



Back To School

Edition

Welcome Back!

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Welcome back to school! And if you're in first form, welcome to Campion! This is our official school newspaper and this year we have some cool stuff in store for you all. From recipes to restaurant reviews and advice, TSV has it all plus updates and coverage of school events. Check the school website under the Student tab for monthly updates.

First Form Tips

How to make the most of your first year of high school

So you finished GSAT and got into high school (hopefully the one of your choice). Even after two weeks at Campion, you may be feeling both nervous and excited. As someone who's about to enter her final year of high school, I know exactly what it's like to be in your position and so I'm here to give some helpful advice! Hopefully, reading this article will make your first year of high school a lot easier. Enjoy!

Tip 1

Don't write off people in your form class too soon. I made this mistake; I didn't realize that I had some awesome people in my form class until about third form (who are some of my best friends now). Talk to everyone and be nice to everyone. You never know what friendship could stem from a single conversation.

Tip 2

Interact with people who aren't from the same prep/primary school as you. While it's good to have a couple old friends, don't isolate yourself from making new ones. This is kind of a continuation of tip 1, but don't panic if none of your old friends is in your form class. However, if you're shy it can help to join conversations with your old friends, and like two new people at a time to ease yourself into it. Keep this up with different people and you should have at least 3 new potential friends by the second week.

Tip 3

Bring lunch on the first day (if you can). I know this can seem too juvenile but trust me, the cafeteria lines are absolutely ridiculous in the first week. Don't waste your 35 minutes standing in a line and being pushed around by older kids, bring lunch and save time and money. You don't even have to carry a specific lunch bag, you can put your lunch into your backpack if it has multiple pockets to avoid looking too childish.

Tip 4

Participate in class. You are writing your college recommendations as you step into first form, so make an impression on your teachers. Ask questions, answer questions and just generally participate. Also, make use of consultation periods if you're not understanding a concept. High school teachers can be scary at first, but remember they're just people. Don't be afraid to approach them; it shows initiative and helps you be a better student.

Tip 5

Do. Not. Miss. Club. Expo. If your school has an open day or exhibition day for all the clubs, don't skip it. Go to as many booths as possible and bring extra money on that day. That way, you can participate in all the activities the clubs have to offer and figure out what your interests may be. Joining a club by about the December of first form helps you figure out what you're passionate about; that way you don't have to scramble to meet extra curricular requirements later on.

Tip 6

Join as many clubs as possible in first form. This is your year of experimentation. Try anything that looks interesting and go to a different club every day for the first three weeks or so. After this you should have a general idea of what you're interested in so pick 2-3 clubs and stay committed to them. It's best to go to many clubs in lower school when you still have a lot of spare time. You'll thank yourself later in upper school when CSEC time rolls around.

Tip 7

Get a durable backpack. Don't get one that's massive but don't get one that's too small either. Getting a quality bag will ensure that you don't have to worry about buying a new bag every year. It may seem like a lot to spend now, but in the long run it pays off. The same applies for sports bags and gear like tennis rackets and hockey sticks.

Tip 8

However, don't buy expensive shoes or sports clothing in first form. Chances are you'll grow them out by second form, and have to buy new things anyway. Until you stop growing, buy inexpensive shoes and *non-name* brand PE gear to avoid overspending. Use the money you save to buy a good backpack instead.

Tip 9

Don't feel insecure about your looks in first form. Trust me. You're not supposed to be “hot” in first form ☹️. If you feel like you're awkward looking or ugly in first form, give it a few years. Everyone gets his/her “glow up” at some point. Until then, focus on developing your personality, interests, as well as building solid friendships that make you happy. You have plenty of time for relationships in upper school, so don't stress if your crush doesn't like you now. I can't stress this enough but MAN/WOMAN IS NOT YOUR PRIORITY IN FIRST FORM!

Tip 10

Avoid clique drama. Honestly, it's usually bere foolishness that you're better off without. Don't allow it to affect you too much. Don't medz gossip and rumours and make sure any you hear stop at you. Also, don't talk about people behind their backs. That's just rude and helps no one. Finally, don't medz the hype kids. If you are in that group, great! However, if you're not it's no big deal. True friendship is more important than status and though their lives may seem perfect, a lot of hype kids have their own personal issues. Just be yourself and you will find your people. PS: being a loner is fine too. Just make sure you have someone to talk to if you are having problems with anything. It's not good to keep your problems bottled up.

