

Your voice

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Immigration: for better or for worse?

By Alexandria Little

After the recent controversy over whether or not we should leave the EU, the UK decided to finally leave. This left the UK divided in two; the people who voted leave and the people who voted stay, but

what of the refugees, both in the UK and out? What will happen to them? Will they be forced to leave or will we simply just stop them entering the UK altogether?

With over 21.3 million refugees separated between Afghanistan, Syria and Somalia only 6% are being hosted in Europe. There's a lot of debate over whether or not we should let more refugees into Britain and as of late a recent storm ignited on social media discussing the delicate topic of how many children refugees should of been let into Britain and how many actually were. The story behind the conflict was; a hoped 3000 children were to be hosted in the UK compared to the 350 that were actually accepted.

A poem written by former refugee, Warsan Shire, was posted on youtube

recently and stirred the hearts of millions. Some of the most heartfelt, unique lines among the poem were : 'You have to understand.. No one puts their child on a boat unless the sea is safer than the land.' 'No one leaves home unless home

is the mouth of the shark.' As you can see from those few lines the magnificence behind the emotive language is outstanding, it pushes the heart-breaking

leaving the EU." "I think we should let more refugee children in as they are the ones suffering the most and they are the ones that could have a secure future in the UK."

Clearly the mix of opinions is a problem but ultimately refugees bring both opportunities and disadvantages. For example; more people in the UK means more people working which means less jobs for UK citizens. However, some could say that the refugees don't bother getting a job and instead laze about at home claiming



image into your mind that for them, anywhere is safer than home.

A recent survey summed up the thoughts of the British public and their thoughts on the matter, whilst remaining completely anonymous: "If there's more refugees coming in then it means there'll be less space for us and there'll be less supplies meaning some of us might get forced into poverty." "I don't think we should let any more refugees in because we're under enough stress from

our benefits. This, ironically, places us in a bit of a situation as if a refugee gets a job they're stealing our jobs, if they don't they are claiming our benefits. Which leaves us with the question- What are they supposed to do?

UNDER PRESSURE: Are we under too much, too young?

Education is and always will be the building block to a successful career, but do students really know what they want to do with their life so early in their education?

Less than half of high school students feel they're ready for college or careers. That makes more than half of students not having any idea about what their future aspirations are. Many don't have any idea about what is available to them, due to lack of guidance, or inspiration throughout high school.

Thirteen year olds are given the significant task of completing the year 8/9 subject form that sets their path for their GCSEs. But, at thirteen years old, are they really ready to make such choices about their future? According to a leading neuroscientist, as quoted by the telegraph, school children should not be required to make GCSE choices at such a young age, this is due to young pupils' brains not being fully developed. Later in life this could lead to a lack of enthusiasm and drive in the specific subject they took, due to changes in their future ambitions. This

can result in a detrimental, ripple effect on their careers and may result in a reconsideration of their choices.

Maths, English and the three sciences (known as the core subjects) are compulsory throughout a child's education (rhetorical question) . With these five subjects follow hours upon hours of lesson, coursework and revision all leading to one crucial exam in year 11. As well as these subjects they also need to pick four other subjects, suitable to them. Resulting in more additional lessons, coursework and revision.

Out of a 1300 pupils that were surveyed 96% admitted that they feel pressured by teachers to do well and achieve high grades. It is not only pressure from teachers that pupils endure, but also from their over ambitious parents, which in hand is giving them low self esteem, anxiety issues and unwanted frustrations. Students tend to do worse academically with these struggles because they can't handle the pressures which are being impacted upon them on a daily basis. Students are even getting attacked by the education board to achieve high Bs, A and A*. Failure in critical exams

will mean students will have to endure exams yet again in college. Knowing this, will students be ready to do it all again and go to college?



Leaving their school behind and jumping into the college lifestyle, students might intend to further their education on a new chosen subject. But will they expand that knowledge into a career or lose enthusiasm once again, finding themselves back at square one?

36% of students used counselling for help on career possibilities. Pupils we surveyed agree that these facts need to be noticed to help future generations.

By Georgia Lambert

SPORTING NEW MINDS!

A child's education is the most important thing for modern day parents, but how do you help your child achieve the best grades in their GCSE; to get the best possible start in life?

