

# 6<sup>th</sup> Sense

WRITTEN BY STUDENTS, FOR STUDENTS



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# 6<sup>th</sup> Sense

6th Sense is proudly brought to you by the students of Clapton Girls' Sixth Form. All credit goes to the amazing students who contributed, from the incredibly thought-provoking articles to the details of the art pieces.

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## Editor's Note:

This year has been really important for all of us. For some, it's been the start of a brand new chapter. For others, it's been the start of the end. But despite our differences, we've all come under a lot of stress at some point, maybe some more than others. Which is why the team and myself have tried to put together as much advice as we can, from music choices to study tips.

There is one message I would like to send to the whole of Sixth form, and that is this: you're doing things you haven't done before, so of course it's going to be hard. Don't be afraid to make mistakes, because that is what defines us and helps us grow as people. At that moment in time, it may seem like the worst thing to happen, but you will always be able to pull out of it in the end. Just remember **that what she tackles is what she conquers** (a little joke for my fellow year13s :-))

Falak Mustafa

Save our Environment!

Please make sure you recycle this.

# The Out-Cider

A Very Merry Christmas Story

M.Adia

The hearth crackled as merriment wafted through the air in the rose-gold glow of the Eve. The little girl inhaled, deep and lungful. Cinnamon, apple cider and - most anticipated of all - PUDDING! Scrumptious pudding. Pudding made of the bestest of fruits and freshest of nuts. Joyful Christmas was here, colouring the atmosphere a shade of delight, as the family exchanged easy banter. This one tossed a bauble, that one giggled, the other hissed out a '*focus! We haven't finished decorating the tree!*', an admonishment widely ignored. '*Hooligans!*' A shriek of childish laughter followed.

Outside, the wind howled, shut out from the excitement of

Christmas, the wholesome warmth of red, gold and green. And across the fields, upon the hills hunched a lonesome figure, hair whipping over eyes that narrowed in scalding hatred and somehow had a frozen touch. She chanted in frenzy '*no more Christmas!*', knuckles whitening as fingers throttled the pistol, tightening with intent. For murder that is. Murder of the root of it all.

The being, known formally as Krampus - informally as the Grinch (a major spoilsport, mind you) - stomped down right to the door of the house. She sneered at the wreath that decorated the surface, before launching a small foot at the centre, flopping miserably, then trying for the more successful second attempt, exploding with anger as she burst into the room, howling in fury, as fusillades of matter shot

forth from her gun at the happy family. Then, Krampus swung the weapon of choice into aim, and fired the gun once more.

Plastic gun that is. One that shot water, at that.

And she murdered the root of it all, firing water (a handsome contradiction) with full velocity at the little star of happiness that decorated the top of the tree, thoroughly disposing of all joy.

Finally she wiped her brow. She bowed exaggeratedly, mockingly. 'Merry Christmas,' she sneered, 'ya filthy heathens'. Then, Krampus (the Grinch) turned, strutting to the door, before dropping her pistol as she muttered quietly:

'*Mic drop.*'

## Christmas Quiz!

Will you get the references?

[01] Finish the line: "Merry Christmas you filthy animal!"

- [A] "And Cliff"
- [B] "Oh Shelly!"
- [C] "You've been smoochin' with everybody!"
- [D] "And a Happy New Year"

[02] What is the best-selling Christmas song of all time?

- [A] Band Aid, "Do They Know it's Christmas?"
- [B] Bing Crosby, "White Christmas"
- [C] Mariah Carey, "All I Want For Christmas Is You"
- [D] The Pogues, "Fairytale of New York"

[03] Finish the lyrics: "There is just one thing I need..."

- [A] "Underneath the Christmas tree"
- [B] "Underneath the mistletoe"
- [C] "I just want you for my own"
- [D] "And I don't care about the presents"

[04] What is the name of Scrooge's dead business partner?

- [A] James Wilcot
- [B] John Mantis
- [C] Jacob Marley
- [D] Jimmy Booth

[05] Finish the line: "Your hair, it's turning white."?

- [A] "Does it look bad?"
- [B] "Really?"
- [C] "And who's the funky looking donkey over there?"
- [D] "Yeah. I have a thick skull."

