

THE WARZONE

The Ultimate Year 7 Survival Guide | SPRING 2017



INSIDE



What I Wish I Knew
Problems & Advice
Heston Sports Clubs

IN THIS MAGAZINE

... we have all the information you need to survive HCS. Our magazine has the guides and tricks on our biggest expectations and impressions. We start off with a picture of our amazing editorial team with Ronan, Avneet, Charleen, Puneet, Attiyah and Wiktor and the magicians waving their wands (Ms Birk and Mr H). Anyways, turn the page and enjoy our masterpiece!

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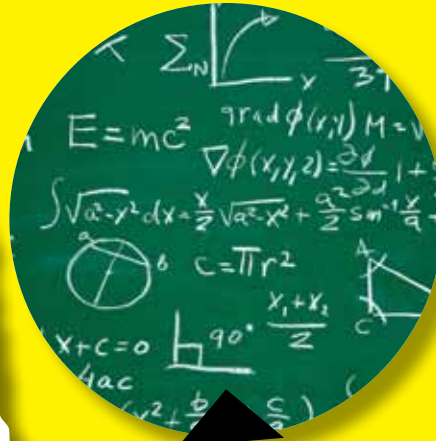
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WHAT I WISH I KNEW



I wish I knew how to do maths the easy way (it does exist!) as I found it really difficult at the beginning and dreaded lessons.

Year 9

I wish I knew my way around the school. I always used to get lost and late to lesson when I started year 7. If I knew my way around it would've been easier for me to get to the lessons on time and I wouldn't have had to waste time asking teachers and students how to get to the class.

YEAR 8

I wish I knew where the best place to hang around with friends was. Personally, I like the old school grounds behind the canteen. It is a lot quieter than other parts of the school and great if you have a headache!

Year 10

I wish I knew how amazing the after school sports clubs were – I would have signed up a lot sooner. I met some of my best friends there.

.. Year 9 ..



YEAR 8

I wish I knew that my teacher could check on Google if I copied and pasted my homework, which was the case, so I got a detention ...

I wish I knew that if I was unsure about something – anything at all – that I could just ask for help. I can't get over how friendly and helpful everyone is here.

Year 12

I wish I knew that I was not supposed to dress up for World Book Day and was supposed to dress up for mufti day.

.. Year 9 ..

I wish I knew that it's okay to be scared, confused and nervous. It's all part of the ride. If I could redo Year 7, I would definitely tell myself to chill out.

YEAR 13



SCHOOL MAP

Heston Primary School
... sometimes we wish we
could play on their climbing
frames!

Sports Hall – some of us
spend our life here!

The Court Yard is the place
for the calmest people at
HCS. It's my favourite place
in the world – if you get
a chance stop by and say
“Hi!” to me!

The Courts are where
everyone plays football at
break time – you have to
wear football shoes though
so don't try to sneak in!

Car Park – another escape
route! Just jump into
someone's car!

Learning Resource
Centre – better known
as the LRC – a place to
read, chillax or quickly do
your homework ... and of
course say hello to Ms Hi!

The best place to hang out
with friends – it is more
hidden than the others!
You can usually go here
after you finish lunch in the
canteen too!

