

Park Times

Issue No. 3
March 2016



*The
Psychology
of
Happiness*

*What makes
TEACHERS
happy?*

*Find your
personality
type with
KILLER
QUESTIONS*

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A Note from the Editors...

Welcome back to issue 3 of Roundwood Park's official school magazine, Park Times. The theme for this issue is 'What makes you happy'.

Read on to find out the psychology behind happiness, discover which personality you are with killer questions and see what some of Roundwood's teachers think about happiness. As usual, we have our Writers of the Month and the photography competition, as well as Pritchard's Puzzles with a chocolate prize on offer for the winner. Yet again, the Mandela House Leaders have made a superb contribution to the magazine which we are very grateful for.

Aside from Park Times, we have been continuously working on the Sixth Form Quiz League and have posted improvement theme videos on the recently launched SLG blog which you can view at <http://roundwoodslg.wpengine.com>.

Sadly, this will be our last edition of Park Times before the new SLG takes over. However, we would like to take this opportunity to wish the new Communication Captains good luck with continuing Park Times in 2016!



*Louise Jones, Seb Stacey and Ellie Lavender
Communications Captains*

Fantastic Photography

Congratulations to Amy Snaith, the winner of our photography competition, whose photo of her guinea pigs is on this issue's front cover.

Well done to everyone who else entered, we received the most entries we've ever had! Here are our runners up for the theme 'What makes you happy...'



Ryan Traviss, Year 8



Miss Baikie



Max Nash, Year 7



Maddie Hoddinott, Year 7



The Psychology of Happiness

Happiness is defined as “the state of being happy”, or “a positive feeling or attitude towards something”.

So why is happiness important?

Happiness allows people to:

- Concentrate/focus

- Be more efficient

- Improve their overall state of mind

- Help them to feel less pressured or stressed

These are only a few examples, there are hundreds of reasons why it is really important to be happy!



Here are some positive psychology studies that may change your view of happiness!

From wealth to well-being?

While there is a relationship between happiness and money, people tend to overestimate the influence of wealth on happiness! Therefore, money does not lead to as much happiness as people seem to think it will!

Buying experiences, not possessions, leads to greater happiness!

There have been studies that show experiences, such as a meal out or a trip to the theatre, result in greater well-being than material possessions. They seem to satisfy our needs more than material goods!

The science of gratitude.

One of the greatest contributing factors to overall happiness in life is how much gratitude we show. And a noticeable difference can be seen with as little as three expressions each day (for example, “thank you for...”).

Happiness improves the quality of life, as it improves a person’s physical, mental and overall health, resulting in them being able to do more, provide more, and help more in their community.



If someone is feeling upset, sad, or stressed, talk to them! Words are not just things we say because we can, they are processed carefully from your mind. Maybe you could tell a joke, or maybe you could just sympathise with them by reassuring them that they are okay.

Sometimes, all it takes is someone to say that everything is okay. You have those words, you can bring someone happiness.

Here are some statistics about happiness...

40%

of your happiness is controlled by you

20
minutes

a day outside in good weather



The happiest children in the world are from Mexico.

According to a recent survey.



To round things up!

Happiness is important, that's for sure! Without it, we would lack the motivation to persevere, and live out our lives to the maximum.

Not only does it enable you to concentrate and remove stressful thoughts from your mind, but it also gives you a tool; the ability to help others grasp happiness too, and relieve stress!

The psychology of happiness teaches that it doesn't always matter about physical items or gifts. Sometimes a meal out can result in a greater well-being and sense of fulfilment than any material goods you might buy!



(Visit <http://www.becomingminimalist.com/happier/> to see more of this!)

By Charlotte and Marc, year 10 Mandela leaders

What makes Teachers Happy!

We end up smiling a lot whether it's a joke, or because we are with our friends, but what makes teachers happy? Let's see what they said...

Do you agree with any of these?

Mr Mercel

Playing with my two young boys and seeing them laugh and smile

Getting thanked for the making a difference to students lives

Having the time to practice playing Bass Guitar (doesn't happen very often these days!)

Any chance to be me and not having to be a "grown up" (we're are kids at heart!)

