**BALERNO COMMUNITY HIGH SCHOOL** World Food Programme Susan REVIEWS Calman An interview with the presenter and comic **March and April Edition** 

#### **BALERNO TIMES**

**Springtime Animal Facts** 

16 IWD: The Women That **Inspire Us** 

21 **BOOK OF THE MONTH:** Maggie Browne reviews this month's pick



**Editor's Note** 

#### **RRSA**

An interview on the work of the WFP

#### **World Book Day**

Your recommendations

#### **FEATURE: Interview with Susan Calman**

by Melissa Rattray

#### **REVIEWS:**

This month's books and films

#### **JOKE OF THE MONTH**

by Mr Hamilton

#### World Food Programme

An interview with a representative from the UN World Food Programme

#### Editor's Note

Welcome to the School Magazine's March Edition.

This issue includes your book recommendations for World Book Day, an interview with a representative of the World Food Programme, and a look at the women that inspire the Balerno Times team in honour of World Book Day. There is something for everyone at Balerno to enjoy.

We would like to thank and congratulate all of our contributors for their hard work in helping to put together this issue, particularly during such a busy time of the school year.

The Balerno Jimes Jean











### RRSA: INTERMENT WARENER **WORLD FOOD PROGRAMME**

The World Food Programme is the world's largest humanitarian organization within The United Nations. The World Food Programme is a first responder to emergencies caused by conflict, climate shocks, pandemics and other disasters. It provides food, cash and other assistance where people have been left at risk of going hungry. This all links to protecting Article 27 of the UNCRC, which says all children have the right to a proper house, food and clothing.

The World Food Programme run the Free Rice Game which is an educational trivia game that helps you get smarter while making a difference for people around the world. Every question you answer correctly raises 10 grains of rice for the world food programme (WFP) to support its work saving and changing lives around the world. Following on from our World Food Programme Free Rice Competition during Rights Week, the RRSA team asked a representative from the World Programme some questions about their work.

Read Natalia's responses to our questions here:

What is your role within the World Food Programme and what do you like most about your job?







I am a Monitoring and Evaluation (M&E) Officer at WFP Mozambique, acting as the Deputy Team Lead for the M&E Unit, as responsible for emergency monitoring, and as focal point for evaluations conducted the country office. My role is about ensuring that WFP's interventions are effectively addressing the needs of those we serve. First, I support in the management of the M&E team by ensuring that the function can meet its objectives by providing guidance, overseeing data collection and analysis processes, and ensuring high-quality reporting. I also oversee the monitoring of emergency responses, ensuring that our programs are both effective and efficient. In terms of evaluations, I act as the focal point for centralized evaluations and as evaluation manager for decentralized evaluations (depending on what is on at which moment), which at WFP are always conducted by external and independent teams. What I like most about my job is the ability to see real-time impacts of our interventions on the ground, and interact with beneficiaries, understanding their needs better. Being directly involved in the assessment of our programs allows me to witness the tangible difference we are making in the lives of people affected by emergencies, which is incredibly rewarding.

#### What are the main issues the World Food Programme are dealing with right now and what are the plans to tackle these issues?

Currently, WFP is grappling with several critical issues, including conflict-driven hunger, the impacts of climate change on food security, and the economic repercussions of the COVID-19 pandemic. To tackle these challenges, WFP employs a multifaceted approach that broadly includes emergency food assistance, support for agricultural and livelihood resilience, and programs designed to enhance nutrition and build capacity among local communities and governments. For instance, in regions affected by conflict, WFP provides life-saving emergency assistance while working on long-term solutions to improve food security and resilience. In areas facing the impacts of climate change, WFP implements initiatives aimed at improving agricultural disaster practices and preparedness to ensure communities are more resilient and responsive to shocks.

#### Has there been an increase in world hunger after Covid-19? And has Covid-19 reduced your progress in trying to tackle world hunger?

