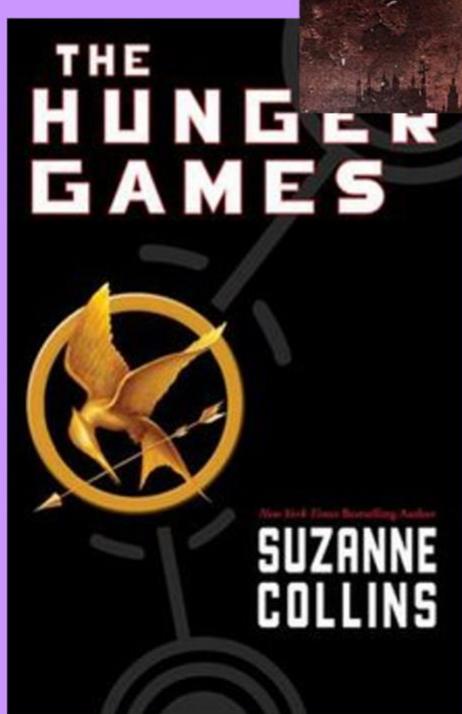




Friday 22nd September 2023

The Hayes Herald



Welcome

Hello everyone and welcome to this edition of The Hayes Herald - we hope you enjoy it! Thank you to all those who have applied to join the newsletter team, and there is still time! So, if you haven't yet applied and you would like to, please fill out this form. Additionally, last week we published the latest edition of the HayesTalk podcast so listen to it by searching for it in your chosen podcast streaming service. In this edition, you will find an article on WW1, a deep dive into the current state of the UK government, a review of the Huger Game Series, an article on WW1 and much more! Enjoy reading and have a wonderful weekend. :D

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Dates of History - World War I

The First World War (WWI) began on July 28, 1914, and finished on November 11, 1918. It was a global war, lasting for exactly 4 years, 3 months and 2 weeks. Although it was a world war, most of the fighting was located in continental Europe. The build-up to this war was hugely significant, with countries forming alliances to protect themselves, while making trouble with other countries.

In 1908, Austria-Hungary had taken over Bosnia, a region neighbouring Serbia. The Black Hand Gang was a Serbian organisation made of a group of people who agreed on the idea of sending men to kill Archduke Franz Ferdinand of Austria during his visit to Bosnia. One of the members (Gavrilo Princip) had successfully shot the Archduke after the others had failed to kill him with grenades. Austria-Hungary blamed Serbia for the assassination, with support from Germany who promised full support in the case of war. Austria-Hungary sent the harsh July Ultimatum to Serbia, threatening them with war unless they agreed to the terms. Although Serbia had agreed to most conditions, Austria-Hungary appeared to still want war with them and this quickly escalated to a full-scale war.

Russia then joined the war to help Serbia, both being Slavic countries. Russia began to assemble an army, which caused Germany to start mobilising its forces. Germany declared war on Russia in support of Austria-Hungary and they began with their plan to fight war in Europe.

Due to Germany's location in Europe, they had to worry about countries from both the east and the west. The plan was to quickly defeat France in the west before Russia was ready to fight, and then they could move their army toward the east to face Russia. However, Germany could not directly access France as the country had set up forts on the border. This meant that Germany had to invade their neighbour Belgium in order to access France. Britain then joined the war, and said it was to protect Belgium, yet many historians believe Britain would have joined without the Belgium incident in order to protect France.

By this time, most of Europe was involved. The Ottoman Empire joined the side of the Triple Alliance, however Italy was refusing to fight alongside their allies because neither of them had been attacked first.

Of course, it is impossible to cover everything that happened during this period, especially since so much happened in such a short amount of time, but I hope this helped you understand the basis of why the war began. WWI was tragic, with an estimated 10 million military dead, 7 million civilian deaths, 21 million wounded, and 7.7 million missing or imprisoned, so it is incredibly important to remember and honour these people on Remembrance Day (11/11). This day marks the signing (by Germany and the entente) of the armistice to end the war. This year, Remembrance Day marks 105 years since the formal ending of the war, remember to wear your poppies!