Mrs Cunningham

Seeing how well year 7 have settled into RPS

Year 7 getting low consequences every week

All the lovely hard work my PSHCE classes do

Sunshine at break and lunchtime

My two grown up sons

Having lovely Sunday lunches with my friends

My garden

Not falling over in front of the students when I go on a school ski trip and visiting new places on holiday

Mr; Layton

Seeing my children having fun and laughing

Seeing a rainbow in the sky

Eating chocolate

Miss Johnston

Walking around in bare feet all summer

Paying for things with exactly the right change

Extra chillies on almost everything

New cycling kit

Watching a good thunderstorm

Miss White

Playing my double bass

Going to the theatre

Eating delicious meals

Thinking about eating delicious meals

Clear blue skies

Sunshine

Sleep...

Extra ideas;

Doing a job well

Light bulb moments

Happy students

Sweeties

House events e.g. house music

Free time!

By Eve Waterhouse and Alex Van Weezel

Year 7 Mandela leaders

Writers of the Month...

The Mark



Drake walked in, water droplets hanging in his dark shaggy hair, like a sparkling hat, and dumped his laptop bag on the floor, and threw his coat onto the coat rack. I came running from the kitchen to where he was shouting 'Drake! You're home!' and threw myself into his arms, almost knocking him over from the sheer force. Despite the long day, the spice of his cologne still lingered on his clothes, and I drank in his very scent, the feeling of his strong arms on my back, his lips on the top of my head.

'Hey, little sis. I wasn't gone that long you know.'

'But I made cake,' I replied, bouncing up and down, pulling him towards the kitchen. He laughed at me as we burst into the kitchen.

My feet sloshed through water to the counter and it took me a moment. The back patio doors were open and rain was flooding in, darkness washing rapidly over the house. The streetlight behind the back fence illuminated my mum, and she was in the air, like she was being held by something. But nothing was there. She was suspended in the air, hanging like a limp doll. My brother froze for a moment, cursed under his breath then turned to me.

'Mia, go upstairs and get dad. Tell him he needs to come down now. Then I want you to lock yourself in your room. Do you understand?'

I nodded rapidly at Drake, my breath coming quick and shallow.

'Hurry!' He nodded once then ran out into the back garden, grabbing a kitchen knife on his way out. I turned and sprinted upstairs and

burst into dad's office.

'Daddy, daddy, mum needs help. She's in the back garden! Drake told me to tell you!' Dad's face was clear with shock.

'What the....?' Then a look of realisation dawned on him. 'Mia, get into Drake's room and stay there until I get back. Do not open it to anyone. No one. Do you hear me? DO YOU?' I nodded furiously and ran into Drake's room, threw the bolt on the door and threw myself under his covers.

I don't know how long I was there. But then there was a gentle knock on the door and a voice. A man's. I didn't know him. I stayed where I was, shaking, but he began to speak in a language I didn't understand. I was oddly drawn to it. My twelve year old self slipped out of the bed, and I began to move towards the door. I unlocked the bolt, turned the handle, and the chanting stopped.

I realised what I had done and tried to close the door, but it was intercepted by a skeletal hand. It had a strength I had never felt before. Something was throbbing off it in powerful waves, but it didn't feel normal. It was something old and dark, I knew that, but what could it be? Magic? There's no such thing. The creature pushed into the room.

Its face was covered by a hood, and the only thing I could see was a pale smudge beneath it. His hand reached for me, black and thin, deep red blood dripping off the ends. I ducked out of the way, but there he was again, in front of me. After a few tiresome runs of that, he had managed to back me into a corner, and silently produced a sword. It was long and delicate, but had a blunt shine to it in the darkness. He raised it above his head, and as it came towards me, I screamed. I screamed until my throat hurt.

I felt the knife touch my throat and screwed my eyes shut and whimpered. I was going to die.

The blade dragged across my skin, deep, from one end of my collar bone to the other, tearing my dress. The one Drake had brought for me for his wedding day. Then it left and an infuriating cry came from the fiend. I opened my eyes and dropped to the floor, brining my legs up to my chest and wrapping my arms around them. I watched a sword pierce the thing's body, saw the blue blood oozing from the wound, and watched as his opponent spun, and swung the sword above his head, bringing it down with such lethal force, it split his whole body in half. The blue blood came trickling towards me and I was so focused on that, the alien thing coming to me, I didn't notice the man was by me until he put his hand on my shoulder. It was Alaric. My big brother had saved me.