Yes, there has been a significant increase in world hunger following the onset of the COVID-19 pandemic, and a lot of the impact has been invisible in global and country statistics. The pandemic exacerbated existing challenges to food security, such as economic downturns, disruptions in food supply chains, and increased unemployment; and also provoked an indirect impact on hunger having a range of effects on healthcare systems and social services. This has, in many ways, reduced progress in the fight against world hunger, as resources had to be immediate redirected towards COVID-19 response efforts for a significant amount of time, and the increased number of those in need has strained existing programs. Good sources to more in-detail and rigorous check for information on how COVID-19 has impacted hunger include: FAO's State of Food Security and Nutrition in the World (SOFI) Report; FSIN's Global Report on Food Crises (GRFC); and then some interesting reports produced by IFPRI which are quite elucidating: COVID-19 and Global Food Security; COVID-19: Assessing Impacts and Policy Responses for Food and Nutrition Security; Impacts of COVID-19 on Global Poverty, Food Security and Diets (but there are many others, these are just my personal favourites).



#### Do you have any evidence on the impact of the WFP Free Rice Game?

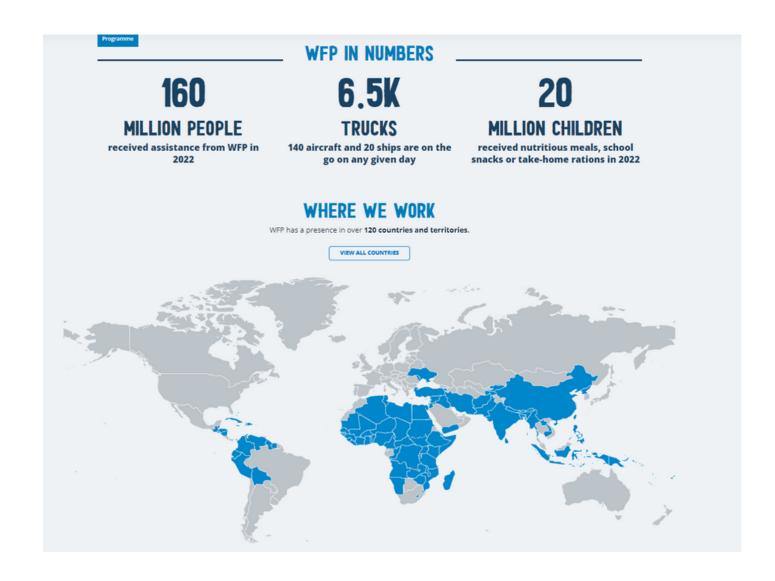
From what I know and have observed, the impact of the Free Rice Game extends far beyond just the grains of rice donated (since 2010, Free Rice has earned 214 billion grains of rice, equivalent to approximately \$1.5 million WFP's for lifesaving programs https://freerice.com/about-us). Millions grains of rice have been distributed to those in need thanks to those generously donating to the game. Moreover, the game has had a considerable educational impact: beyond teaching about hunger, it also teaches insights about gender and sustainability, among others. It serves as a tool not only for raising awareness about world hunger but also for engaging people in a meaningful way. By playing the game, one gains an enhanced understanding of the complexities of food insecurity and a heightened sense of empathy towards people facing hunger. This awareness is crucial for building a global community committed to solving these issues. Also, as you surely can tell better than me, it has become part of some school curricula, used as a platform to teach students and make them critically think about global issues while encouraging them to take action. This is incredibly powerful, as it enables that global hunger and the problematic around it becomes a topic of discussion in the minds of youth when they are starting to shape how they see the world; and hunger is one of the most critical issues shaping our world.

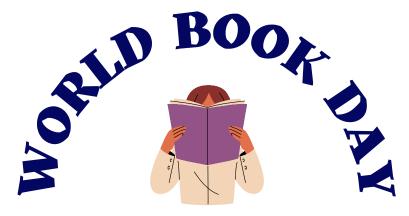
#### Do you think wider promotion of the Free Rice Game could make a wider and even more successful impact towards stopping world hunger?

Absolutely. Wider promotion of the Free Rice Game has the potential to significantly

increase its impact on combating world hunger. You can play Free Rice game for the World By engaging more people globally and Food Programme by scanning this QR code: educating them about the challenges of food insecurity, the game can generate increased donations, support, and awareness for WFP's initiatives. It can also foster empathy not only towards those suffering from hunger in distant countries but also in our own cities. This empathy is crucial in today's world, contributing to the development of more humanized societies that are enriched with networks of care. Furthermore, for sure, leveraging social media platforms and partnering with educational institutions could enhance its visibility and attract a diverse audience.