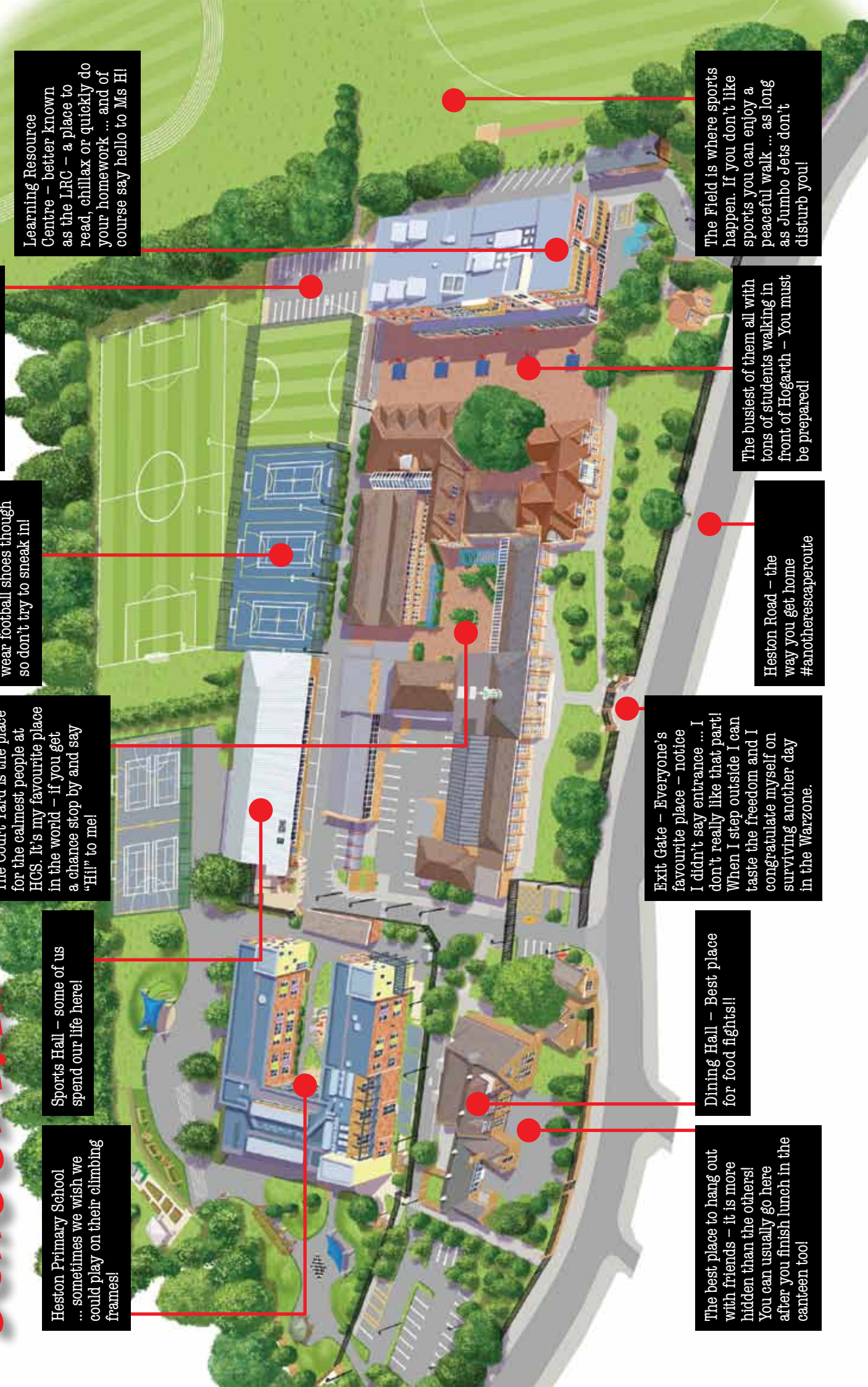
Dining Hall – Best place
for food fights!!

Exit Gate – Everyone's
favourite place – notice
I didn't say entrance ... I
don't really like that part!
When I step outside I can
taste the freedom and I
congratulate myself on
surviving another day
in the Warzone.

Heston Road – the
way you get home
#anotherescaperoute

The busiest of them all with
tons of students walking in
front of Hogarth – You must
be prepared!

The Field is where sports
happen. If you don't like
sports you can enjoy a
peaceful walk ... as long
as Jumbo Jets don't
disturb you!



PROBLEMS & ADVICE

Dear Agony Aunt,

I can't seem to find any of my classrooms in the school: it's so big I often miss my morning break just trying to find the next room! I don't really understand the letter and number system in each building. On top of that, there are so many sets of stairs! What do I do?

Forever Lost

Dear Forever Lost,

First of all – don't panic! The school is made up of three main buildings: Osterley (O), Hogarth (H) and Sutton (S). The next thing you need to work out is which floor you need to be on: Ground (G), First (F) or Second (S). From there you simply walk down the corridor to find the right number. So as an example: if you were looking for HS16, that would be Hogarth Second Floor Room 16. If you still find it difficult, ask a member of staff or another pupil. Good luck!

Dear Agony Aunt,

I'm in Year 9 and I have been struggling to build my

confidence since Year 7. I'm too scared to go up to other pupils or even put my hand up in class. I don't have anyone to spend break or lunch with but I'm too embarrassed to start. What can I do?