'You're ok Mia, don't worry, you're safe now.' He said, pulling me into my arms as the adrenaline left me and the shock set in. I trembled and cried, and Alaric picked me up and carried me into my room. 'Stay here a minute,' he told me.

'No!' I cried out. 'Don't leave me alone. Please.'

Alaric moved to the doorway, keeping his eyes on me, turned to the direction of the stairs and called: 'Quinn? Quinn?' He got a 'yeah?' in reply and he said, 'Mia's hurt, I need a first aid kit and Drake please. Mia won't let me leave.'

'On it,' his voice drifted up and Alaric came back to me and turned to my drawers, where he pulled out a top and started cleaning the blood off me. I screamed in agony and shouted at him to stop. At that moment, Drake came rushing in, and he was going 'Ssh, ssh, it's ok, you're ok', over and over again, and of course I listened to him, because I trusted my brothers, him most of all. I just looked at his face and he held my hand as Alaric poured antiseptic onto my cut and lathered it in cream and covered it with a bandage. Every time I hissed in pain, Drake sent a sharp look at Alaric and the pain went away.

What was that?' I managed to whisper.

'Something that doesn't want you alive,' Drake said, turning to my dad who had appeared in the doorway. 'A greater demon it would appear. Possibly an ex witch who has a grudge, maybe working for a witch. But definitely not a pure bred demon. His blood was blue.'

'You'd better stay with Mia the night, I need to get Callum in to help me clear the mess up.' He turned his gaze to me. 'Why did you open the door when I told you not to?' His voice was gentle, not angry or accusing.

'It said some words and the next thing I knew the door was opening,' I whispered. 'It wasn't English if that's what you're asking.' My voice got stronger. 'He must have been controlling me, because I had no control of myself until she stopped chanting.'

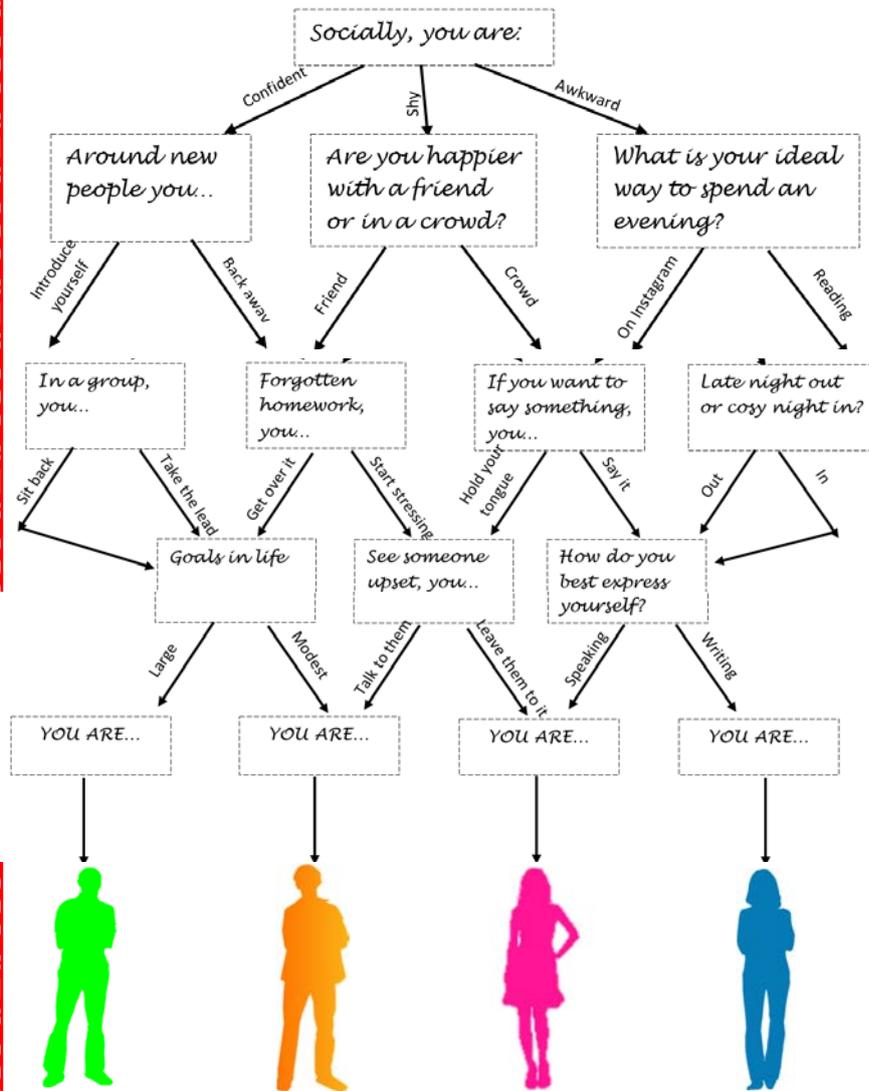
'You've been marked.' My dad's voice was hoarse, his face a picture of pure fear.