Jacob's Political Deep Dive

A 'State of Chaos'

'State of Chaos': the name of the BBC's Laura Kuenssberg's latest docuseries, but also a phrase many would use to describe the last few years of British politics. The Country has faced huge challenges, which ultimately changed a once widely respected governing party, whom a large proportion of the public put their faith in, into one that the majority of the British public believe is incompetent ([2023 YouGov poll](#)). Rishi Sunak took office promising a stable Government, who would serve with 'integrity', but nearly one year on, how is Sunak doing as PM, and how is he going to save us from the 'State of Chaos'?

The Cambridge dictionary defines integrity as: 'the quality of being honest and having strong moral principles that you refuse to change'. Many people feel that, especially when compared to his predecessors, Sunak initially showed integrity. In his first speech as PM he admitted that 'mistakes were made' and a few months later he devised five pledges, which many people felt were a great start to getting the economy back on track. The first of these pledges was to halve inflation.

At the time of taking office, inflation was at around 10.7%, meaning prices were rising at an astronomical rate. The Prime Minister pledged to halve this by the end of 2023 and so far has made progress in the right direction, with August inflation rates at 6.7% and the Bank of England predicting that inflation could in fact shrink down to 5% by the end of the year. However, it is important to note, that even at 5%, prices are rising much faster than normal pre-pandemic inflation and when compared to other wealthy western countries such as the US, whose inflation rate is currently at around 3.7%, it still seems relatively high. However, halving inflation was not the Government's only economic pledge – they also promised to grow the economy.

Sunak's second pledge was to grow the economy, which so far hasn't been quite as successful as their previous target. Ordinarily, growing the economy would be an easy thing to achieve, but since the March 2022 and the first UK lockdown it has been anything but. The UK's economy has recovered from the pandemic faster than previously expected – with some estimates saying that the economy is 0.6% bigger than it was prior to the coronavirus outbreak, but economic growth has been stagnating, and the economy shrank by an estimated 0.5% in August. The Bank of England is expecting 2023 and 2024 economic growth to total at 0.5% which although means the UK would not fall into recession, it is still significantly lower than the pre-covid growth rate. The PM's final economic pledge was cutting debt.

Earlier this year, the UK's debt as a proportion of GDP breached 100% - meaning that the UK had borrowed more than its total worth – before (according to some estimates) sliding back down in July to 98.3%. The next figures on debt will not be published until the Autumn Statement (usually in October), and the exact figures at the moment vary quite drastically, so only time will tell whether Sunak will meet this target. We do, however, know how the Prime Minister is fairing on his fourth pledge.

In the announcement, the PM promised to cut NHS waiting lists, which had been continually rising throughout the pandemic. However, in July – several months after he made the pledge – it was announced that NHS waiting lists had in fact grown by around 100,000, with them not expected to shrink until March 2024 – missing Sunak's deadline for these pledges which was the end of the year. Speaking at a hospital earlier this month, Sunak admitted that his pledge to cut waiting lists was in doubt, blaming the industrial action taken by many NHS staff – although some would argue he could be blamed for this by not giving them the pay rises many people feel they deserve. The Prime Minister's final pledge was to 'Stop the Boats'.

For several years, large amounts of migrants have crossed the English Channel to seek asylum and a new life in the United Kingdom, with many putting their lives in danger crossing in dingneys and other small, overcrowded boats. The Government's plan to tackle this was to try and deter illegal migrants from coming to the UK, with Sunak saying, 'we will pass new laws to stop small boats, making sure that if you come to this country illegally, you are detained and swiftly removed.' This plan has not fully worked out as the Government initially intended to send people to a 'safe third country' such as Rwanda, but after an injunction from the European Court of Human Rights - stopping a flight taking off, the UK's Court of Appeal deemed the plan unlawful due to fears over the migrants'safety in Rwanda. Ending months of campaigns to try and stop this plan with many arguing that the migrants should be looked after in the UK not sent away. Despite this, the number of migrants crossing the channel is down when compared to this time last year at just over 23,000 compared to around 30,000 but is still much higher than pre-2022 figures. Sunak would have hoped that these pledges would lift his poll ratings, however this is not really the case.