In celebration of World Book Day, we asked pupils and staff at Balerno about their favourite reads. Find out what our pupils had to say!

#### What is your favourite book of all time and why?

### <u>Percy Jackson and the</u> <u>Lightning Thief by Rick Riordan</u>

It's is a very action packed book with lots of mysterious stuff happening

#### The Blunders by David Walliams

It's a funny book but it's also interesting and it has cliff hangers that make you want to keep reading'

#### Scorpia by Anthony Horowitz

Because it is exciting

#### Heroes by Marcus Rashford and Carl Anka

Because it shows how many people can help you achieve your dreams.

### The Hunger Games by Suzanne Collins

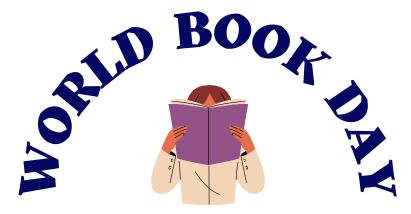
It's exciting, interesting and has a continued plot line throughout the series

#### Boy 87 by Elle Fountain

Really interesting and dramatic.

### <u>Shadow and Bone by Leigh</u> <u>Bardugo</u>

I enjoyed the book because I enjoy fantasy and it has a lot of adventure



In celebration of World Book Day, we asked pupils and staff at Balerno about their favourite reads. Find out what our staff had to say!

#### What is your favourite book of all time and why?

#### A Little Life by Hanya Yanagihara

This book is incredible. You feel every emotion possible. It's gut-wrenching but beautiful and tender. Tough subject matter as it pushes the protagonist to deal with suffering that's unimaginable. However, you will love Jude, root for him, question humanity and adore the writing. - Mr Ferguson

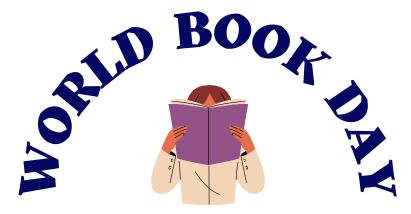
#### Our Wives Under the Sea by Julia Armfield

Such an amazing book - Miri's wife, Leah, goes on a deep sea dive that goes wrong, and when she eventually returns, she is not the same. Beautifully written. *Ms Nitsche* 

### How to Be Creative by Roya A Azadi

This book has lots of strategies and questions to keep your creativity flowing, not just in Art & Design! It is peppered with interesting quotes and has a clean, graphic style!

- Miss Simpson



In celebration of World Book Day, we asked pupils and staff at Balerno about their favourite reads. Find out what our staff had to say!

#### What is your favourite book of all time and why?

#### Novels by Colleen Hoover

Found myself not being able to put these books down. Such an easy read and love the characters. Only problem is they are not massively appropriate for pupils! - Mrs Symon

#### <u>Cilka's Journey by Heather Morris</u>

Sequel to the Tattooist of Auschwitz. A truly inspiring story about a woman's determination to survive against all the odds.

- Mrs Forbes

#### Women of the Dunes by Sarah Maine

This book is set across generations, connecting three women through a mysterious ancient artifact. The author intertwines history, family secrets and the Scottish landscape, creating an real page tuner! Miss Anderson

#### Death at Le Fenice by **Donna Leon**

Three of my favourite things, a detective novel, an opera house and the city of Venice

- perfection.
- Mr Coulson

#### **Artemis by Andy Weir**

Sci-fi, nerdy tech, strong female, adventure, set on the moon, excellent writing. What's not to like?

- Mrs Groves

# FIVE INTERESTING FACTS ABOUT SPRING ANIMALS By Gracie Hurst

Lambs:
Lambs have four stomach compartments and rectangular pupils

Butterflies:
Butterflies are coldblooded and will not
fly if the temperature
is below 50° F

Bees: a honey bee visits 50-100 flowers in one trip!

Bunny's: they perform an athletic jump known as a 'binky' when they are happyperforming twists and kicks mid air! Deer:
male deer also
known as Stags are
excellent swimmers
and a strong sense of
smell.

### INTERNATIONAL WOMEN'S DAY

### **DISPLAY COMPETITION WINNERS!**

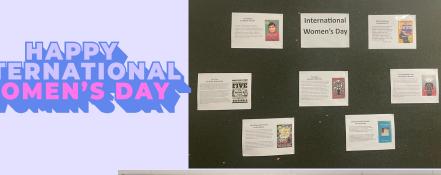
Our Equalities Team challenged faculties across the school to create a display to celebrate International Women's Day.