Tip 11

Don't get too upset if your grades drop a bit from what you were used to. High school work is a lot different from grade 6 work, and most people need time to adjust. However, don't let this make you complacent or downtrodden. Keep working to attain your old standard and your success is assured. Healthy competition is good but don't let it overwhelm you. Class placement does not matter. Your personal improvement as measured by your overall average and effort marks are more important that your place in the class. Most importantly, believe in yourself and work hard. Getting into high school is only the first step. Make sure the time you spend there is spent well.

That's all I have for you guys today. Hopefully, you found this helpful. Have fun, work hard, make friends and have an amazing year!!

Contributed By:

Rajini Coore, 6A

Sixth Form Survival Guide

Congrats on getting into 6th form! Chances are you're here because of your excellent CSEC grades . You've got a huge year ahead of you, so be prepared to really give it your all. We, the class of 2018, having experienced 6B already, present to you our ultimate 6B survival guide, where we'll guide you through everything from friendships to college apps. Enjoy!

Survival Tip 1: Be productive with your breaks
A double session break can seem like a lot of free time but keep in mind, this time can go a lot faster than you'd imagine and it's also not really free. Your breaks are for you to breathe between classes yes, but don't use the whole break as a chill session. A lot can be accomplished in a double session, and you probably have a lot to do. So use your time wisely. If you have two double session breaks use one to eat and the other to catch up on homework, study for a test, or complete any errands you may need to do.

Survival Tip 2: Eat Smart
Some sixth forms let you leave campus to get food after your classes are done for the day. It is at this moment you realize that \$500 for the day may not be enough. To make your money stretch, eat at places that offer large portions of food for a small price. Save expensive food for special occasions because while it's good to treat yo'self sometimes, doing it everyday can make you bankrupt. Or, bring lunch most days, and only eat out once a week if you can. This also often ends up healthier in the long run.

Survival Tip 3: Choose your subjects wisely
When selecting your subjects, pick things that you're good at or really enjoy doing. This makes studying and staying motivated so much easier during the term. Sometimes you may need a particular subject that you don't enjoy for your intended career path, but try not to do more than 2 that fall into this category. I know from experience that doing what you love doesn't even feel like work because you're having fun most of the time and usually doing well. Also, if you experience challenges in a particular subject, loving it and having genuine interest in it will make it easier to overcome them.

Survival Tip 4: Be open to new friendships and your squad changing
6B is an interesting year because you realize that you start talking to people you never would have expected to talk to. Plus, the cliques and separations between groups become less distinct as you get older. Part of coping during this year is understanding that friendship dynamics will change and being open to making new friends. Don't be afraid of change and don't waste time forcing friendships that don't build you as a person.

Survival Tip 5: Don't get complacent
This is very important. Lower sixth is the most crucial year in terms of applying to college as the grades from this year are what colleges look at. Plus, sixth form teachers are the ones writing your recommendations so be sure to make a positive impression. Don't hesitate to ask questions or take advantage of consultation dates if you're having difficulties. It's important to attack weaknesses early in the term, so you don't get bogged down later on. Also, if you feel like you are not suited to a subject, make sure you go about switching early to avoid complications later on.

Survival Tip 6: Get a head start on college prep
This is very important, and will save you a lot of stress in 6A. Start your college research from the summer after fifth form and start narrowing that list in 6B. Make sure you're aware of the cost and subject/testing requirements of each school. If you're planning to go to the US for college, make sure you register early for the SATs. Do them in the January of the year you plan to apply. That way, you can use them to apply if they're good but you also have time to redo them in October or November if you need to. Start practicing from September and attend a prep class if you can, or if you need to. Doing this early saves you a lot of stress, and also gives you the option to apply with early action, which often has a higher acceptance rate.

Survival Tip 7: Use your summer wisely

I know summer is meant to be relaxing, but you also want to be productive, especially with the summer between 6B and 6A. Get a job, start a blog, do a summer programme, volunteer. Do something you're interested in and really want to do. Also, get a head start on all the essays you'll have to write for college applications. Common App usually releases their prompts at the end of July/beginning of August and colleges will have their own specific release dates for the prompts. Take advantage of this, and save yourself from freaking out come September by at least picking a prompt and starting to plan your essay.