[06] What is the best-selling Christmas film?

- [A] Home Alone (1990)
- [B] The Polar Express (2004)
- [C] Elf (2003)
- [D] Dr. Seuss' How the Grinch Stole Christmas (2000)

What score did You get?!

D,B,D,C,B,A

Gabriella Bandeira

## 18 THINGS TO DO BEFORE 2019

- Buy the homeless a meal or blanket
- Do your Homework
- Prepare for your New Years resolutions
- Thank everyone who helped you the most this year
- Compliment somebody
- Make someone smile
- Give yourself a pamper day/ treat yourself
- Try to do an act of kindness every week
- Donate to charity
- Start the new year with no regrets
- Make a change to be more positive
- Reflect on the things that may have hindered the process of reaching your goals
- Offer your seat to someone on the bus or train
- Write a thank you note to someone who least expects it
- Hold the door open for a stranger
- Conserve energy by turning off the light when you're not using it
- Pick up rubbish on the street and throw it away
- Reflect 2018



Grinch Isn't Wanted

Aisha Vesamia



## It's starting to look a lot like Capitalism...

**Maryama Jalloh**

**G**lobal capitalism, as a system, simply doesn't work. Russell Brand's new book provides the proof. As does my new book. And the hundreds of other new books that are just out. And the Sainsbury's advert. And all the current adverts for booze and perfume, chocolates and jewels, supermarkets and computer games. The gaudy, twinkly proof is

going up all around us as the last of the leaves come down. It's called Christmas. On the face of it, Christmas seems like the most naked celebration of capitalism – and by “naked”, I mean the opposite: wrapped, adorned, decorated and sparkling. Which is doubtless doing a Christmas deal on festive football with the opportunity to treat someone special to a banquet of motor racing in the New Year. This is capitalism warmly enveloped by fur and

wool and silk and diamonds. It's retail at its most meretricious. Shopping as goddess, love expressed with money and love bought. But the pre-Christmas shopping frenzy is not really the callous manifestation of the free market that it seems. At the core of our midwinter festival is something fundamentally irrational, an urge a robot would never understand: a need to make merry, to paint the town glittery, to lavish one another with food and gifts purely because it's

got so dark. The sun has gone away and our fears are bubbling to the surface, so we have to dispel them with a big slug of the hard stuff. Nothing auspicious to celebrate has happened other than our continued survival. Yet every winter, since long before Jesus was even a supernova-sized glint in his Father's ineffable eye, we have a mad party to keep ourselves sane.

This huge quantity of panic buying must be an even more troubling

spectacle for those who believe in efficient markets than it is for pious Christians. To people who have faith that the world can heal itself through the unfettered interaction of economically rational individuals, and that, if capitalism were allowed to operate freely, there would be no more slumps and bubbles because the invisible hand of the market would guide everything to its rightful price, the seasonal rush must seem like a time of blasphemy...

Your Favourite Christmas Film is...



**Home Alone won!**

With 30% of you voting for it

You  
Voted!

2nd. **Love Actually**

3rd. **The Polar Express**

4th. **How the Grinch  
stole Christmas**

and **Edward  
Scissorhands**

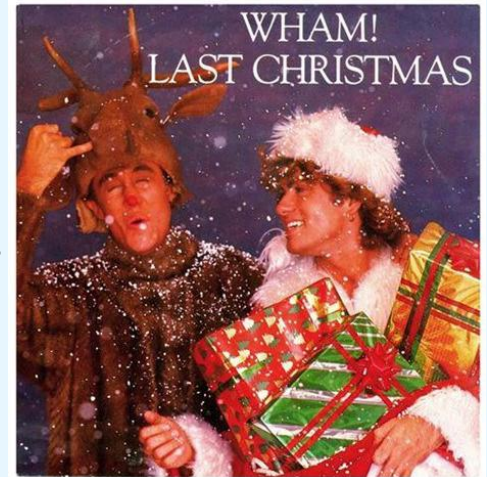
2nd. **'All I want  
for Christmas  
is You'**  
Mariah Carey

3rd. **'Fairytale of  
New York'**  
The Pogues

4th. **'Mistletoe'**  
Justin Bieber

And Your Favourite Christmas

Song is...