It was at that moment I realised that I wasn't normal.

By Steph Jacob, Year 9



Killer Questions



You are:

THE CONFIDENT ONE

You aim high and are never afraid to take the lead. You never worry and take things as they come. You can be competitive and sometimes your ambitions can get the better of you. Shoot for the stars but remember to keep your feet on the ground.

You are:

THE RELATABLE ONE

You may sometimes be shy and reserved but you are always willing to help someone. You are always friendly and people can confide in you. Make sure from time to time you speak out for what you believe in. Those with the quieter voices often have the best intentions.

You are:

THE POPULAR ONE

You are somebody who everyone wants to be around. You have a big personality and are not afraid to express yourself. You are a trend-setter but sometimes leave others behind. Always remember those on the outside of your circle

You are:

THE STUDIOUS ONE

While others partying, you enjoy curling up with a book. You have a great work ethic and this shows through your results. Don't work too hard- you can sometimes miss out on the fun. Make sure you find the right balance and ignore rude remarks. At the end of the day, you will come out on top.

By Hope Kneller and Milly Soanes

Year 8 Mandela leaders

Scott Charity Week Write Up!

In the week before half-term Scott House held our long awaited charity week, to raise money for 'Lungs for Living' and 'Over the Wall'. There was great participation throughout the year groups, each claiming a day to hold a cake sale outside the MFL block.

Following its success last year, Year 12 and 7 held a table tennis competition in the old gym, where students paid play against professional coaches and the ever-popular robot in a bid to win a new bat. With the help of Mrs Fulham, Hannah Taylor and Felicity Coghlan (11EBa) took on the role of Valentine's Day cupids, delivering anonymous Valentine Cards and chocolate. The Teddy Bear raffle, organised by Year 8, was won by Mr Gray; however, this may have been due to the sheer number of tickets he bought! (Rumour has it Baby Gray will be the happy recipient.)

As always, charity week finished with our dress-up day: Friday saw the school taken over by the likes of Spider Man, MC Hammer, Luna Lovegood and even an Emu Handler, as Scott House came in costumes inspired by the initial letter of their name. Overall, the week was a great success and worth the hard work it took to organise it by the House Leaders, Miss Johnston and Mrs Fulham.



By Laura Bayne, Year 11

In other news...

Trampolining Success!

The trampolining squad have recently reached the national finals and Mrs Moxham says, "The squad have worked very hard and have deserved their success. This is the first time all performers at zonals have qualified for nationals." Mr Porter added, "An amazing achievement, what a squad, what a coach!".

University Challenge Final

Congratulation to Scott House for their victory over Cadbury by 10 points in the recent House event, University Challenge. Well done to all the participants who took part in this competition from each House!

Camp Rock

Yet again, there has been a magnificent display of Roundwood's talent in this year's school production of Camp Rock. Well done to the leads Alex Norwood, Lucy Elledge and Harriet Waller, and also the rest of the cast who performed brilliantly!

SLG Elections

Don't forget to vote for your next SLG Parliament in the upcoming elections for Head Boy, Head Girl, House and School Captains on Thursday 10th March.

Mental Health Charities

Mental wellbeing plays an important role in being happy and, as a school, we support a number of mental health charities. Alice and Natasha (year 9 Mandela leaders) have found out more about the work of [Stem4](#) and [Alzheimer's Society](#).

Mental Health Charities- [Stem4](#)

Stem4 is a charity aimed at improving teenage mental health by stemming commonly occurring mental health issues at an early stage.