Upon taking office, although still considerably behind Labour, the PM and his Conservative Party did see a recovery in the polls, with many Conservative voters happy that the chaos of Liz Truss was over. This recovery has been maintained, and at the time of announcing the pledges, Sunak was 22% behind Labour in the polls – an 8% improvement from October (source: [POLITICO](#)). However, since the announcement of the pledges, the Government has made little progress in the polls, gaining only two points on Labour. There are various different polling sites that all show a slightly different story, however, even the most Conservative leaning polls predict the party will lose more than half of their seats in the House of Commons. To combat this, Sunak has made some, in many people's opinion, desperate attempts to get the public back on side.

Towards the end of July Sunak made a speech in which he announced a review into Low Traffic Neighbourhoods (LTNs). LTNs try to reduce traffic, with their main method being closing some roads to motorists and only allowing pedestrians to utilise them in order to encourage more people not to use their cars – this has been found to reduce air pollution at a local level and are therefore better for people's health. However, Sunak says he is on the side of motorists and the Government has since pulled the funding for anymore LTNs to be put into place. Although, this isn't the only thing Sunak has done to get motorists on his side.

After much speculation, on Wednesday 20th September, the Prime Minister pushed back the ban on petrol and diesel cars from 2030 till 2035 saying he couldn't impose the 'unacceptable costs' of reducing emissions on British families. This has been met with much uproar from climate activists with the Green Party MP, Caroline Lucas, saying that 'He's lied to the public. He's dodging scrutiny. He's trashing our children's futures.' The Labour Party has also criticised the move - promising to reverse it if elected. This wasn't the only thing announced in this speech. He also claimed to be stopping 'heavy-handed measures' such as scrapping taxes on meats to encourage people to eat less of them and compulsory car sharing – although nobody can remember any of these supposedly 'scrapped' measures ever having been announced sparking further uproar from the opposition and members of the public.

It is clear, that although Sunak's term in office has certainly been calmer than that of his predecessors and some progress has been made towards his goals, he has still been seen to manipulate the truth. As to whether he's managed to save us from the state of chaos, only time will tell, but it is clear, things are still far from normal.

Alzheimers

This disease causes the brain to shrink because the neurons are injured and die throughout the brain, causing connections between networks of neurons to break down. There are many health problems which increase your risk of getting Alzheimer's, for example diabetes, strokes, heart problems and lack of exercise.

In 1906 Alois Alzheimer reported "A peculiar severe disease process of the cerebral cortex". He discovered Alzheimer's as he was following around a 50-year-old woman who had just been admitted for paranoia. He discovered that she had progressive sleep and memory disturbance aggression and confusion.

Alzheimer's has many symptoms that disrupt daily lives. These include memory loss, poor judgement, loss of spontaneity, losing track of dates and repeatedly asking questions. Alzheimers first affects the part of the brain that is associated with learning. Most cases of Alzheimer's affect people in their mid-60s, however this can develop to some people as early as thirty. However, this is extremely rare. People diagnosed with Alzheimer's normally live 8 to 10 years, a few people live about 15-20 years.

Alzheimer disease progresses extremely slowly so it is difficult to tell when it becomes a problem. Many people may feel that memory problems are part of getting older however Alzheimer is not a normal ageing process. Alzheimer is very difficult to diagnose as there are many different stages. Nonetheless it is important remember loss of memory doesn't always mean you have Alzheimer's disease.

- Teodora Mindru

World Alzheimer's Month is a global opportunity to raise awareness around, educate, encourage support of and demystify dementia. World Alzheimer's Day takes place on 21 September as part of World Alzheimer's Month.

DYSCALCULIA

Dyscalculia is a mental disability that affects a person's mathematics skills. It also affects many other small skills most people without dyscalculia can quite easily complete.

Some common examples are not being able to decipher left and right, less fast mental arithmetic ability, slightly changed colour perception, poor sense of direction and high levels of mathematic anxiety.

This also can be quite socially draining when trying to complete everyday tasks.