Survival Tip 8: Take Unit 1 CAPE very seriously

CAPE. IS. NOT. LIKE. CSEC. In CSEC, you could probably get away with not knowing a particular topic well but CAPE does not work that way. To have a chance of doing well, you need to be fully invested in your study process and be very meticulous about revision. Again, take advantage of consultation times with your teachers. Also, it helps to revise every topic as soon as you finish doing it so the final revision process is a lot more streamlined. Procrastination is your enemy in the long run, so try to avoid it where possible.

Survival Tip 9: Be proactive about IAs

IAs are a significant part of your CAPE grade so you should treat them accordingly. Stick to the deadlines prescribed by your teacher as much as humanly possible, they're there for the benefit of everyone. Also, don't be afraid to ask for specific help or to arrange a meeting with the teacher to discuss any queries you may have. This helps you improve your overall grade, and also shows that you're a committed and disciplined student (bonus points for college recommendations).

Survival Tip 10: Your health is important

Both your mental and physical health are important and should be a priority over anything else. If you're getting stressed from work take a break and work out, drink water, have a snack. Also, don't stop any hobbies you used to enjoy if possible. These provide an outlet for stress relief, and can really help to keep you sane. Avoiding depression is hard, I know, but it's important to have people you can talk to about your problems. This doesn't even have to be an adult; sometimes talking over an issue with a friend can work wonders. Definitely do not get so caught up in work that you forget to eat and sleep regularly. Doing this too often can cause you to burn out and means you're often functioning below peak. Success goes hand in hand with balance.

Survival Tip 11: Take leadership roles

Even if you're not a prefect, run for leadership positions in clubs and teams. This helps you balance school with outside responsibilities and helps you develop your leadership skills.

We hope you found these tips useful. Stick to them as much as you can and you will almost be guaranteed success in 6B. Most of all, enjoy the last years of high school and participate in school activities because you'll miss them later on. Work hard, have fun and have a fantastic year!! :)

Special thanks to the Class of 2018 for the tips mentioned in this article

Goals?

Here's a familiar scenario. You see someone excelling; be it academically, athletically, socially or any combination thereof, and without thinking, the first thing you say is, "goals". Upon first inspection, this seems like a positive thing, right? You're acknowledging someone's achievements and aspiring to be like them, or so it would seem. Consider this; how many times have you said, "goals" but done nothing to improve yourself, or emulate the person to whom you are referring? Chances are that it's a high number. Why is this, what does it mean for us and how can we change it?

Our society is one that, over the past few decades, has become increasingly superficial. In so doing, we see more value in appearing to have positive traits than actually having these traits. Let me give an example. How many people do you know who do community service? I'm guessing quite a few. How many of those people do it "for their transcript" and how many do it out of genuine compassion and concern for the less fortunate? I'm going to take the risk and assume that the latter group has far fewer members than the former.

This superficiality comes into play when we see other people doing things we know that we should be doing. In a desperate attempt to appear as virtuous or hard working as they are, we pretend that we are actively trying to get on their level.

It's a lot easier to say "goals" than to actually set goals and work towards them. See someone get 100% on a test, "goals". See someone win a gold medal for the school, "goals". See someone working to get fit, "goals". And just like that, you appear to be a motivated and determined student who strives for excellence both academically and athletically, while still having time to spend six hours a day on Instagram. Well, I have something to tell you. In the words of Donald Trump:

You're fake news.

Talk as much as you want, until you put the work in, you're never going to achieve those "goals" that you *so dearly* value.

Enough of the doom and gloom, though, what if you actually do want to improve? Well, you have a solution: **goals**. Instead of opening your mouth and just saying it, stop, think about what you want, write it down and work towards it.

If you want to be a better student, athlete, artist or whatever you want to be, stop, look at where you are now, look at where you want to be.

Let's run through this together.

- Create a BHAG (Big Hairy Audacious Goal). So, say you're getting 70s in math, set your goal high, shoot for that 90. If you shoot for the stars and you land on the moon, you still went pretty far.
- Set short term goals that will help you get towards your BHAG. For example, slotting in an extra hour a day for practising math.
- Most importantly, BE CONSISTENT. Do what you have to do to remind yourself of your goal and stick with it. Remember, *"We are what we repeatedly do. Excellence, then, is not an act, but a habit."* ~Aristotle

Don't get caught in the trap of seeming great. Stop talking about "goals", set **actual** goals and work towards them. You'll know that you're better off when you walk by, hear the word, "goals" and laugh to yourself.