Their mission is:

“To foster the development of good mental health in teenagers through enhancing early understanding and awareness, promoting shared early detection and signposting towards prompt action and intervention”

Stem4 mainly focusses on:

- Eating disorders
- Depression and anxiety
- Self-harm
- Addiction

The logo for Stem4, featuring the word "stem" in a lowercase, rounded, purple font, followed by a purple square containing the number "4".

On their website, Stem4 offer lots of helpful advice and guidance for parents and carers to help get their child through a tough time. They also offer workshops for schools and do many fundraising events.

On the Stem4 website, Roundwood is mentioned, as this year Owens' Charities were Stem4 and Teenage Cancer Trust. In charity week, Owens House managed to raise a total of over £1,000 and this was split between the two charities- Well done Owens!

Thanks to people who have donated and fundraised for Stem4, it has been able to deliver school workshops to **7,000 students, 2,000 teacher and 2,000 parents.**

Stem4 is run by a team of people who do not charge for their time. They are supported by many volunteers that help out across the UK.

You can donate to Stem4 online or by filling out an easy form.

**stemming teenage mental illness
supporting teenage mental health**

Mental health Charities –
[Alzheimer's society](#)

Leading the fight
against dementia

**Alzheimer's
Society**

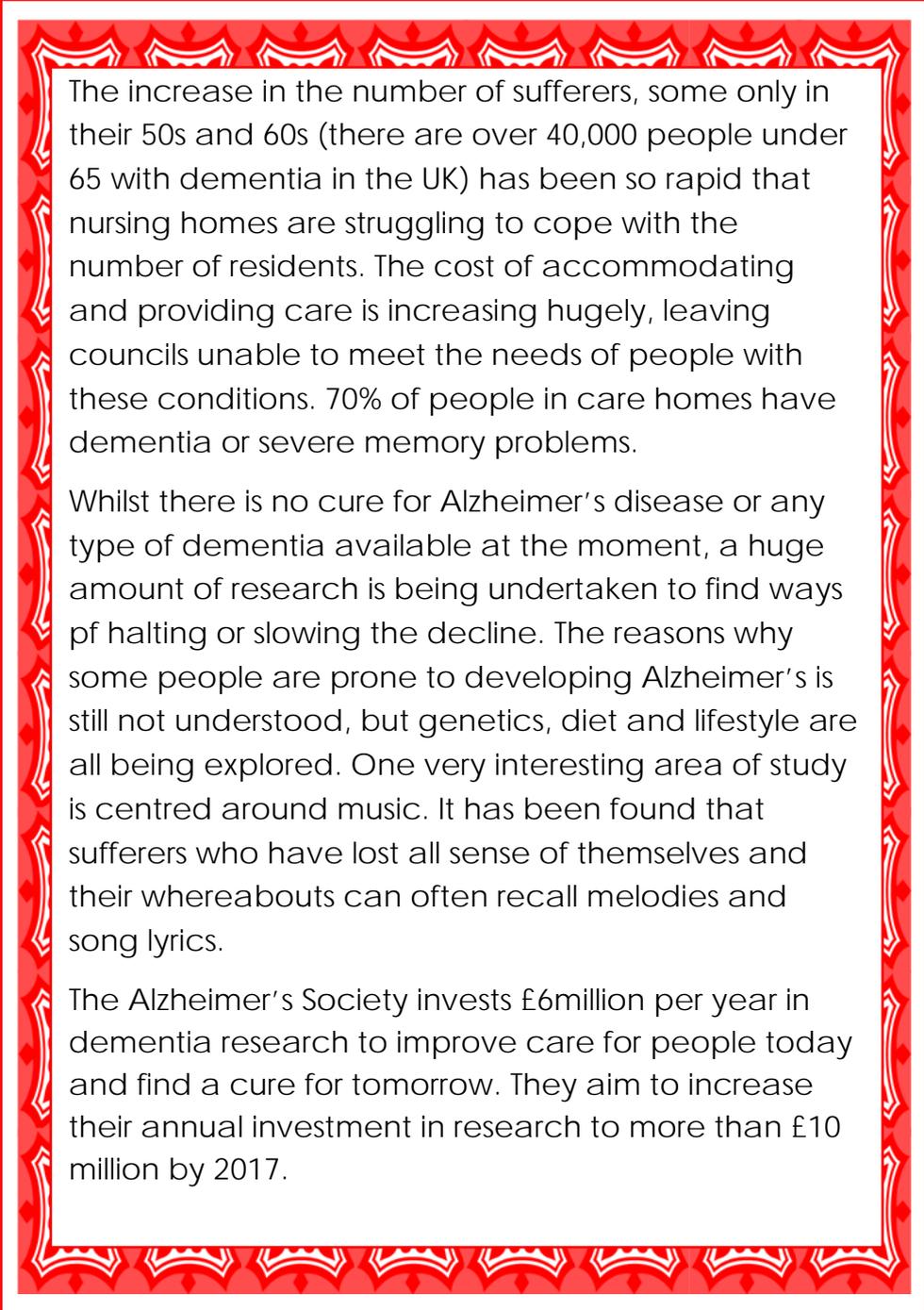
What is Alzheimer's?