**'Last Christmas' won!**

With 28% of you voting for it

## How to Study: A Guide

### Khadijah Chaudhrey

Studying can be difficult, particularly during the holidays. Here are a few tips to help you stay on top of your workload as well as enjoy the decorations, food and festive season!

**Plan your events-** Record the days you want to spend with family and friends in your calendar or make a note of it. That way you will be able to see the times which work best for you to be productive.

**Create a timetable or list of things to complete-** This will clear your thought process and help you procrastinate less. Remember to allocate time for breaks on your timetable. Writing out a list of things to get done the night before reduces stress levels and makes you more likely to wake up feeling motivated to study.

**Wake up early-** This may seem like a drag, especially during the holidays, however, waking up early can prove to

increase concentration and productivity levels because there aren't a lot of distractions. An added bonus is that you finish your work earlier, feeling accomplished and not guilty to take the rest of the day off!

#### Try different revision techniques-

Whether it is the pomodoro technique where you revise in short bursts of 25 minutes and take a 5 minute break, blurting where you try to remember as much information as possible before referring to the textbook, or answer exam questions, find the right one(s) for you.

#### Change your environment-

Studying in different rooms in your house (excluding rooms which are heavily distracting like the living room) or going to the library can also help with increasing your productivity.

**Realise when you are procrastinating-** Use the 5 second rule. This is extremely helpful for all the

procrastinators. When you realise you are postponing your daily tasks and have an urgency to complete something, act on it. Count to 5 in your head and by the time you have finished counting you should be on your feet ready to start working.

**Hydrate yourself and eat foods that give you an energy boost-** Drinking water is significant for feeling awake and ready to complete your tasks. Lay off those sweets! When you are studying, try to eat wholesome, healthy foods that ensure you do not get a sugar crash during the day.

**Look after your well being-** Exercising, going outside or catching up with your friends helps you feel refreshed and motivated to learn.

These tips apply to studying anytime throughout the year but are especially important to know... After doing PPEs, take a few days off to rejuvenate- you have deserved this!

# Peace of mind

**Kirah Rani-Bond**

It's the most wonderful time of the year. Just like it says in the song. However, at times like this when everyone is focused on either the upcoming holidays or the daunting reality of mocks and how well we did, it's so easy to find ourselves overly stressed and completely neglectful of the current status of our mental health. Our mental health concerns our emotional, psychological, and social well-being; it affects how we think, feel and act. The status of our mental health helps determine how we handle stress, relate to others and make choices. And yet, generally, the very aspect of life itself can tend to distract us from the utter importance of that which is our own stability and wellbeing.

It's understandable, of course, because there are so many things we must prioritise. But, it is also crucial that we understand that our wellbeing is one of these things. Mental health is significant at every stage of life, from childhood to adolescence and then adulthood.

Unfortunately, the point we're all at now in our lives, the one where we spend most of our days, hours and seconds at school, can so easily become a frightful breeding ground for poor maintenance of ourselves. There is always so much to do, so much to remember and all of that increasing responsibility that looms over some, like a large wave waiting to crash down on you. The list goes on and, though I say it relates to the best of us, it may not relate to all of us

and, that's a good thing. For those it does correlate with, my description can sound rather grim but, it's not for hope of making things worse, it's in anticipation of helping people to understand that they are not alone and encouraging us all to take a moment and examine how we've been treating ourselves recently. It aims to encourage us to think about our own feelings.

We should not let the ties of life pull us away from thinking about self. So, what I want to ask, what I want to really know is, what does mental health mean to you? Does it mean complete and utter happiness?

**“It's not selfish to love yourself, take care of yourself and to make your happiness a priority. It's necessary.”**  
**Mandy Hale**

Does it mean a total balance? The pretty space between not quite swimming or sinking, just floating? Or does it mean the straightforward absence of mental-illness? But mental health, isn't as straightforward as some may like to think. I'd believe that the definition is vast, different for each individual and yet, comes down to the psychological state of someone functioning at a satisfactory emotional and behavioural level.

Thus, our mental health, to some extent, should be determined by whatever

makes us feel healthy and happy. This could mean pampering yourself every time you feel overly-stressed or down, talking to someone about how you feel, or simply getting an early night and making sure you eat healthy and drink enough water.

