. Revision has different components that work together to allow the best chance of success in a test or exam. The first component is to stay calm, if you are worried or your full attention isn't on revising then this can affect how much knowledge is gained. The second component is to plan! If you have a plan about how you prefer to revise then this raises the quality of revision significantly. Some ways that people revise are to write out notes, others prefer to practice putting their revision into words by doing past papers. Not every revision style will suit you! Play to your strengths to identify which type of revision is the best for you:

## Creative

If you like to design or draw then consider putting your creativity towards revision and make posters, mind maps or design new revision notes of your own!

## Challenge

If you like to challenge your knowledge and solve puzzles then consider quizzes or challenges that make you think. You could list as many words relating to a topic area (such as coasts for Geography) as you can within a minute, then challenge yourself to beat your score!

## Practice makes perfect!

Past papers can help identify your mistakes and improve your answers. This can help reduce stress in the exam! The more practice papers you do, the easier it will be to answer exam style questions in the exams because they aren't new to you. The more you answer these style questions, the more comfortable you will be answering them in an exam or test.

The third component is to practice! You can complete a past paper or make your own questions up to answer. The final component is to review! If you noticed you struggled with a certain question or topic area then ask for help from your teacher, friends or family and try answering either the same or different question related to the area you struggled with.

Whatever you do, **don't wait until the end to revise!** Revise as soon as you can, it takes the pressure off you later and gives you a clear conscience, knowing you have done all you can to prepare for the exam or test. Many people view revision as boring, but it doesn't have to be! There are many ways you can revision fun. You could challenge your family to a quiz on a topic area you need to revise. Note down the questions you didn't know and learn them for the next quiz. You could even challenge your friend. Treat yourself to your favourite snack after revising, a little bit of chocolate wouldn't hurt!

# GOOD REVISERS

# POOR REVISERS

Eat breakfast		Skip breakfast
Sleep 8-10 hours a night		Get little sleep
Have regular bed times		Have inconsistent bed times
Get fresh air each day		Stay indoors all day
Exercise regularly		Do no exercise
Do past papers		Mostly revise highlighting "key" passages
Spread out their revision		Cram their revision
Keep a diary to capture negative thoughts		Dwell on worst case scenarios
Revise in a quiet environment		Revise while listening to music or TV
Drink water regularly		Forget to stay hydrated
Put their phone away during revision		Revise with their mobile phone next to them

It is important to balance revision with free time! Make sure you have regular breaks in between revision sessions! This helps to reduce stress by letting you keep control of the situation.

It is important you revise in a safe and quiet place; this helps you to focus on revising.

Make sure you exercise! This helps clear the brain and allows you to refocus.

There are loads of revision techniques that have been discovered and some that haven't! It may take time to find the best style of revision for you, but it's not impossible! Revision really is important; it reduces stress and gives you confidence when walking into your exam or test!

**Revision is the key to success!**

## Teach it!

Research has shown that we remember 95% of what we teach to others and just 10% of what we read.

If you have your study group, why don't you all try to teach each other some of the topics that you need to revise?

If you can teach it, you have learnt it and you understand it!



## Past Papers

Using these are a great way of getting used to the exam format and testing what you have learnt.

- Take exam papers in a quiet and **timed exam environment**.
- Read the examiner's comments!
- Download the listening transcripts and look up any vocab you did not know. Do the same for the rest of the paper. **Good luck of course!!**



## Highlighters

Use highlighters to create a colour coding system.

Assign each colour a specific purpose

Example

- Titles and headlines
- Vocabulary that is new for you
- Grammar
- Higher level language



## Pomodoro

Named after the Italian word for tomato since the timer used by the technique's creator was shaped as a tomato.

Use the pomodoro technique when revising! It consists of:

- 25min of work + 5min break
- After 4 pomodoro have a 30min break

Although a mechanical timer is suggested any timer will do.



# Absolute Bangers

by Tom C

Oi Oi!

This article is all about music and helping you create the perfect playlist to get you through quarantine. Music is like nothing else as it can change your mood in a matter of seconds, and make staying at home slightly more enjoyable.

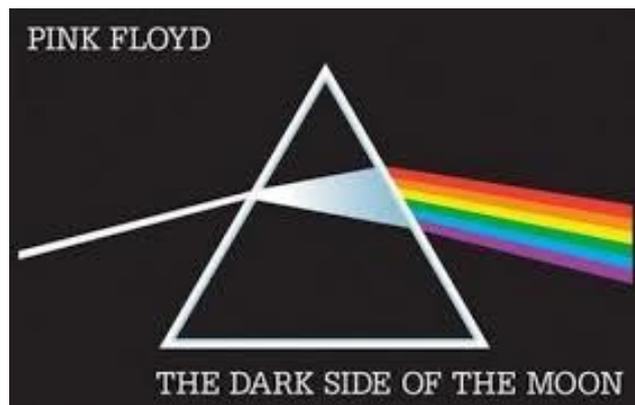
All the music featured bellow is from your suggestions and the charts in the UK right now.