Alzheimer's is a disease and is the most common type of dementia, affecting 62% of those diagnosed. The symptoms are memory loss, confusion and problems with speech and understanding. Dementia is a terminal condition.

Who is affected?

There are 850,000 people who have dementia in the UK, with numbers set to rise to over 1 million by 2025. This will soar to 2 million by 2051.

The condition is particularly distressing both for the sufferers and their friends and family, as the loss of memory and communication means that the person loses much of their personality and identity too and can struggle to relate to their loved ones. In the early stages, whilst a sufferer may be able to still live with some independence, the condition is challenging as people struggle to recall words and names and become increasingly forgetful and anxious.



The increase in the number of sufferers, some only in their 50s and 60s (there are over 40,000 people under 65 with dementia in the UK) has been so rapid that nursing homes are struggling to cope with the number of residents. The cost of accommodating and providing care is increasing hugely, leaving councils unable to meet the needs of people with these conditions. 70% of people in care homes have dementia or severe memory problems.

Whilst there is no cure for Alzheimer's disease or any type of dementia available at the moment, a huge amount of research is being undertaken to find ways of halting or slowing the decline. The reasons why some people are prone to developing Alzheimer's is still not understood, but genetics, diet and lifestyle are all being explored. One very interesting area of study is centred around music. It has been found that sufferers who have lost all sense of themselves and their whereabouts can often recall melodies and song lyrics.

The Alzheimer's Society invests £6million per year in dementia research to improve care for people today and find a cure for tomorrow. They aim to increase their annual investment in research to more than £10 million by 2017.

Writers of the Month...



7am to 9pm

Guitar man starts playing at 7am and leaves at 9pm, every day.

No breaks.

No exceptions.

He plucks hopelessly at the strings of his red guitar with blistered fingers,

And he sings relentlessly while tears stream down his face, but

his voice never wavers,

his plucking never stops.

I tried to give him change one time

(For I knew not then what he sings for),

but

he placed it firmly back in my hand.

He looked straight through me,

from his seat,

with hollow,

tear-stained eyes

and said

"I have lost, to me, the most important thing in the world,

why would you think I care for money, little girl?"

He sings for his lost love, I now know.

But many, like the little one I used to be, don't understand,
No.
Cannot comprehend what his love meant to him.
Well,
you wouldn't.
Unless you lost that love yourself,
for losing that love leaves you
blind.

By Charlotte Jones, Year 10



Pritchard's Puzzles

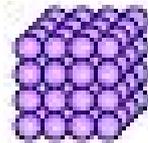
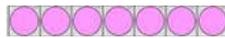
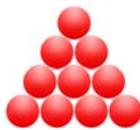
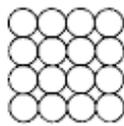
Have a go at these tricky maths problems, either by yourself or as a form...

Puzzle 1 (EASY)

I am a three digit number, my first digit is the only even prime number, my second digit is the only square number less than ten that is also a triangular number. If I am a cube number, what is my last digit?

These diagrams show the fourth square, triangular, prime and cube numbers.

Prime numbers have exactly two factors so it is not possible to arrange as a square or rectangle.



Puzzle 2 (DIFFICULT)

What is the next number in this sequence?

1, 11, 21, 1112, 3112, 211213, 312213, 212223,
...



Send your results to 9jonesl@roundwoodpark.co.uk
for the chance to win a **chocolatey prize!!**



Happiness Wordsearch

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

HAPPINESS SUINSHINE FUN SPORT
FRIENDS HOLIDAYS BOOKS FILMS
CHOCOLATE MUSIC