

CHRISTMAS EDITION



THE MEADOW MAGAZINE

#1

OFFICIAL FIRST ISSUE

Thank you to Mr Anstee & Mrs Fabisch for their time, Mrs Norris for help with sharing our magazine and Faith Sugden for formatting the magazine and designing the front cover. We couldn't have done it without you!

CONTENTS

Meet the
Magazine
Team

3

Animal

5

Interview
with Mr
Anstee

6

New
Releases

7

Top 10
X-Mas
Movies

9

UEFA
Report

11

X-Mas
Doors

13

Recipe:
Pierogi

15

Recipe:
Eiertäsch

17

Mindfulness
Puzzles

18

Meet the Magazine Team

Want to know more about the Magazine Team? If you do, read my interview with them – 3 simple questions, what will they say?

Question 1: What is your favourite film?

Question 2: What is your favourite food?

Question 3: What is your favourite time of the year?

Aryan:

Q. 1: Cars because Lightning McQueen is racing.

Q. 2: Pizza because it's got cheese and tomato on it.

Q. 3: Any time of the year when I am spending time with my family.

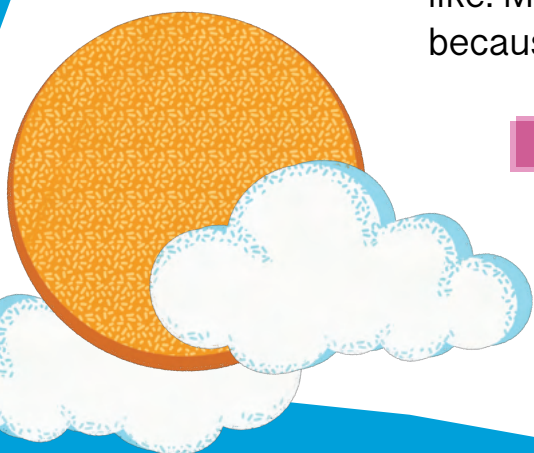


COLBY:

Q. 1: I had to look this one up because there are so many I like. My favourite film at the moment is Look Out because there's loads of action

Q. 2: Probably Indian food, I love a good curry!

Q. 3: Probably August because it's the hottest month, or Christmas maybe.





Mrs Guest

Q. 1: Ooh, that's a really hard question. I like the Mamma Mia films because they've got all the singing and dancing.

Q. 2: Pizza. I just like all the different toppings.

Q. 3: I like Christmas because I like putting up all the decorations, and all the presents and just feeling warm and cosy at home.





Mrs Sugden:

Q. 1: This is a difficult one. So I'm really torn between Harry Potter, Star Wars and Lord of the Rings... but I'm going to say Lord of the Rings because they were just perfect films in so many ways.

Q. 2: I love so many different types of food. If I had to choose I would say Mexican food, probably enchiladas, they're spicy and delicious!

Q. 3: Autumn, definitely Autumn. I love it because of the changing Autumn colours, that it's not too hot anymore and you can put on cosy clothing and put up pretty lights as well.



Lugman and Raymond were both too busy this time but I will make sure I share what they like in our next issue... and of course what I like too! If you have any questions you want me to ask or ideas for articles, email us at SchoolMagazine@meadowhighschool.org and we will try our best!

THE WEIRD WORLD OF Animals

ROBINS, SQUIRRELS & HEDGEHOGS

- Robins are found across the UK in woodland, gardens, parks and hedgerows.

- Young robins do not have red breasts.

- They are very loyal to their food sources.

- Robins sometimes nest on window ledges.

- The oldest known robin lived for 11 years and five months. They usually only live 13 months.



- They can live up to 20 years.

- You can't have a squirrel as a pet - it is illegal!

- They have sharp claws to have grip which helps them to climb and run fast.

- Red squirrels and grey squirrels cannot live together.



- They can live up to 20 years.

- They spend the day sleeping under leaves or in holes.