Contributed by **Warren James, 6A**

Sixth Form Social Highlights

On Friday September 5, 6A hosted a small social to welcome the incoming 6B class. The event was aimed at breaking down barriers between the forms and laying to rest the rumours of "dem nuh like we" that had been flying around the 6B lounge. Complete with dancing, fire tunes and plenty of games, the social was the perfect way to start the year off with a bang, and the show went on despite the torrential rains. Fantastic job to the planning committee and everyone who helped make it a success. The Big Brother/Sister social on the 22nd has a tough act to follow. Special thanks to Danielle Mullings of 6A for the photos below.

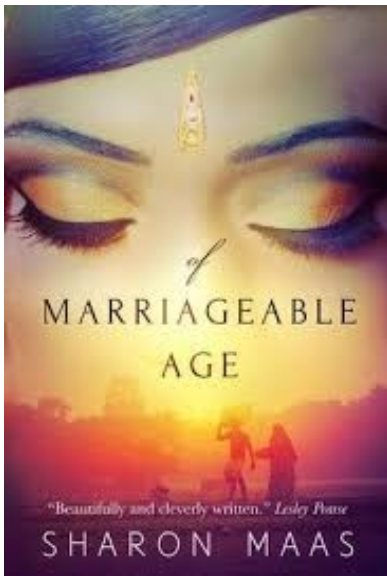


Sixth Form Social Highlights



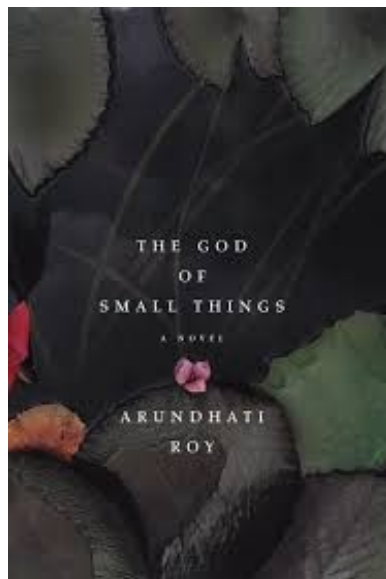
Books Of The Month

Best Plot Twist



This one goes to **Of Marriageable Age** by Sharon Maas. Set in Guyana and India, the story is told from three perspectives at two different time periods. The first arc describes the life of Sarojini, a Guyanese girl who feels trapped by her father's iron fist and his totalitarian rule over the family. She longs for more than just an arranged marriage and a family, despite her father's urging. She takes solace in her enigmatic mother who has a certain "je ne sais quoi" that makes her almost magical. Her mother is the silent constant in their house, with her savory cooking and gentleness, the antithesis to her bigoted and strict father. The next arc is told from the perspective of Nataraj, a young boy who grows up in an orphanage in India and is one day adopted by a doctor. He grows up with the doctor who imparts his knowledge and work ethic to the boy. The final arc takes place in the generation before Saroj and Nat, and tells the story of Savitri, the daughter of a cook on a family's estate. Savitri and David, the son of the owners, are best friends and eventually fall in love. While the plot is not very fast paced, the reader slowly realizes the links between the arcs and the whole story starts to make sense. The style of writing is altogether very descriptive and almost therapeutic, you feel everything each character feels as if you share their body. The plot twists in the middle and end will shock you. Overall a great read. Available in the Kindle store.