Facts:

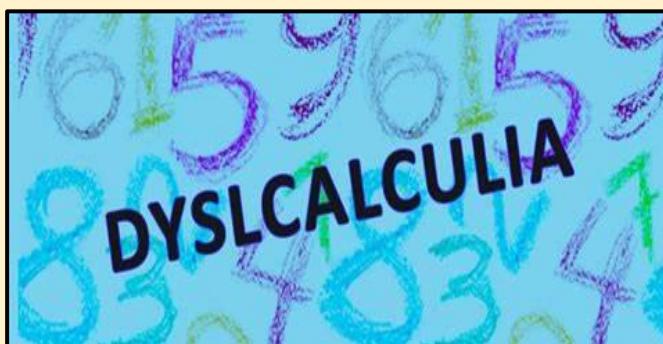
- 3-7% of children have dyscalculia in the world. (Approximately every 1 in 20 people that is born will have dyscalculia.)
- Dyscalculia is thought to be as common as dyslexia but less known.

Famous people with dyscalculia:

- Bill Gates (founder of Microsoft)
- Daniel Radcliffe (actor)
- Leonardo da Vinci (artist)
- Agatha Christie (writer)
- Einstein (Writer, Teacher, Mathematician, Inventor, Philosopher,)

People with dyscalculia sometimes struggle reading numbers on white paper, and find they prefer other coloured paper. Such as: blue, yellow, or purple. Putting clear tinted plastic over the white paper also helps to see the numbers clearer and easier.

- Caitlin Rouse and Elysia Roberts



Sign Language Alphabet

Sign Language Day

Sign language day is on the 23rd of September and a unique opportunity to support and protect the linguistic identity and cultural diversity of all deaf people and other sign language users. During the 2023 celebration of the International Day of Sign Languages, the world will once again highlight the unity generated by our sign languages. Deaf communities, and civil society organisations maintain their collective efforts - hand in hand - in fostering, promoting and recognising national sign languages as part of their countries' vibrant and diverse linguistic landscapes.

The UN General Assembly has proclaimed the 23rd September as the International Day of Sign Languages in order to raise awareness of the importance of sign language in the full realisation of the human rights of people who are deaf. The resolution establishing the day acknowledges that early access to sign language and services in sign language, including quality education available in sign language, is vital to the growth and development of the deaf individual and critical to the achievement of the internationally agreed development goals. It recognises the importance of preserving sign languages as part of linguistic and cultural diversity. It also emphasises the principle of "nothing about us without us" in terms of working with Deaf communities. According to the World Federation of the Deaf, there are more than 70 million deaf people worldwide. More than 80% of them live in developing countries. Collectively, they use more than 300 different sign languages. Sign languages are fully fledged natural languages, structurally distinct from the spoken languages.

There is also an international sign language, which is used by deaf people in international meetings and informally when travelling and socialising. It is considered a pidgin form of sign language that is not as complex as natural sign languages and has a limited lexicon. The Convention on the Rights of Persons with Disabilities recognises and promotes the use of sign languages. It makes clear that sign languages are equal in status to spoken languages and obligates state parties to facilitate the learning of sign language and promote the linguistic identity of the Deaf community. The proposal for the Day came from the World Federation of the Deaf (WFD), a federation of 135 national associations of deaf people, representing approximately 70 million deaf people's human rights worldwide. The resolution A/RES/72/161 was sponsored by the Permanent Mission of Antigua and Barbuda to the United Nations, co-sponsored by 97 United Nations Member States and adopted by consensus on 19 December 2017. It is important to recognise the difficulties of being deaf and helping the world move forward and be more sign language friendly. That starts with us even the smallest things we learn can make a difference.



- Lara Griffiths

Lemon Drizzle Cake

Ingredients:

170g butter
170g caster sugar
3 large eggs
Zest from 1 lemon
170g self-raising flour
Fresh raspberries
250g icing sugar
50ml lemon juice
1 tbsp lemon syrup
2 tbsp milk(any)
50g seedless raspberry jam



Method:

Step 1: In a large bowl add the butter and sugar and whisk until light and fluffy. Then, add in the 3 eggs and the zest from 1 lemon and whisk until fully combined. Fold in the self-raising flour until just combined.

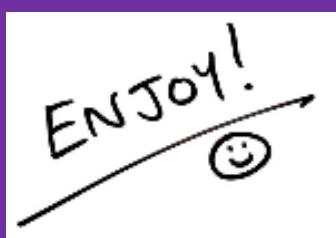
Step 2: Scoop into a tin or a tray of your choice with baking paper and smooth it out. Place as many fresh raspberries as you want on top and spread them out. Bake in the oven for around 25-30 mins.