- Hedgehogs are found in deserts, forests, grasslands, marshes and gardens.

- A baby hedgehog is called a hoglet.

- They can walk over two miles in one night.



An Interview with:

Mr Anstee



Today I had Mr Anstee who is well known in the school for teaching PE and he is the PE Faculty Leader. I asked him some questions about PE at school.

Luqman

What range of sports are the Key Stages

Mr Anstee

So, we are learning different skills such as teamwork, responsibility and motivation. Through these you can do loads of different sports. We're not picking one sport, we're saying that you can pick a sport. So if your class want to do table tennis next week, we

Luqman

What PE events have happened this term?

Mr Anstee

We've got an Under 14s football tournament that happens about every four weeks. We've also got an Under 16s tournament, a girls only tournament. We've also got a Panathlon, that's multi-sports in the hall and also a boccia competition coming up.

Luqman

What are the upcoming events for the Spring term?

Mr Anstee

We've got a new age curling tournament, table tennis tournament, and do you know polybat? Polybat is a little bit like air hockey [that you can play at arcades]. We've also got some more football tournaments.

“ [learn] to work together as a team - how to win and lose, that not everything goes your way ”

Luqman

How do sports help young people in general? How do they benefit them?

Mr Anstee

I think learning to work together as a team, learning how to win and lose, that not everything goes your work. Also, build up resilience, come up with new ideas which shows initiative and hopefully you have fun!

by Luqman [9DK]

NEW RELEASES

WHAT FILMS ARE COMING OUT AT CHRISTMAS 2024?

PADDINGTON IN PERU

Paddington returns to Peru to visit his beloved Aunt Lucy, who now lives at the Home for Retired Bears. With the Brown family in tow, a thrilling adventure ensues when a mystery plunges them into an unexpected journey.

Rating PG
Run time: 1 hour 46 minutes.



BEST CHRISTMAS PAGEANT EVER

Nobody is ready for the mayhem and surprises that ensue when six of the worst youngsters disrupt the town's yearly Christmas performance.

Rating PG
Run time: 1 hour 39 minutes

SONIC THE HEDGEHOG 3

Sonic, Knuckles, and Tails reunite against a powerful new adversary, Shadow, a mysterious villain with powers unlike anything they have faced before. With their abilities outmatched, Team Sonic must seek out an unlikely alliance.

Rating PG
Run time: 1 hour 49 minutes



RED ONE

After Santa Claus is kidnapped, the North Pole's Head of Security must team up with the world's most infamous bounty hunter in a globe-trotting, action-packed mission to save Christmas.

Rating PG 12a
Run time: 2 hour 3 minutes



MOANA 2

After receiving an unexpected call from her wayfinding ancestors, Moana must journey to the far seas of Oceania and into dangerous, long-lost waters for an adventure unlike anything she's ever faced.

Rating PG
Run time: 1 hour 40 minutes

MUFASA

Mufasa, a cub lost and alone, meets a sympathetic lion named Taka, the heir to a royal bloodline. The chance meeting sets in motion an expansive journey of a group of misfits searching for their destiny. Lion King.

Rating PG
Run time: 2 hours



Meadow's *Top 10* *X-Mas Movies*

We wanted to find out what the most popular films at Christmas are in school so I did some research and then sent out a survey to students and staff.
Do you agree?

1. Home Alone - winner!

2. The Grinch - lots of votes!

3. Elf & A Christmas Carol - tied for 3rd

4. Nativity - a few votes behind

5. The Santa Clause - made it to top 5

6. Arthur Christmas

7. The Polar Express

8. The Muppet Christmas Carol

9. Deck the Halls

Movie Matcher

Can you name the 'Top 10 X-Mas Movies' hidden in the gifts below?



UEFA Champions League News

Manchester City vs Sporting Lisbon 4 - 1

Man City got beaten 4 – 1 by Sporting Lisbon in the UEFA Champions League group stages. This was a shock result, everyone thought Man City would win

Viktor Gyokeres scored three goals in the match for Sporting Lisbon. His finishing ability is always on target. Only Phil Foden scored once in the match for Man City. Viktor Gyokeres got Man of the Match.