In recent studies approximately 88% of children who participate regularly in sporting activities achieve grade Bs and above in their final GCSE's.

After I went out to a school in Selby to talk to pupils currently starting their GCSE courses and asked them how they think sport benefits them as a person and how it affects their education, one boy said: "I think it has had a positive effect on my grades. I used to be failing on my tests but after I took up football... I felt a positive impact and now I'm used to getting thumbs up from my teachers"

However not every student feels the

By Chris Nicholson

same way about sport. A girl from the same class thinks sport is: "A total waste of time!" She believes that sport does not affect your education, "Sport just gets the guys to like you, I'm not bothered about them..." Many argues on her side as approximately 25% said they get good grades but don't care about sport, one boy quoted, "I hate sport, especially football . All that diving around on the floor! How does that make you in a way smarter?"

Though neurologists think they have found evidence that sport increases the use of the left hand side of your brain, if used enough can make your literacy

more creative which benefits most other subjects. After more tests and research neurologists believe they may find more evidence to back these statements up.

But for now the most common response will be: "Can't do it!"



Manchester United's Jesse Lingard and Marcus Rashford visit a school in Devon.

Social media - Good or bad?

The Future of Social Media

By Hannah Tomlinson and Mollie Campey

Is social media ruining the lives of teens in school? Many people have agreed that teens' phones and social media are distracting them from getting their school work done on time. The main social media platforms are: Instagram, Snapchat Facebook, Twitter, Pinterest and Tumblr. These can distract children, teens, and even adults, from getting their work done. A year 9 student who wishes to remain anonymous gave a statement "I will often start my homework but after 5 minutes become bored and check my phone. I normally lose track of time and have to rush my homework to get it done." A study found that 76 percent of students are distracted by the internet to a worrying degree.



Over the past years cyberbullying has become a massive world wide issue. Overall social media has a huge negative impact on students. This is because it can give a false sense of connection between people which could lead to misleading information. A lot of these issues lead towards cyberbullying which links back to why students are falling behind on their school work, as if they have things going on out of school such as cyberbullying their results generally turn out slightly lower than their expected target.

However, social media isn't all bad. It allows us to stay connected with people who live all around the world, it can keep us connected to who we have known for ages or even a couple days without the charges of texting and calling, many people have met through social media, it allows us to meet new people that we never normally would of met. We can also find out information online about all the things going on in the world. For example many teens found out about the American election and 'Brexit' through Snapchat and Facebook.

By Rachel Anderton

The majority of people think social media is good for you, however most parents and some students disagree. These people disagree because it affects some people's revision for final exams in year 11. On the other hand some students aren't bothered and think social media doesn't affect them at all. If it does affect them it will also affect their jobs in the future, if they even get one. People need to get good grades so then when they apply to college/university they will actually have good chance of getting in.

As a teenager you use social media everyday and think it is the most important thing. Or, however when you become an adult you won't use social media at all, if you do it won't be a lot and you'll think "why did I even spend my time on useless trash?".

When you become an adult it won't be important to you.

If social media didn't exist then people would live a more proactive life and get used to living without it. Another reason; if social media didn't exist, then you would be more successful in life, because you're not caught up in your phone.



IS SOCIAL MEDIA KILLING PEOPLE ?

Social media isn't about contacting your friends anymore; people are now desperate for popularity and followers, even if they don't know the people who can see their posts. Experiments show that 75% of people have a fear of being isolated, and therefore use social media apps to post what they think others will like just to gain likes and acquaintances.

once (¼ have been more than once), plus 70% of students report seeing frequent online bullying. People in this situation feel depressed and anxious, which can lead them to self-harming, or sadly even taking their own life.

Although there are lots of negatives, social media also has some positives. For example people can contact their friends, family, icons and meet new people to chat to, they can also use it for cheap entertainment by looking at pictures, and watching videos.

By Bethan Morley

There are many negative effects of social media, one of them being addiction, which means people will spend hours online forgetting about real life as they are too busy concentrating on their device. This lowers motivation, causes irregular sleep patterns and lots of teenagers and students will become reliant on the internet for every problem that they face. Addiction also lowers people's social skills as they are stuck inside all day with no form of talking face to face, which can also lead to health problems such as obesity as their calorie-burning rate drops when they sit for even a small amount of time.