We can reveal that the winner chosen by the Equalities Team was Science!

Congratulations to the Science faculty and thank you to all faculties who took part – you can see pictures of all the entries below.

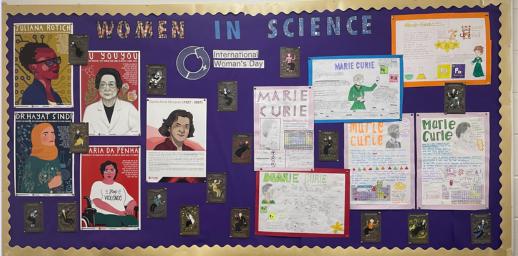


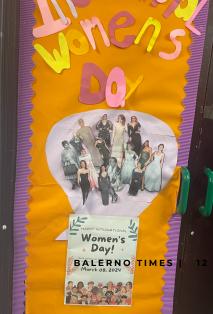












# Susan Calman on International **Women's Day**





In honour of International Women's Day, Susan Calman, popular comedian, author and presenter answered our questions about her difficulty to fame as a comedian. She had her own show on CBBC called Top Class, before moving on to presenting Great British Menu, and becoming the face of The Bank of Scotland in 2020.

#### Which women inspired you growing up, were there any teachers you looked up to, and who inspires you now?

When I was at school, I had an incredibly inspirational English teacher called Mrs King. She taught in such an enthusiastic way and with such passion that it contributed in a huge way to what I'm doing now. I'm pleased to say that we're still in touch over thirty years since I left school! I'm inspired by a lot of women today - Michelle Obama, Billy Jean King and Taylor Swift to name just a few. I'm constantly amazed by campaigners and artists so I'll never stop being inspired I think!

#### How confident did you feel at the beginning of your career?

Well I've had two careers. The first was Law and the second stand up/broadcasting. I studied Law at Glasgow University, then trained as a solicitor and ended up in Corporate Law. When I started as a lawyer, I had no clue what I was doing because the shift between studying and having a job is huge. I was given such a lot of responsibility that I admit I panicked a bit. Then when I started as a Stand-Up comedian, I was terrified most of the time! Standing on stage in front of strangers and trying to make them laugh is tough. What I would say though is that being unsure of what to do can be quite exciting and spurs me on to be better. I'd hate to be doing something that didn't challenge me.

#### What do you love most about your career now?

I love meeting people and travelling. And the shows that I do challenge me a lot. But every day is different,

and every show is exciting. That's an amazing way to live!





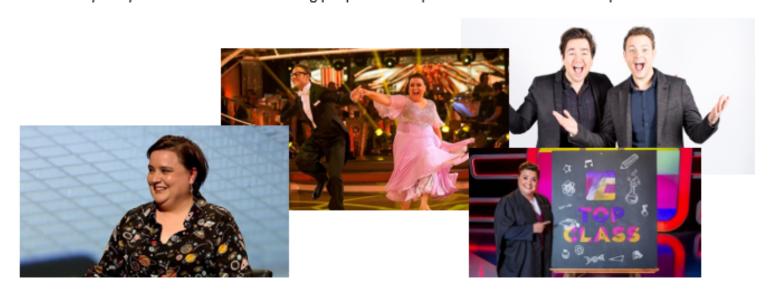


#### Did you feel intimidated when you started your career in comedy because the majority of comedians were male?

In all honesty I hadn't set foot in a comedy club before I started stand up so didn't have any idea how many men or women there were! And law isn't necessarily the most representative career so I didn't have high expectations. I've always believed in doing the best I can and not paying much attention to what anyone else is doing.

#### How did you go from stand-up comedy, to presenting TV shows?

I've done a lot of jobs in television. I started as a stand up and at the same time I worked at the Comedy Unit in Glasgow as a script reader (basically reading all of the scripts that people would send in). Then I worked in warm up for audiences in Studio shows with Sam and Mark. After that I started presenting shows for CBBC which was an amazing training ground to learn the trade. It was after I did Strictly Come Dancing in 2017 that Channel 5 offered me my own show and that's when my career really took off. I've been very lucky to work with some amazing people who helped me to learn how to be a presenter.