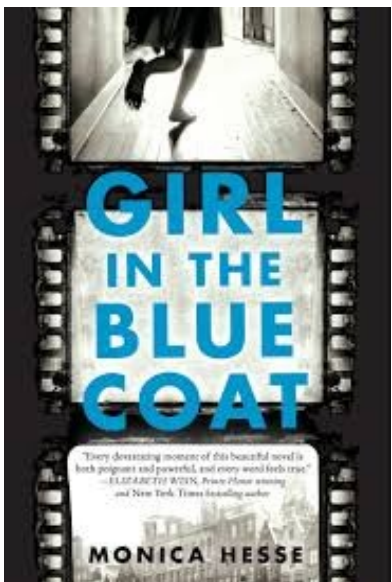
Best Writing Style



Hands down this goes to Arundhati Roy's **The God of Small Things**, a gem I discovered in the Campion library. The plot is not particularly fast paced but Roy's writing style is absolutely breathtaking. Her descriptions of the scenery are highly detailed, and her characters are complex and startlingly human. The story discusses the life experiences of twins, Esthappen and Rahel, who grow up in Kerala, South India with their grandmother, grand-aunt, uncle and mother. The story examines the effects of love and the lack thereof on children, and how their perception of the world is altered by the influence of adults in their lives. The twins are unique and gifted children, however their circumstances expose them to many harsh situations that eventually ruin them emotionally. Roy takes the readers on an emotional roller coaster, having them dying from laughter in one instant and in tears the next. This novel truly encourages deep introspection on humanity's capacity for both great evil and great love. A thread of melancholy runs through the novel which only adds to its beauty. Overall one of the most unique and touching novels I've ever read.

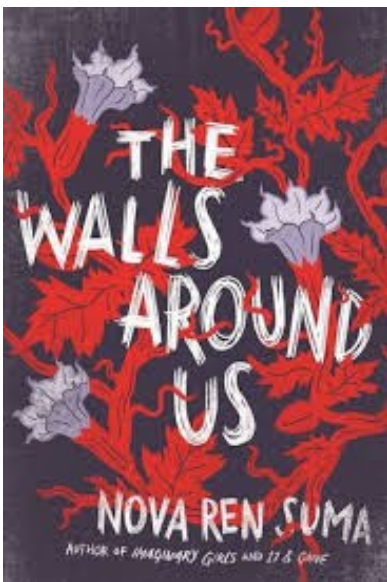
Books Of The Month

Best Historical Fiction



I've read a lot of historical fiction and non fiction, mainly on WW2 and the Holocaust. One of my favorites of this category was **Girl in the Blue Coat** by Monica Hesse. The story follows Hanneke Bakker, a Dutch teenager who smuggles food to wealthy people during the war. Her boyfriend Bas had been killed in battle and she has become isolated from her best friend. One day, she is asked to find a missing Jewish girl by one of her customers. Despite the immense risk, she agrees. Upon her search, she joins a resistance organization that saves Jewish babies, among other acts of rebellion. She discovers the real horrors of what happens to the Jews in the ghettos and so is even more pressured to find the Jewish girl. While all of this is happening, she still experiences the usual teenage struggles of losing a loved one and having fights with your friends. A likable main character combined with a gripping plot and wild plot twist make this book a real page turner. A good intro for teens into WW2/ Holocaust lit. Available in the Kindle Store and in print.

Best Paranormal Fiction



Ok, I admit I'm not much of a paranormal fiction person, but this book was really interesting. With not one, but two unreliable narrators *gasp*, **The Walls Around Us** by Nova Ren Suma tells the story of Orianna, accused and convicted of a crime she did not commit, told from the perspectives of Violet her best friend before she was imprisoned and Amber, her cellmate in juvenile detention. The plot does not stick to any particular chronological timeline but skips back and forth from past to present. Violet's parts reveal her jealousy of Orianna's natural talent at ballet and her endearing personality, both things that Violet lacked (*cough* fake friend *cough*). We then find out that Violet is only as successful as she is now because of Orianna's imprisonment. Violet also knows the details of the crime Orianna was accused of but her mind has altered reality, so her recollection keeps changing throughout her telling of the story. Amber on the other hand is an inmate in the same detention center as Orianna and recognizes her innocence almost instantly. Eventually, she comes to befriend Orianna or Ori and is told the real story of what happened. Her desire to avenge Ori for the wrongs done to her leads to the stunning climax of the novel. Personally I thought the ending was a bit abrupt and weird but I hear it's supposed to be open to interpretation. However, "The Walls Around Us" was a gripping and interesting read, that revealed the inner workings of teenage girls' psyches. Dark and edgy, it is definitely a page turner that you can finish over a weekend. Available in the Kindle Store.

Read anything good lately?

Get your favorite book featured on the newsletter by sending the title and author along with a short summary of the plot (no more than 200 words) to a1phabets0up1876@gmail.com.

Contributed by: Rajini Coore 6A

Upcoming Events

Big Brother/Sister Social- September 22

College talks (Duke University)-October 3

College talks (Stanford, Upenn,Princeton)- October 4

College talks (WPI)- October 4

College talks (Bucknell University)-October 5

Club Expo- October 6

SATs- October 7

College talks (Hamilton College)- October 10 College

talks (Emory University)- October 11

PSAT - October 14

CAREERS RAP - NOV. 1

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