Liverpool vs Leverkusen

4 - 0

This result went exactly as expected and Liverpool did not let us down beating Leverkusen 4 – 0!

Liverpool were all at their correct positions, all playing in style, passing well and finding the space. Luiz Diaz scored a hat-trick for Liverpool. He was skilful, took shots from outside the box, he was a real threat. Cody Gakpo also scored later on to clinch the match for Liverpool.

Next Liverpool are facing Real Madrid. This is a dangerous match for Liverpool because they don't have a good record against Real Madrid. Mo Sala (Liverpool) said that they would be after revenge for past defeats. Liverpool have a chance to win if they hold their nerve and are good enough.

Manchester City vs Feyenoor

3 - 3

This result was super unexpected and Man City really let us down again. They haven't won in a month.

Man City are one of the richest clubs in the football world. Their best players and manager might be leaving the club if things don't improve.

Man. City scored 3 goals in the first half – but then the drama started to happen in the second half. Feyenoor

scored once in the second half but then two major mistakes cost Man. City two more goals to make the final score 3 – 3.

The funniest joke at the moment about Man. City is that their stadium is nicknamed 'the Emptyhad'. This phrase is mostly used by rival fans because there are always so many empty seats when they play matches! They will have to start playing better than this to get fans to start coming back to watch...

Real Madrid vs AC Milan

3 - 1

Real Madrid got beaten by AC Milan. Real Madrid are the richest club in the world, they should've won – I don't know how they lost!

Only Vini Jnr scored for Real Madrid in the 4th minute. Marato, Malick and Rejinders

all scored for AC Milan. Rejinders has played for so many top clubs, he is famous for being off-side all the time – ask Chelsea fans if you don't believe me! This time he was on-side and helped his side win.

Manchester United vs Arsenal

2 - 0

This result was expected from The Gunners and they didn't let their fans down. All the team were committed to winning with both defenders, Jurrien Timber and William Saliba, scoring in the match – Saliba with his bum!

Arsenal are now third place in the Premier League –
Come on you Gunner!

Ha! Ha! Mr. Alex. Arsenal is always better than Man. United!



Christmas Doors 2024




Can you number each of these doors?



Last Friday Colby went on a tour. of the school to capture some of the Christmas door entries for the MHS Magazine Team.

He was really impressed with all the creative ideas - and so was Teddy!

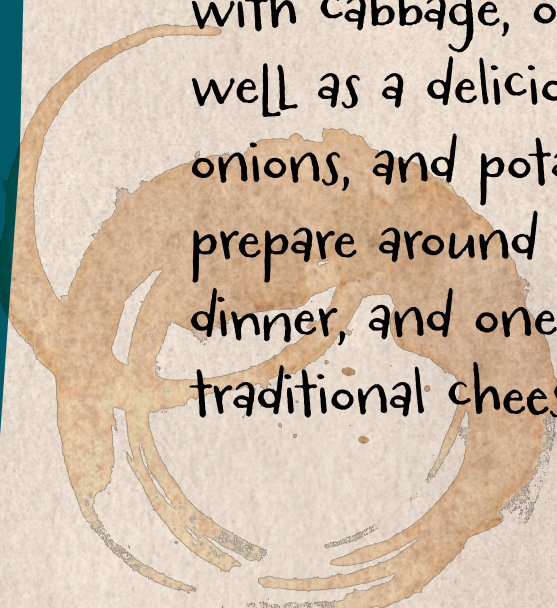
Thank you Colby for these fabulous photos!



I decided to speak to Mrs. Fabische to see if she had any advice about making pierogi, and this is what she said.

'So, about pierogi! They are absolutely my favourite! I love eating them, even though they're not the easiest to make. Thankfully, I've been making them for years and have gotten quite good at it.