#### What do you think is the biggest challenge women face in the entertainment industry?

At the moment the whole industry is struggling with a lack of jobs whatever gender anyone is. It's a really tough industry to get ahead in and I've had to sacrifice a lot of personal relationships to do what I needed to. My experience is entirely positive in the industry and support is there if you need it. The biggest challenge for anyone, whoever they are, are unsociable hours, poor pay at the beginning and the pressures of being in the public eye. Also, I've continued to live in Glasgow so there's a lot of travelling!

#### What message do you think is most important to young people thinking about their careers?

I didn't find out what I wanted to do until I was thirty years old. I don't think University or college is ever a waste and I always say to people if you don't know what you want to do with your life that's absolutely ok. Some of us take a little bit longer to work out where we fit in. There is a lot of pressure to have a plan, and plans are great. But your life might end up somewhere completely unexpected. Mine has. And while it's had it's challenges, I'm fifty this year and I'm exactly where I'm meant to be. There's a long life ahead and it's ok to take some time to work out what you want to do. Good luck to you all!

### IWD: Women That Inspire Us

The Balerno Times' team explain their picks for women that inspire them.

### **AOC**

Alexandria Ocasio - Cortes, sometimes referred to by her initials AOC, is an American politician and activist. She was born in New York City, and she attended Boston University graduating with a bachelor's degree in both international relations and economics.

Ocasio-Cortez began her political career by interning for US senator Ted Kennedy in his section of foreign affairs and immigration issues while still at university. In June 2018 she made history by winning the democratic party's primary election for New York's 14th congressional district after she defeated Joe Crowley who had been the standing representative for ten terms. This was widely seen as unexpected as she had never run for office before. In November 2018 she went on to defeat republican Anthony Pappas making her the next representative for New York's 14th congressional district.

When campaigning, AOC worked as a waitress and was funded entirely by volunteers as she refused to take donations from large corporations as she did not want to be seen as loyal to anyone but the people in her district, a pledge the Congress woman continues to this day. In her first term in office, she introduced 23 new pieces of legislation. Her first piece of legislation was the Green New Deal resolution, which planned for a ten-year national mobilisation, that would put millions to work in good-paying, union jobs repairing the infrastructure as well as reducing air and water pollution. Beginning her term in office in January 2019 aged 29, Ocasio-Cortez became the youngest ever woman and the youngest ever Latino to serve in the United States congress. She is currently serving her second term as representative of New York's 14th Congressional District after being re-elected in 2021.





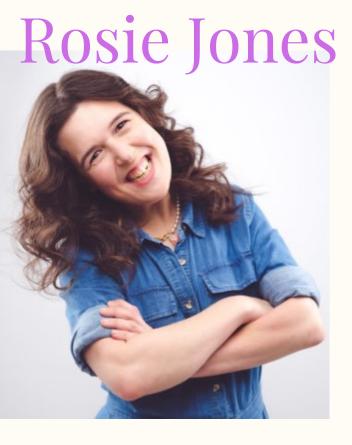
Cleopatra is known as one of the most iconic and influential women that ever lived. She fought hard for her throne and had a hand in three of her siblings' murders to claim it. Cleopatra's relationships with Julius Caesar and Mark Antony are legendary for their romantic and political implications. However, not all of her relationships were glamorous as Cleopatra married not one but two of her brothers, Ptolemy XIII and Ptolemy XIV. She is rumoured to have murdered Ptolemy XIV by poisoning in order to obtain the throne. Her reputation for being ruthless and seductive has often presented her in a negative light, it is true that some of her actions are morally questionable, but it is known that she had many admirable qualities such as her confidence and intelligence.

Cleopatra was part of the Ptolemaic dynasty who were the Pharaohs that had been ruling Egypt for 275 years. Her determination to secure her family's lineage left her mark as one of the most powerful female figures in history. Cleopatra was exceptionally well-educated. She fought hard to be educated and studied mathematics, philosophy, chemistry, economics, law, and linguistics. She was the first Pharaoh to speak to the diverse peoples of her empire in their own languages. She was fluent in nine languages: Greek, Egyptian, Ethiopian, Aramaic, Syriac, Median, Parthian, an Arabic language and the Troglodytes language.