Another issue is the use of violence and sex on some profiles, these can be easily found by children if there are no age restrictions on the app and influence the young people to act inappropriately and sometimes lead to getting caught up in crime related situations. Finally the most significant downside of social media is cyber bullying, this is where bullies can send hurtful or threatening messages to other children and even post humiliating pictures of videos of them on apps such as Facebook. Nearly 43% of kids have been bullied online



Connecting by DISconnecting

Social media has grown rapidly over the past few years. With over 3 billion users online the world is a more communal place than ever.

Social media is a great thing, it connects people from all over the world. But. It doesn't just stop there, businesses can amplify with the use of social media. It advertises the business to grab more people's attention to it. The amount of celebrities using social media also helps spread awareness for charities (cancer research, comic relief), this can also help raise money for smaller charities or just a single

"Personally I agree with social media... but with positives there are negatives"

person charity to help them raise the money for treatment.

In some schools they use social media for homework and in lessons. This can either be seen as a wonderful thing or a bad thing. We asked the British public to see their opinion - "Personally i agree with social media in schools, it helps with communication in and out of school. It also helps with the homework process, the students can see the homework they have or even email the teacher if they are struggling on what to do"

But with positive there are negatives. 9/10 families have

said that the family have become disconnect-

ed with social media. Health problems also occur weather that's vision or become obese. Although social media is a great thing we must know the downsides to it; experts say 90% spend more time on social media than they do playing sports or actually communicating with people. However they are communicating with people, maybe with there friend from the other side of the world, or relatives who they can't visit.

The fact that it can spread awareness and raise money this is possible because of the amount of people online. With nearly 2 billion people on Facebook spreading awareness and is every easy. With celebrities online and with millions of followers, hundreds of people, if not thousands of people will come together and help raise awareness and money for people or charities in need; and this is all thanks to social media.



"Spreading awareness is easy"

Are schools really what they make out to be?

By Emma Allison

Annabelle Davies, is a school girl aged 15. She catches a virus and has to miss a few weeks at school, causing her to fall behind. As a result of this, a hard-working outgoing, gifted young girl got diagnosed with severe depression and several suicide attempts took place.

Schools nowadays put way too much pressure on children, with regular testing, having to achieve set target grades and an extreme amount of homework.

But it's not only students who are put under masses of pressure: teachers also get massive amounts of work to do before a set deadline. School is supposed to be a the 'best years of your life' but for many they have turned into some of the worst...

After interviewing several students, every single one of them have said that they are under pressure at school. One student said: "The amount of work we have to do and the fact we have a specific target we need to meet makes me feel so anxious all the time". Stress at school can lead to many problems such as: self-esteem problems, sleep deprivation, high risk of injuries, refusing to participate in certain things and an increased likelihood of them cheating. Others mention about having too always complete homework to a high standard which leads onto the next problem.

Homework. What is the point? They spend over 6 hours at school, 5 days a week, surely that's already enough work



All because of an illness. All because she got pushed too far. All because of school.

for them without adding several hours of homework onto that every night> From our research we found that 78% of parents said that children don't get to play outdoors enough and 75% felt that long

working hours made it even harder to spend enough time with their families.

But that's not even the worst part. A worrying consequence of all this is a substantial rise in mental health problems with it going up a massive 70% since the 1970s. Now do you think it still makes you think it is ok for children to get extreme amounts of homework?

As well as this worrying issue, another is the lessons the children get taught in school. From a recent survey we found that not one of the students have learnt any important life skills that would be needed for the future like mortgages, taxes etc. The children in Selby High do have a lesson on life development but a year 9 student had their own opinion on these lessons: "All the things we learn in life development are things I will never need. I know about ionic bonding, trigo-

nometry and cell division yet no idea about leaving school, facing taxes and job applications etc".

A similar survey was given out to parents and teachers too to see what they had to say about this situation and results came back that both of them said students are put under too much pressure as well. A teacher said: "Students are put under a lot of pressure because there is also so much pressure on teachers to achieve targets that the students are continuously pushed too far". This also shows the amount of stress that teachers are under too as they don't only have to get students to meet targets, they have to mark all of this masses of homework, mark the classes books and this can take up their whole night leaving them with no free time for themselves. In addition to this, as class sizes continue to increase so will the amount pressure which will end up pushing teachers to breaking point.