For Christmas, we prepare different types of pierogi. The most popular ones are stuffed with cabbage, onions, and mushrooms, as well as a delicious combination of cheese, onions, and potatoes. In total, we typically prepare around 12 dishes for our Christmas dinner, and one of the other highlights is a traditional cheesecake.'



by Colby [10MK]



Pierogi

(Polish Dumplings)

1kg potatoes
3 diced onions
2 tbsp butter
500g cottage cheese

For the dough
1kg plain flour
1 tbsp vegetable oil

Method

step 1

To make the filling, peel the potatoes and chop into quarters. Bring a pan of salted water to the boil, add the potatoes and simmer for 20 mins until soft. Drain and leave to cool. Meanwhile, fry the onions gently in the butter for 8 mins until soft and clear. Add the cottage cheese and onions to the potatoes, season with salt and pepper, then mix and mash everything thoroughly.

step 2

Mix the flour with 450ml warm water, 10g salt and the oil, then knead to make a smooth dough. Leave to rest for 15 mins. Split the dough into two and roll the first half thinly to 1-2mm on a lightly floured surface. Cut out the circles with a rim of a glass or an 8cm pastry cutter, then fill each one with 1 heaped tbsp of stuffing. Pinch the edges of the pierogi together with a little water, making sure they are firmly sealed. Any leftover stuffing can be frozen to make more pierogi or to enjoy as a mash to go with stews or casseroles.

step 3

Bring about 2 litres of water to the boil in a large pan with a little salt added. When the water is bubbling, lower in the pierogi in batches. They should cook in 5-6 mins. – you'll know they're ready when they rise to the surface. Scoop them out using a slotted spoon. Heat some butter in a frying pan and toss the pierogi in it until lightly browned. You can freeze pierogi but make sure they defrost properly before cooking them.



Eiertätsch

(Swiss crepe)

- 6 eggs, separated
- 3 tbsp sugar
- 1 tsp vanilla paste or extract
- 1 tsp lemon zest
- 1–2 tbsp butter for frying

Method

1. Whisk together the yolks, sugar, vanilla and lemon.
2. Using a separate bowl and an electric mixer, whip the egg whites until they are stiff.
3. Fold the egg whites into the yolk mixture.
4. Heat a large frying pan with a lid (about 28 cm / 11-inch) over medium and add the butter. Once it has melted, add the egg mixture. Cover and let cook for about six minutes. Carefully flip the omelette, then cook for about four minutes more.
5. Serve with fruit, compote, yogurt, custard etc.

Here are some other seasonal favourite recipes from around the world I researched. Click on the link to find out more. I would love some feedback, please let me know which recipes you liked or if you have favourite recipes I can share in our next magazine.

https://www.bbc.co.uk/food/recipes/spooky_skeleton_cookies_58229



Dear Santa,

MY NAME IS _____

I AM _____ YEARS OLD

THIS YEAR, I HAVE BEEN:

NAUGHTY NICE NAUGHTY + NICE

FOR CHRISTMAS THIS YEAR, I WOULD LIKE...