Historians also note she may have also been fluent in Latin but some dispute this. Her education allowed her to develop critical thinking skills and made her able to make definitive decisions when she became a Pharaoh of Egypt. During her reign she successfully extended Egypt's influence and consolidated her authority as well as reinforcing Egypt's control in the Eastern Mediterranean. She also ensured the stabilisation of Egypt's economy and brought about an era of relative prosperity to the nation. Cleopatra was a commanding ruler who used every tool at her disposal to maintain and protect Egypt. Her greatest achievement was her political mind, which she used to ally herself with Julius Caesar ensuring a stable political connection with Rome which ultimately saved Egypt from falling prey to the Roman Empire.

The death of Cleopatra is widely speculated but many historians believe she committed suicide after Mark Antony killed himself after he heard a rumour that she had died. Ultimately, it is thought the death of Mark Antony led to her taking her own life and those of two of her handmaidens by using the venom of an Egyptian cobra. Cleopatra was the first woman in history to rule alone for a period of over a decade. She was also the last Pharaoh of Egypt. Her leadership showed skilled use of public communication and diplomacy with which she forestalled the fall of Egypt to the Roman Empire.

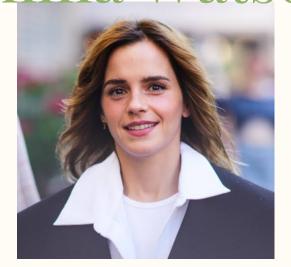


Rosie Jones is a popular writer comedian and actress, but growing up she was discriminated by her classmates for having Cerebral Palsy. After overcoming many negative comments made on her disability, she has become a household name. She's performed at the Fringe multiple times, with The Independent calling her shows one of ten best shows to see. She has written episodes in many popular shows like 8 Cats Out Of 10, and Would I Lie To You? The messages she emphasises, are expressed in the books she wrote called. The Amazing Edie Eckhart, and The Big Trip, which is about an eleven-year-old girl facing the difficulties in high school with Cerebral Palsy. Rosie Jones has and will continue to promote diversity in comedy as she is an idol to many young girls with similar disabilities.

Amelia Earhart was an inspiration for several reasons. She was a pioneering aviator, breaking barriers for women in aviation by becoming the first female pilot to fly solo across the Atlantic Ocean. Additionally, her courage and bravery to have a career in flying despite the social norms and negative comments inspire many women across the world to pursue their goals. Her disappearance during her attempt to travel the world only added to her inspiring legacy.



## Emma Watson



The women that inspires me today is Emma Watson! I have grown up watching the Harry Potter series and always loved Hermione Granger the intelligent female protagonist. After Emma Watson finished some of her major films, she went on to becoming a United Nations Women Goodwill Ambassador and vocal advocate behind her #HeForShe campaign! Emma Watson campaigning and dedication makes me look up to her, as she doesn't give up easily!





"Champions keep playing until they get it right" was what we were told by the internationally highest seeded female tennis player 1966-1975. Inspiring words from Billie Jean King: a woman who never gave up fighting for what she believed in. As a young woman from California, her talent and hard work carried her to the forefront of professional tennis. She founded the Woman's Tennis Association in 1973 and helped convince the U.S. Open to give equal prize money to the male and female winners. Former pro Bobby Riggs challenged her to a match that would challenge how competent women really were at tennis. It took place on the 20th of September 1974. The 'Battle of the Sexes' as it is commonly known remains the most watched tennis match of all time with 90 million viewers sitting down to watch the two tennis legends battle it out. Her clear victory in straight sets was a huge stepping stone for women's tennis and was celebrated by women across the world.

When in 1981 she was publicly outed as a lesbian by her private secretary and she lost all of her brand deals, losing over \$2 million dollars in endorsements. However, she continued to battle against the brutal media as well as her own internal struggles to accept her sexuality at a time where the AIDS crisis was raging on and homophobia was abundant. She retired with a phenomenal 39 grand slams under her belt and devoted her life to advocating for acceptance of the queer community.

