

October 2021



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Letter from the Editor

Hello everyone!

Alluding to Zeta's last message in The Seahorse, I thought I should do a quick introduction as the new Editor of The Seahorse, alongside Marco Galea.

My name is Sadie Smith and I am a year 10 student. I am very excited to present all your wonderful ideas and contributions to the newspaper and hopefully get to know some of you a bit better!

As a student who has been attending Elwood College since year 7, I take a lot of pride in going to this school and hope I can represent this in the best way possible through the newspaper.

Thank you all and I hope you enjoy reading this month's issue of The Seahorse!

Sadie Smith

Music Recommended by You!

Dumb Dumb - SOMI
 Room - Marven Lim
 Lovers Rock - TV Girl
 Death - White Lies
 Unpretty - TLC
 Sullen Girl - Fiona Apple
 Lost On You - LP
 Spring - Angel Olsen
 Misery Business - Paramore
 Wasting My Young Years - London Grammar



Quick Quiz!

Answers on page 9

What is the actor Reese Witherspoon's real first name?

- A. Laura
- B. Lesley
- C. Linda
- D. Lara

Finish the TV show title. "It's Always _____ in Philadelphia"

- A. Funny
- B. Sunny
- C. Happy
- D. Friendly

The rock formation known as the Troll Tongue is in which country?

- A. Norway
- B. Scotland
- C. New Zealand
- D. Canada

Who created the conceptual country 'Nutopia'?

- A. Joni Mitchell
- B. John Lennon and Yoko Ono
- C. David Bowie
- D. Bob Dylan

5 Tips on Staying Positive During Lockdown

Ariana Gynther, Year 10

While we are coming into our 4th week of statewide lockdown, many of us might be feeling rather down. We can all agree that lockdown sucks, so I'm here with some tips that might be able to make you feel more positive while we're all stuck at home!

1. Going for a walk

While most of us might detest exercise during this time, going for a little walk through your area (and staying in your 5km zone), might help clear your head for a little while. I've found that inviting a friend along with you makes the experience much more enjoyable, or if you'd prefer to go alone, play some upbeat music while you stroll through the neighbourhood. Plus, exercise promotes endorphins, so you'll find yourself feeling refreshed and more stress-relieved.

2. Watch your favourite movie/show

Another great thing about being stuck at home is that it's much harder for mum and dad to limit your screen time, so use this to your advantage and binge your favourite shows on Netflix, Stan or Disney+. I suggest 90s and 2000s classics such as *Gilmore Girls*, *Gossip Girl* and *My So-Called Life*, or newer ones like *Never Have I Ever*, *Atypical* and the *Fear Street Trilogy*.

3. Meditation

Meditation is incredibly useful when it comes to clearing your mind and regulating your mood. By using apps like Smiling Mind and Calm, you can take a few minutes to take a deep breath and clear your thoughts. Meditation has been proven to reduce anxiety and relieve stress, as well as promoting emotional health.

4. Eating Healthy

Eating the right things is important for your well-being and health. Making your own meals, and selecting mostly healthy ingredients is a great way to

incorporate more vegetables, fruit and proteins into your diet. Plus, cooking is a great way to pass the time during lockdown. Cracking open some old recipe books, or scrolling through taste, will surely find you a great recipe you can crank out during recess or lunch time. Maybe you can even cook dinner for the family!

5. Reaching out to friends

While it sucks that we are cooped up in our own houses for the next month, we are lucky that we live in a digital world where anything is possible at our fingertips. So, my advice is, message your friends on social media, set up times to chat on google meets, and even play games like skribbl.io or Gartic Phone. It's not as good as seeing them everyday at school, or going out and having fun, but it's the next best thing. And if you're feeling more active, organising a walk with your friend is another fun thing to do, and it means you can socialise and get exercise at the same time.

I hope you enjoyed my tips, and remember that we've gotten through this five times before, so we can do it again! Maybe these have inspired you to have a little more positivity in your life, or just encouraged you to get out and escape the four walls of your house for a little while.

Lockdown

Yurika Saito, Year 8

Feels like trapped in a cage
Feels like a world of sadness
Feels like it's forever
Feels like we are never gonna get out
Work work work
Puts me in stress
Not seeing my friends
Not always happy
Always shedding tears
Holding on
Now stop
Look outside
Now look at you
We are being safe
We are doing the best we can
Let's wait till it's over
Stuck in lockdown
Wishing to go to the amusement park
Or to the beach
Or hangout with friends
the fun is gone
We are stuck in lockdown
Hold on a bit longer
We will be out soon
I hope

The Issue Of School Uniforms

Lily Walker, Year 11



Blazers, ties and specific coloured socks, school uniforms have dominated school life for literally hundreds of years. Designed in order to keep a tidy and well put together look for a school, the question of the limiting nature of self expression that these uniforms embody is being brought into question more and more frequently. Personally, I would be all for the abolishment of school uniforms and have instead a loose dress code focused around the encouragement of personal identity and comfort. Now, don't get me wrong, there are definitely upsides to having a uniform, we don't have to worry about choosing an outfit everyday, everyone is wearing the same thing so no one can feel judged, it encourages a sense of belonging and it can be argued that it is more economically friendly on a long term basis for those with limited spending power.

But hear me out, even with school uniforms there will always be trends that some people can't fit, like the length of skirts and whether a shirt should be tucked or not. If there was no uniform, sure there might be a sense of jealousy regarding some people's clothes but if I have judged my peers correctly, we would be wearing trackies everyday anyway. Now, I would also like to point out the progressive change to the uniform policy that Elwood College has taken recently, with the new allowance of a kind of 'mix and match' scenario with the uniform. This not only allows for more personal expression of us teenagers but also has a practicality element within it. This of course, is the unpredictable Melbourne weather that we are faced with, meaning that sometimes, the summer dress is very needed on a warm day in Term 3.