ShyGirl

Dear ShyGirl,

Confidence comes from within – when you start to feel better about yourself, other people notice. Firstly, you should speak to your class teachers about your shyness. Perhaps you could make it a target to speak at least once or twice each lesson?

Secondly, take advantage of the school's many lunch and after school clubs. You will be able to meet pupils with similar interests. It sounds as though no one knows how you are feeling which is a shame. Try and make the first move – it will be scary but once you do, you'll wonder why you didn't do it sooner!

Dear Agony Aunt,

I tend to get a lot of spots and feel very insecure about them because other kids make fun of them. What could I do to get rid of them? Please help!

Embarrassed

Dear Embarrassed,

Getting spots is just part of growing up, but there are some ways of getting rid of them. Firstly, don't touch your face unless your

hands have just been washed. The spots could be caused by bacteria spreading on your face. Secondly, if you have a couple of spots try using toothpaste on them overnight to dry them out. Speak to someone at home about buying a good cleanser such as Neutrogena. Lastly, drink plenty of water and avoid oily foods and chocolate which can cause nasty breakouts. No one should make you feel bad about getting spots – if they do, then tell a parent/carer or teacher.

Dear Agony Aunt,

There's a boy in the year above me who keeps asking me for my lunch money. I've managed to avoid him so far, but I'm feeling quite stressed that I'll bump into him and he'll take it from me. I'm too scared to tell anyone. What can I do?

Scared

Dear Scared,

You must tell your tutor or Learning coordinator about this straight away. Heston has a no bullying policy and in reporting this pupil you will not only feel safe but prevent others from getting targeted too. Once this has been sorted out and the pupil has been dealt with, you will feel safe and free to enjoy secondary school life. Good luck – and be brave.



SOCIAL MEDIA HOMEWORK

Dave is new to his secondary school in Year 7. He also has an Instagram account. He hangs out with his other friends James and Frankie. Frankie and James go to Dave's house and mess around. When they find Dave's Instagram account, they make fun of him and his posts. They quickly take a picture of him when he is doing an embarrassing pose and run off. They both post edited pictures of his face and spam it around Instagram. They make accounts impersonating him and texting new people giving a bad impression of him.

Dave soon finds out and is extremely worried. However, after pondering on what to do for a long time, he decides to tell his parents. His parents are very shocked and decide to ask the parents of the children to take it down. However, Dave doesn't want this because if his parents come storming into school, it will be embarrassing for him. So he decides to file an anonymous report on his two former friends and they are both given warnings that will surely make them stop.

After all the accounts are deleted, Dave clears up the problem and can live his life without worrying again about these minor (but seemingly major) things. If this happens to you, you can file an online report, tell your parents or tell a teacher.

Now Dave can live a safe, happy and healthy life without worry or sadness!

Yes. I said it. Homework.

It's probably the most boring topic on the planet for us kids but I'm sorry to break it to you – you're going to get a lot of it! So I decided to give you some tips with homework that I learned during my time in Year 7.

If you forget your homework at home or just didn't do it then just tell your teacher instead of making up stories like "My baby sister ripped it" or "My dog ate it" as you will only get yourself into bigger trouble (I've tried it and it didn't go well).

Get into the habit of packing your bag the night before to check if you have all your books and homework. This will give you time to do the homework that you forgot to do and will ensure you don't forget anything.

Write your homework in your diary straight after the teacher has set it instead of asking a friend later on in the week. This is because you might forget to ask or your friend might have not written it in either.

Highlight or tick the homework in your diary when you are done with them so you can clearly see what you have left to finish.

Asking a friend for help is alright as long as you never copy them as the teacher will most likely see that your work is the same and you will probably land into trouble. (This has happened to my friend and they got a detention for 30 min ... not good).

I hope that these five tips help you through your first year and remember – do your homework and enjoy school while you still can!