Sometimes we should be selfish because, it is the best way to make sure we take care of self and if someone around you is struggling or seems to be acting a little different, make sure they are also being a little selfish too.

To put it plainly, mental health is so important because, it determines whether we are living to the fullest extent; if we are experiencing the vibrancy that can be life. I'm aware it is almost surely impossible to feel great everyday but, not feeling it at all is certainly a problem. Just because the issue isn't physical and visible to us, doesn't mean it doesn't classify as a problem. Increasing awareness of mental health decreases the stigma around it. We shouldn't feel wary, guilty or embarrassed to talk about what is going on with us.

As a last piece of advice, I'd like to end on something I read a little while ago, to help when anyone is feeling like things are getting on top of them or that they have been ignoring the idea of their own peace of mind. I'd like to remind everyone that through their own struggles there is always a chance to make a change for the better and that you don't have to wait for a certain time to make this change because, it isn't a specific year, or moment, it can be whenever you want it to be; it may not be easy but, if you can think it, perhaps you could make the change right this second.



Year 12's made it their mission to help the Homeless this Christmas!

# Agony Aunt

**'Hey Agony Aunt lately I just feel like I'm drowning and I don't know how to stop or help it. What should I do?'**

Hey, I'm so sorry to hear that you feel this way. But I'm glad that you are asking for help and finding a solution to your problem.

First of all remember **no one is perfect**. We all have moments in life when we feel weak and want to give up and literally feel like we are drowning. But please know there's always the 'other side'. The side that's full of hope, happiness, success and the best way to put it - good vibes. The best way to help yourself is by doing things that you enjoy and that make you happy. Those can be from reading books or taking long walks in parks just listening to music. Anything that makes you feel comfortable is your best way out of it.

It's strange when you urge someone to dig deep and find themselves because honestly it's tough. But you are so lucky to be part of a sixth form where teachers are always ready to help you. When people are overwhelmed, the best way out is to talk to people and find a solution. Is it school that's making you feel this way? Then



talk to your teachers and let them know - they will surely help you out. Is it things at home? Then talk to your parents or siblings or someone you trust who can support you and help you feel better. Or is it a mixture of things? Then take a step back, understand the situation and believe in yourself that you can come out of this. Because trust me you can.

These are a few important tips that, if you follow, I'm confident that you can get back on your feet and stop the negative feelings.

- **Stop when you need to.** Take a few minutes to regain yourself.

- **Get a full night's sleep** - this allows you to feel more refreshed.

- **Take deep breaths!** If you feel like the anxiety is bubbling inside you, deep breaths can calm you and really help think clearly.

- **Focus** - don't pay attention to irrelevant things in life. Know what your aims are, know what you value and pay attention to the things that will benefit you.

I really hope that everything works out fine and that

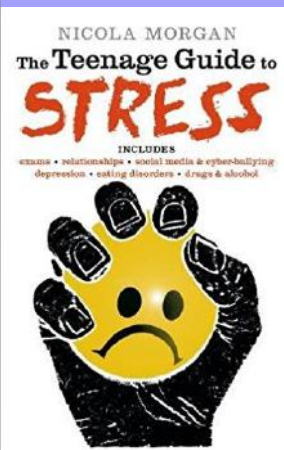
you trust yourself that you can come out on the other side that's waiting for you.

Good Luck!

AA

## Books: In one sentence\*

\*(maybe more)

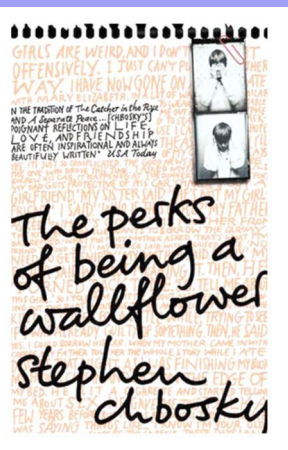


### The Teenage Guide to Stress

Nicola Morgan

From exams to relationships to cyber-bullying, this insightful guide defines stress in all its horrible forms and offers many solutions to help everyone handle situations.

This is really useful too, as it doesn't need to be read from cover-to-cover.