Step 3: Add 50g of icing sugar in a small bowl with 50ml of lemon juice and stir until smooth. Once the cake is ready, poke lots of little holes in the cake and pour the lemon syrup you just made all on top. Wrap the cake in cling film whilst it's still hot.

Step 4: In another large bowl add 200g of icing sugar, 1 tbsp of lemon syrup, 2 tbsp of any milk and stir until thick and smooth. Pour this all over the cooled cake and smooth it out quickly.

Step 5: Grab 50g of seedless raspberry jam and melt it and keep it warm/hot. Dollop small tsp over the top and swirl it over the cake. Let it set.

- Anna Prayag Baltanas



Book Recommendations

This week's books are the Hunger Games series written by Suzanne Collins. The Hunger Games series consists of 4 books published between 2008 and 2020, The Hunger Games (2008), Catching Fire (2009), The Mockingjay (2010) and a prequel called The Ballad of Songbirds and Snakes (2020). They are set in a dystopian society in which there are 12 districts and each year 2 kids are randomly drawn from each district to compete in The Hunger Games, a competition run by the Capitol, it follows the story of Katniss Everdeen a girl who will do anything to protect her mother and sister, Prim. I really enjoyed this series because it has a bit of everything from a crazy love triangle to exiting plot twists. Suzanne Collins got the inspiration for the Hunger Games books while flicking thorough channels on the TV and seeing the War in Iraq as well as Reality TV shows, she also drew inspiration from ancient Roman gladiatorial games and Greek mythology. All three original books have won many awards since they were published The Hunger Games has won 54, Catching Fire has won 14 awards and Mockingjay has at least 9 awards so all together the trilogy has won at least 77. Some of the most notable awards each book has won are:

- The New York times notable book award for Hunger Games and Mocking Jay
- The Booklist Editors' Choice for all three books
- Time Magazine Top 10 Fiction Book for Catching Fire
- Kirkus Best Young Adult Book of the Year for all three

The Hunger Games trilogy was also made into a movie series, published between 2012 and 2013, made up of The Hunger Games (2012), The Hunger Games: Catching Fire (2013), The Hunger Games: Mockingjay Part 1 (2014) and The Hunger Games: Mockingjay Part 2 (2015). They are also releasing a movie for The Ballad of Songbirds and Snakes in cinemas on the 17th November 2023. The first Hunger Gamed movie was the 14th highest grossing North American release of all time and the second movie, Catching Fire, was the largest grossing domestic film of 2013 as well as the 10th highest-grossing North American release of all time.

- Emma Prayag Baltanas

Libya Floods

On Sunday the 10th, storm Daniel burst through 2 dams above the city of Derna. From Sunday to Tuesday the flooding washed through the city. After the flooding died down it was clear that the flood destroyed whole neighborhoods and towns. On Tuesday more than 10,000 were missing and thousands more displaced.

After the flood was finished on Wednesday the 13th, some foreign aid arrived but Libya's prime minister Abdul Hamid Al Dbeibeh said his country will only accept aid that is necessary. Then the Libya disaster response was criticized for being too slow.

Most of the town of Derna is thought to have been swept into the sea along with thousands of people. As of the 18th of September, the death toll is over 11,300 and there is a fear that there is not enough medicine and clean water for the survivors with most of them having been made homeless.

They say that the city of Derna is like a wasteland. Buildings, houses and telephone poles have been ripped out of the ground and cars flipped upside down. The military and other aid organisations have been finding bodies on the shore, beach and roads. Many countries have sent aid to help and treat injured survivors. They have also sent food and medicine as the flood cleared out shops and pharmacies.



- Naeem Ahmed



Thank you for reading this edition of The Hayes Herald – we hope you enjoyed it!

The next edition of The Hayes Herald will be published on Friday 6th October and will be the last one before half-term!

The latest edition of HayesTalk is out and can be found on Spotify, Apple Podcasts and all your other favourite podcast streaming services. The next edition will be published on Wednesday 27th September so be sure to give it a listen!

Last fortnight's riddle was: Near by there are three things: a candle, an oil lamp and a log of firewood. What do you light first? The answer is the match because to light those three things you would need a source of fire.

This week's riddle is: The answer I give is yes but what I mean is no. What was the question?

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