LOVE, _____



Winter Word Search



WINTER

SNOW

BLIZZARD

COLD

HOT COCOA

DECEMBER

CHRISTMAS

COAT

GLOVES

BOOTS

EARMUFFS

ICE

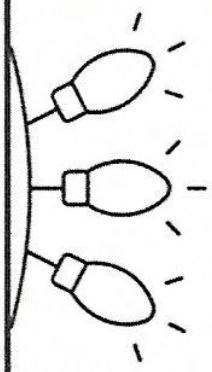
SKI

SLED

SNOWBOARD

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

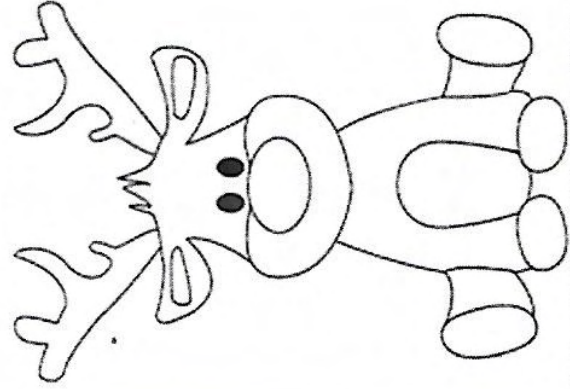
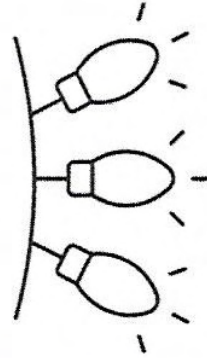




Oh Deer

I love

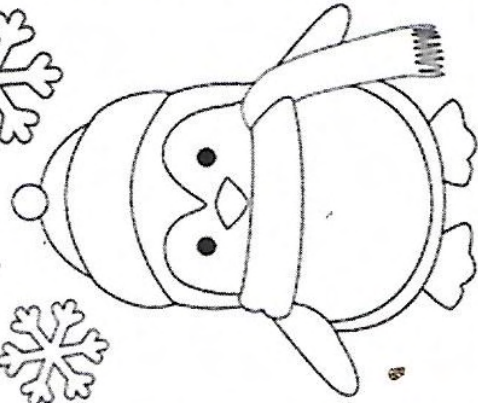
reading



Chillin'

with a

good book



Let's get

snowed

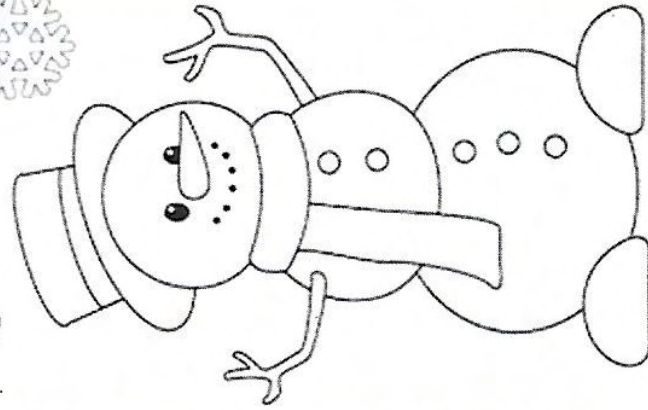
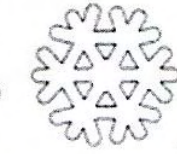


in



with a

good book



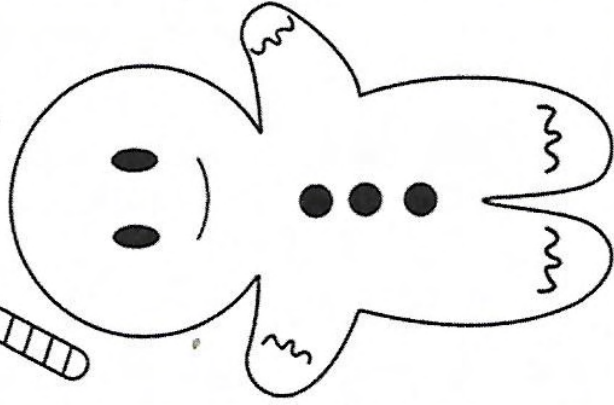
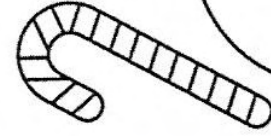
Reading