## BBC top 5 albums 12/04/20

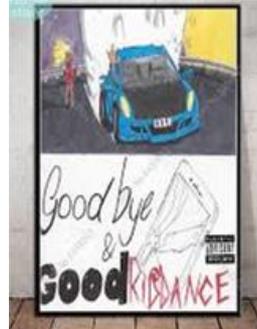
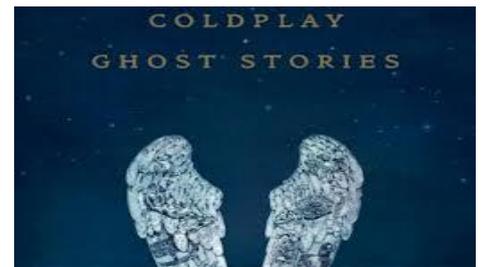
- 1. *After Hours*** (The Weeknd)
- 2. *Divinely Uninspired To A Hellish Extent*** (Lewis Capaldi)
- 3. *I Am Not A Dog On A Chain*** (Morrissey)
- 4. *WHEN WE ALL FALL ASLEEP, WHERE DO WE GO?*** (Billie Eilish)
- 5. *Fine Line*** (Harry Styles)

## Best selling albums of all time.(30 million copies +)





**Your Album/Artist suggestions:**



Thank you to everyone who sent me their suggestions, I hope you all stay well and carry on enjoying music.

# Sports in Lockdown

By Jacob D

Now while there have been no “real” sports going on at the current moment, the world of eSports has picked up the slack.

Being a motorsports fan myself, that is where the majority of my attention has been in these weird times and as a result, that is what this article will be about.

To start, a lot of real racing series have started to use formats such as iRacing or the officially licenced games for the alternative to real racing. On the Formula 1 side of things there have been 2 main series to replace the on track action for the time being with Veloce eSports getting the ball rolling the eve of the scheduled Australian Grand Prix by hosting “Not The Aus GP”, this event was a smash hit and since then has spawned a series to form in its own right, “Not The GP Vs”, where 2 drivers race over 1 lap in a round robin tournament, the drivers taking part in this range from the sensible (F1 drivers such as Lando Norris and Charles Leclerc), to the logical (content creators such as Jimmy Broadbent and Tiametmarduk), to the slightly bizarre (Charles Leclerc’s brother Arthur, Formula 4 driver), to the downright insane (Such as Real Madrid goalkeeper Thibault Courtois and Golfer Ian Porter). The most recent edition, having been held on the 18<sup>th</sup> April 2020, raised over \$6000 for UNICEF in their quest to end this pandemic. Formula 1 itself has also followed suit by creating the “Virtual GP” where F1 drivers, content creators and other insane inclusions do battle at a track where the race has already been cancelled, with official F1 commentators doing the, well, commentary.

Meanwhile our friends over the pond have also joined the fun with both IndyCar and NASCAR migrating to iRacing to hold invitation series. Drivers from both disciplines have been taking part in these races, most notably NASCAR legends Jimmie Johnson, Kyle Busch and Dale Earnhardt Jr taking part sporadically in the IndyCar races with reigning 2-time V8 Supercar champion Scott McLaughlin also driving in the IndyCar series. On the NASCAR side, unknown names such as Timmy Hill and Garrett Smithley breaking out and showing the talent they have for driving 2 tonne stock cars with the aerodynamic properties of a brick in the virtual world.

Unfortunately, controversy and motorsports go hand in hand with the sim racing world being no different. In one of the races in the NASCAR Pro Invitational, driver Bubba Wallace was involved in a crash and he saw no reason to continue, as we all have had moments like this while playing games and quit out of the lobby. His sponsor BluEmu didn’t like this and dropped all future sponsorship of him due to the company being “interested in drivers not quitters”. Later that same week, in an unsanctioned race around the Oval at Monza in Italy, top NASCAR driver Kyle Larson thought it would be a good idea to drop the 'hard r' in an offhand comment to someone in the same room as him. This was broadcast to thousands of people within seconds and was spread from Twitch, where several drivers were streaming the race, to Twitter. This went down about as well as you expect. He went from having one of the top rides in actual NASCAR, to losing all personal sponsorship, his ride and his pay as well as being suspended from NASCAR as a whole. It will be a while before he is back on a racetrack, if at all.

So, these last few weeks in lockdown have certainly been entertaining for a motorsports fan, but not necessarily for the correct reason, thank you Kyle Larson.

Stop Press!

Congratulations to Eco-Z, the year 12 Young Enterprise team, who won the awards for Sustainability and Creativity & Innovation at the regional, Derbyshire finals! Well done to everyone involved.