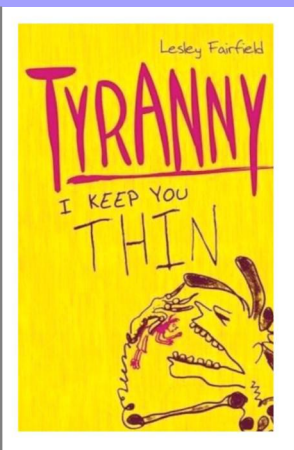


### The Perks of being a Wallflower

Stephen Chbosky

Charlie, a 15 year old introvert, struggles after losing his best friend and aunt but is welcomed with open arms by fellow wallflowers and learns what it truly means to live life to the fullest.

(Adapted into a film with the same name and a beautiful cast)



### Tyranny: I keep you Thin

Lesley Fairfield

In this beautiful graphic novel detailing the story of a young woman with anorexia, the author draws on her own experiences to help readers overcome their struggle in an insightful manner.

All of these can be found in the LRC!

**If you're feeling stressed out:**

Take some deep breaths, talk to your friends, stare at a wall for a few moments and simply gather yourself.

**If you've been studying for hours:**

Grab a snack and drink to refuel your body and watch some comedy or a cartoon to refuel your brain. Then back to work!

**If you can't seem to focus:**

Get outside and get moving. Whether it be taking a stroll while listening to music, or running a few errands - just get moving and get fresh air. It'll help you clear your head.

**If your just mentally and physically exhausted:**

Go take a nap. Set an alarm so you don't sleep for more than 30 minutes otherwise you'll wake up more tired then you were.

**If people around you won't shut up:**

Plug some headphones in and listen to music. (See our section on what music works best for studying)

## Study Breaks For Every Situation

**If the material is just boring as hell:**

Change your method up. Try seeing if there's videos for it online or draw it out in bright colours with pictures and diagrams to make it fun.

**If you only half understand a concept:**

Try finding different methods of learning it, for example through videos or consulting someone else in your class. Also, trying to teach the content to someone else helps you work through it and better understand it yourself. This is also a really good method for revision.

**If there's something going on in your life and you can't get it off your mind:**

Write down your thoughts, almost like a diary. Because once it's on paper it's easier to stop thinking about it and it'll maybe help you work things out.

Falak Mustafa



## 🎵 My Music Journey 🎵

Falak Mustafa

A lot of the times, we want to listen to music when we revise. Whether it be to drown out your surroundings or to 'make learning fun!'. We've all done it, and some find it more helpful than others. I admit myself that my only saviour during GCSEs was Kendrick Lamar's DAMN (pretty self-explanatory, really). **However - that was GCSEs.** These two years are much different in a sense where you can't afford to half-heartedly revise the internal organs of some animal or try to somehow understand Othello by yourself. These two years are different in a sense where, suddenly, you simply can't revise while listening to Exo's new comeback because nothing seems to be going in to your brain. Because suddenly you'll find yourself writing the lyrics and then that's it. Your flash card is ruined.

For me, **Pop songs** became too annoying because every song had the similar mainstream tune and I just found myself avoiding music all together. I tried the typical **Classical music** - from Mozart to Chopin, I found myself drifting off, despite

the sometimes dramatic moments. **No music at all** was horrible because I need the background noise and I don't want to hear about your brother's boyfriend's sister's dead rabbit. **Any songs with lyrics** wasn't good either - I become more interested in trying to learn the lyrics than trying to learn the Quotient rule.

'You're studying, not raving!'

As you can see, I tried a few things. But, I did manage to find the best music for me.

**Lo fi music works really well because it's lyric-free but it has a loud beat to keep you awake and active.** I can easily listen to it with any work I'm doing and there's always a huge selection. **Game soundtracks** also work really well - **they are specifically designed so it doesn't distract you**, making it perfect for studying.

Through my journey, I found that I should avoid lyrical-music. But this is me and everyone's different. We all have different tastes and preferences and requirements.

**Just make sure you're actually studying!**



# mood TRACKER

happy

sad

nervous

normal

sick

grumpy

angry

tired

energetic

Mood Tracker drawn by Aisha Vesamia

Choose the colour that represents your moods and track your what you're like throughout the month!