Now, let's not forget that Elwood College used to allow free dress for year 12 students. I would be willing to bring that back as a privilege for the hardworking students in their last year of secondary education. However, should self expression really be a privilege? In no way am I attempting to sound provocative, but I do often wonder if being able to wear some jeans and a t-shirt to school is really that big of a deal? I invite everyone reading to ponder this question for as long as they see fit and ask themselves, "is it time for Elwood College to rethink their uniform policy?"

Artwork

Lydia Biegler, Year 10



Zeta Hamilton - Durkin, Year 12

Yurika Saito, Year 8



Ted Lasso Review

Christien Mcintosh, Year 10

2021, a year unexpected with tons of unexpected lockdowns and news (maybe M. Night Shyamalan is controlling Australia right now), with tons of free time right now, I think it's safe to say no one wants to watch Paris Hilton run away in horror at the sight of a turkey or have to watch the annoying number of irrelevant shows on Netflix, so currently, there's not much option. However, there has been a blessing, and we have received one of the most heartwarming and hilarious shows we need in this current day: Ted Lasso.

Now Ted Lasso follows the fictional Ted Lasso, who was based off an NBC promotion in 2013 by pretending he was the new American Tottenham Hotspur manager, as a gag to promote the fact that NBC now had the broadcasting rights to the English Premier League. This idea was hardly touched by NBC, who only kept Ted for occasional episodes (by that I mean 1 or 2), but Apple were swift to come and get the new show that would become a massive success.

Now Ted Lasso follows the life of Ted Lasso, portrayed by Jason Sudeikis, who most of my g's know him for playing Red in The Angry Birds Movie. Now Ted is your average American Football (NFL) coach who is somehow thrown into the role of Coach of AFC Richmond, a relatively decent English team who compete in the top flight of English football, who are basically the fictionalized version of Newcastle. The team is filled with a cynical vibe, with the player's believing they can never achieve more than what they can do. It's also revealed that the club owner, Rebecca, has only hired Ted to exact revenge on her cheating husband, who is a lifelong fan of Richmond. Ted tries to work with the low morale Richmond, which has players like Samuel, a Nigerian winger who is struggling to adapt to England after moving from Lagos, Jamie Tart, an up and coming Striker on loan from Manchester City, who is somehow more arrogant than Cristiano Ronaldo, which is a new to be honest, with Jamie thinking he's bigger than

the club, Roy Kent, an aging and aggressive, legendary box-to-box midfielder, who is considered a Premier League legend, after winning the Champions League with Chelsea previously and Dani Rojas, an up and coming attacker from South America, who is an energetic signing in a morally depressed team. We also follow the lives of Keeley, Jamie's girlfriend who slowly starts to have more of an impact to Richmond as the story progresses, Coach Beard, Ted's American friend who becomes a coach at Richmond like Ted, Higgins, the club (whatever his role is I'll fill this in when I know), who tries his most to impress Rebecca and make himself worthwhile, unbeknownst to him about Rebecca's plan and Nate, originally the meek cleaner who gets abused by the Richmond players, but slowly becomes a higher ranking person at Richmond.

The show is honestly one of the best comedy's I've watched in a while, it's a show that's got great comedic timing, and take's itself genuinely and creates a storyline that keeps the viewer wanting more and more. The show did receive critical acclaim, with the praise going to the ensemble's performance (mostly Sudeikis), and how it creates such a charming show, as we watch Ted trying to be the best he can. The show is also a realistic depiction of managing a football club (having people want to watch you fail, the British media trying to down peg you, Twitter) and gives a real depiction of what it's like to be a football fan. This show did receive a lot of nominations for awards, including Sudeikis winning a Golden Globe, and most of the ensemble receiving nominations for the performances, which will be announced if they did win any of these awards in September.

Overall, this is the perfect TV show for an English football fan. It is on Apple TV+, which I think 1 person at Elwood has the streaming service and it's not me, but if you can find a way to stream it, give it a watch. There is a second season ongoing right now, so there's more to fill up your chops with right now as well. So if you need a comedy to brighten up your lockdown, go give this a watch, I assure you won't be disappointed. See you next month homies.

Quiz Answers

How many did you get right?

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- B. Lesley
- C. Linda
- D. Lara

Finish the TV show title. "It's Always _____ in Philadelphia"

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Team

Amelia McQuoid
Asha Dwyer
Benjamin Fitzsimmons
Billie Graham
Cass Ward
Chloe Selwood
Christien Blandshard -Mcintosh
Ciara Orr
Eleanor Bauer
Ella Davis
Evie Thomas
Greta Ising
Hannah Lowndes
Harper Delves
Imma Giacco
Jolie Humphrey
Kalani Giddey
Lexi Elisha
Lily Walker
Lucia Stephens
Lydia Biegler
Marco Galea
Nelly Tucker
Obi Hibble
Oscar Wynen
Rob Newall
Ruby Thomas
Ruth Baxter
Sadie Smith
Sam Higgins
Sayler Delves
Sofia V.K
Soleil Prekumar
Sophie Woods
Spencer Rodrick
Stella Harvey
Stella Ryan
Theo Huynh
Timna Shushan
Will Bruce-Jones
Yurika Saito
Zeta Hamilton-Durkin
Zisis Zikos

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