Although she celebrated her 80th birthday last year, BJK continues to improve the lives of many through the Billie Jean King Leadership Initiative. In 2009 she was the first woman athlete to receive the Presidential Medal of Freedom from President Barack Obama. And in 2020, the Fed Cup, a global annual world cup of women's tennis competition, was renamed the Billie Jean King Cup. She is a truly inspiring woman who has continued to stay true to herself and help others despite the obstacles and challenges she was faced with throughout her life. On International Women's Day she acts as a reminder to stand for what we believe in and that things will get better no matter how hard they seem.



incredibly talented actress and singer, who helmed the very successful TV show Pose. She has revolutionised visibility in Hollywood.

Vichaela Jae Rodriguez

Mahlia Jackson is often referred to as one of the most influential vocalists of the 20th century. She was born on October 26, 1911, in New Orleans, Louisiana. Growing up in a deeply religious family, she discovered her passion for singing in church at an early age. Despite facing poverty and racial lackson's discrimination, powerful voice emotional delivery quickly gained attention.

In the 1930s, she moved to Chicago, where she began recording gospel music and performing in churches auditoriums. and Her recordings, characterized by their fervent spirit and profound emotion, resonated deeply with audiences. Jackson's rendition of songs like "Move On Up a Little Higher" became iconic in the gospel music world, earning her widespread acclaim.

Throughout her career, Jackson used her voice as a force for change, becoming a prominent figure in the Civil Rights Movement. She performed at rallies and events alongside prominent leaders like Martin Luther King Jr., using her music to inspire and uplift those fighting for equality. Manalia Jackson

Jackson also achieved significant success as a recording artist, winning multiple Grammy Awards and becoming one of the first gospel singers to perform at Carnegie Hall. Her influence transcended the

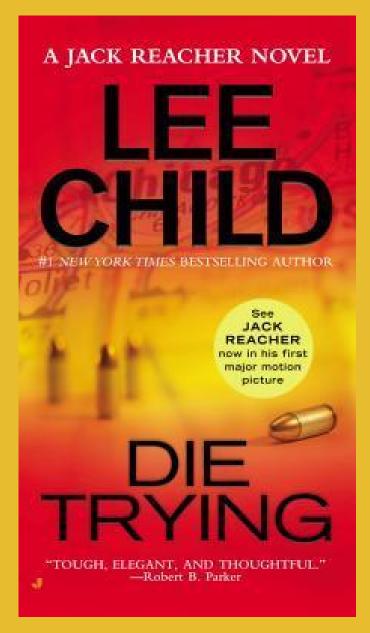
Mahalia Jackson's life was marked by a commitment to her faith, her community, and her music. Her legacy endures as one of the most influential figures in gospel music history, remembered not only for her extraordinary talent but also for her unwavering dedication to social justice and spiritual expression. She died January 27th, 1972, leaving behind a lasting impact on the world of music and activism.

boundaries of genre, as she collaborated with artists ranging from Duke Ellington to Elvis Presley.

# Reviews

### Book of the Month

by Maggie Browne



# Die Trying by Lee Child

The second book of the Jack Reacher series, published in 1998! It's a 4 out 5-star book.

Die Trying explores an innocent encounter at a laundry mat and an act of kindness leading Jack Reacher to be caught up in a kidnapping.

Chained to a secretive woman travelling through America to an unknown location, the plot twist keep on coming... Jack Reacher must battle truths and lies to escape the oncoming danger!

This second book into Jack Reacher's

series is a great murder mystery and suspense thriller. Even though it's the second book in the series, it could be read as a standalone book.



### Movie of the Month

The Hills Have Eyes (2006)

#### Certificate 18

Directed by Alexandre Aja

Set in the nuclear testing grounds of New Mexico, the 2006 adaptation of director Wes Cravens 1977 cult classic following the exact same name, follows a family as they become stranded in the boiling, uncomfortable desert and begin to encounter the vigorously inbred inhabitants as they start to hunt the family down.

This film effectively portrays the heat these characters are feeling as well as the fear and intimidation the inbreds are causing. At times the film may make you feel sick due to the level of hostility the inbreds use but this makes for an exciting horror. This film is also extremely useful for making reference too if you're wanting to insult someone  $\mathfrak{C}$ 

by Theo Crane



### Mr Hamilton's Joke of the Month

I was ill during my holiday and had to return early.

I thought it was ATOL protected.....

Turns out it wasn't protected \_\_\_\_!





# Have your say!

What would you like to see in the school magazine? Answer the survey to have your suggestions considered.