1

2





3

4

5



CHECKLIST

- ✓ SLEEP AT LEAST 7 HOURS 
- ✓ CLEAN & CORRECT UNIFORM
- ✓ BREAKFAST AT HOME OR BREAKFAST CLUB 
- ✓ LUNCH ORGANISED
- ✓ HOMEWORK COMPLETED
- ✓ BOOKS / EQUIPMENT FOR LESSONS PACKED 
- ✓ READING BOOK 
- ✓ DIARY - CHECKED & SIGNED
- ✓ PENCIL, PEN, RULER, RUBBER





BODYGUARD TRAINING

for Years 7-9

Recently, as you might have heard, Chris Bradford, the bestselling author of the Young Samurai and Bodyguard series visited Heston to deliver workshops for Year 7, 8 and 9 boys.

When Chris Bradford made an introduction, it wasn't him doing it, was in fact Ms Hurley who did it for him. However, in the middle of the introduction, gunshots went off and Chris chased Ms Hurley offstage as the crowd was screaming! Poor Ms Hurley! Of course the gunshots were not real and Chris came back to introduce us to his Bodyguard series. He showed us a live action video which is based upon the action that takes place in his books.

He explained his bodyguard training and how to spot any potential safety threat.

However, he then points a water pistol M9 at the audience and moments later they are all soaking wet! After this, he showed us his Young Samurai book series about a young boy by the name of Jack Fletcher. He is shipwrecked with his father and crew slaughtered in the year 1611. He is rescued by a legendary sword master and is trained to become a young samurai warrior.

Chris also offered his audience a discounted offer on some of his books and performed a celebrity protection activity. At the end of the day, he even showed an extremely dangerous (real!) samurai sword! What a great day for the Year 7-9 boys!



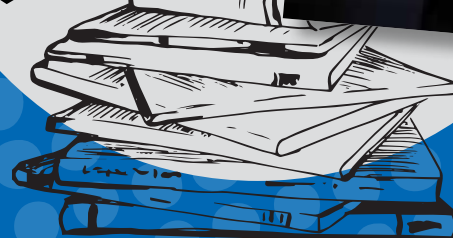
BOOK REVIEW

HOSTAGE

by Chris Bradford

The first book in the Bodyguard series by Chris Bradford is called **Hostage**. It's an action-packed adventure, that keeps you on the edge of your seat waiting for the next line to begin.

The book is about 14-year-old Connor Reeves who is recruited as a bodyguard. In the book Connor who has just been recruited, gets his first ever assignment: to protect the president's daughter. He's faced with a problem around every corner, while he tries to follow his dad's footsteps, but he does his best. Find out what happens and what Connor does. You'll soon uncover things about him and his family in what can only be described as a "bone-crunching action adventure" by **The Financial Times**.



4am

Ms Hurley, as you may know, is our amazing, hardworking librarian. She wakes up at 4:00am, and opens the library at 8:00am for you girls and boys. In the morning, she has to make sure the library is organised for students. To make her life easier, please don't rip out the labels on the spine as Ms H will have to do A LOT of sticking. At 8:25, she has to tell the students to leave or they will be late for registration. Then at 10.35 it's break time – the noisiest part of the day. As students rush to computers to do their last minute homework, Ms H has to make sure every year group is following the correct timetable for their day. After break, Ms H is always organising and sending emails, notices, arranging workshops, clubs and author visits. At lunchtime, Ms H has to make sure no one has snuck food in ... how sneaky! Finally, at the end of the school day at 3pm, students can come in and finish any work off while Ms Hurley decides to lock up for the evening and heads back to her home all the way to Essex to her four lovely children. An extremely busy day if you ask me!

10.35am

8.25am 3pm

6pm

MS HURLEY'S DAY IN THE LIFE



HESTON SPORTS CLUBS

Here at Heston we offer students the opportunity to join many sports clubs for boys and girls. Many of the clubs offer awesome opportunities such as playing for your school team. Some clubs are held at lunchtime and some are held after school:

PUPIL VERDICT:

I personally am a very active person and enjoy doing sports every day. I go to basketball every lunchtime. Basketball is something that I enjoy a lot and I work very hard along with a few of my friends. Basketball offers many great opportunities such as playing against other schools and representing Heston and also representing Hounslow's basketball team, Hounslow Hawks. I also play netball and football.



Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Girls Basketball	Lunch Badminton	Lunch Weights Room	Lunch Dodgeball Dance	Lunch Girls Basketball
After school Cricket Girls Football Yr10 GCSE Football	After school Dance Boys Basketball KS4 Boys Weights Room	After school Netball	After school Yr7 Boys Football Weights Room	After school Weights Room