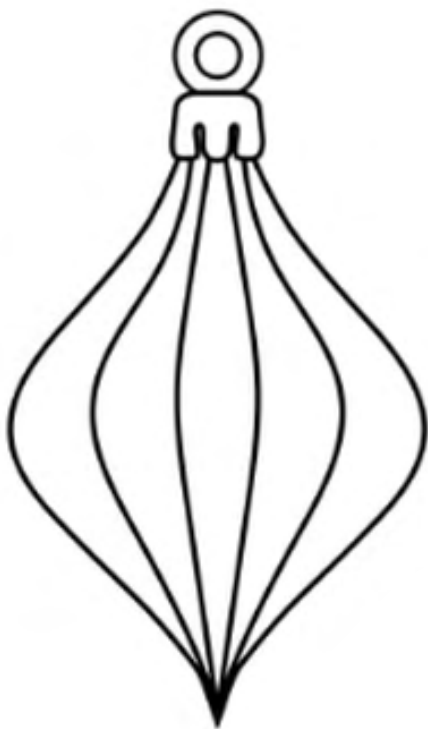
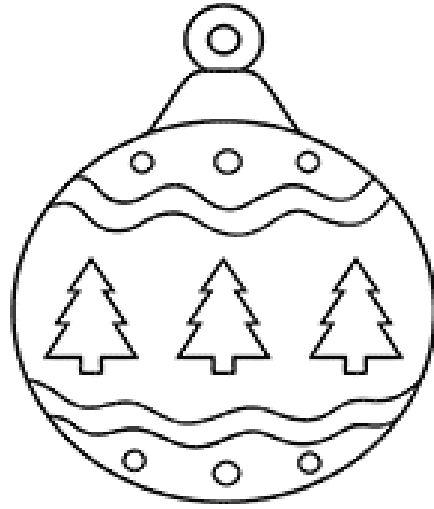
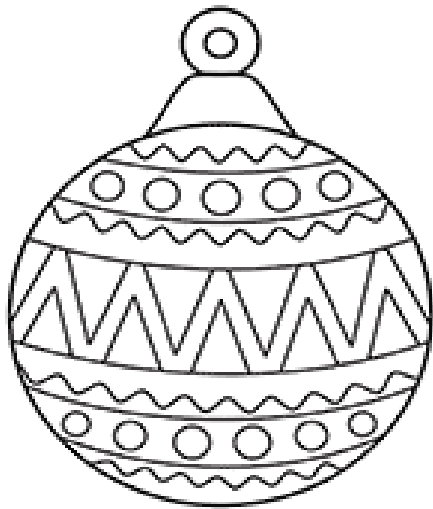
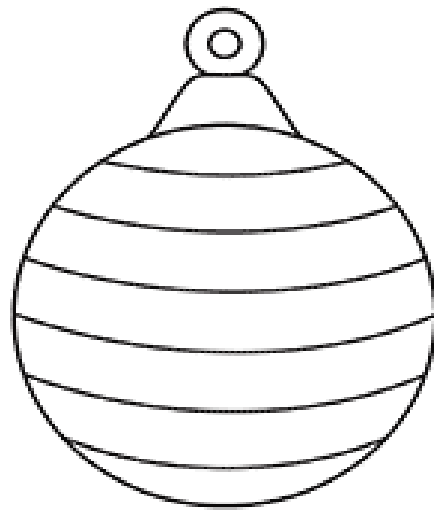
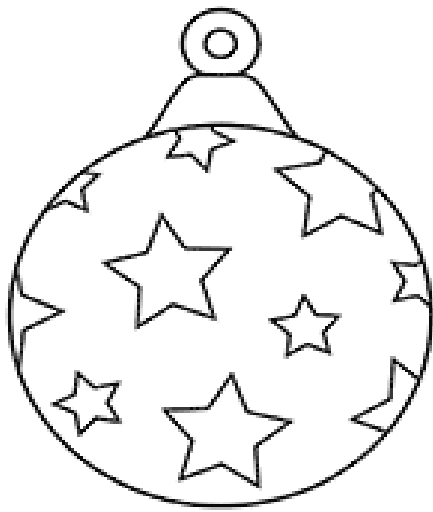
makes you

one

smart

cookie







LOOK OUT FOR OUR
NEXT ISSUE