A resolution to this problem should be put into place immediately to lift a heavy weight off schools, pupils and teachers so that school can go back to been the "best years of your life" again. But will schools change?

Schools Clamp Down On Uniform, But Is It Fair?

By Amy Woollen

Over 90% of England's secondary schools are supporters of the school uniform, but if worn wrong the students receive a load of grief. Some students are even sent home and reasons as to why this happens include: "inappropriate" shoes, "skin-tight" jeans and "way too short" skirts. So should schools be so harsh with uniform rules or should pupils have the freedom to wear what they want?

The school uniform was introduced during the 16th century for charity schools. Therefore surely uniform is a fantastic way to 'promote equality' and give students 'a sense of pride' from wearing a uniform? Not necessarily, as there are many arguments supporting banishing uniforms forever, as it would apparently allow 'all students... to be different and express themselves.' Furthermore statistical evidence has revealed that uniform has 'no direct impact on attendance, substance abuse or behavioural problems.' So is uniform really beneficial or is it just a pain in the backside?

Fanatics who admire formal fabric claim 'the smarter the better.' Also many employers agree that a dapper appearance is essential when choosing who to employ. There is a saying which insists upon this truth: 'Nothing succeeds like the appearance of success.' However even those who believe in the uniform also admit that students do have a tendency to 'abuse' it and wear it 'inadequately.' Not only that, but students have also been warned about 'inappropriate' piercings, hair-styles... the list go on. So should students be punished for this or be encouraged to enhance and embellish uniforms as well as their appearance?

Despite so many schools, especially in England, adopting the school uniform, many still disagree with it and plea that it is 'excessively expensive,' 'lacks creativity' and 'prevents students from being themselves.' However both sides of the argument have their flaws, as the supporters of the uniform admit that the majority of students feel 'uncomfortable' and 'abuse' the privilege of having a uniform; whether that be wearing it unsatisfactorily or looking

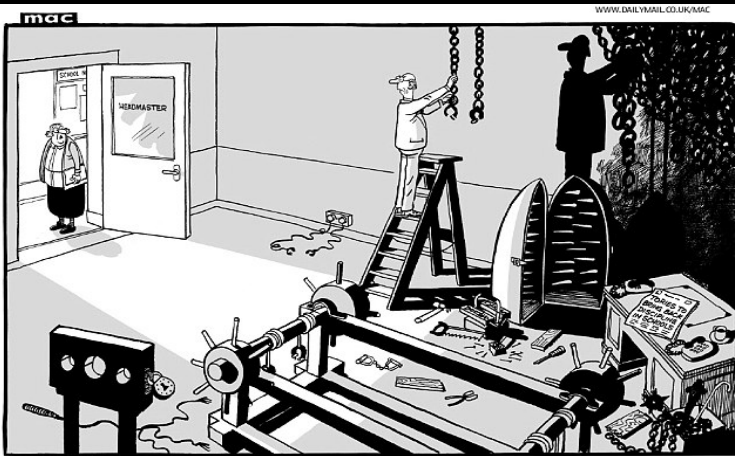
'scruffy' in it. Whilst the opposing side confess that uniform 'shows discipline,' 'promotes equality and is more 'convenient.'

So, obviously people's opinions vary dramatically, especially when you compare adult and teenage viewpoints: the majority of teenagers claim that being punished for incorrect uniform is 'a bit excessive' and how having your shirt untucked shouldn't matter as well as 'why does a skirt length matter?' Whereas most adults continue to believe 'equality over expression' and how schools should do 'more monitoring' in order to ensure 'tidy students.' which should mean 'tidy minds.'

Discipline is essential in any school, so by channelling that through uniform rules surely it is a positive thing, as it is getting them suited and booted ready for future work attire. So by penalising students for incorrect uniform as well as appearance it is allegedly 'Preparing them for their future.' A good thing right, so why is there still the controversy of students not being free to wear what they want due to uniform? Well the truth is that there's a variety of reasons, but if you believe in equality you should support the uniform, if not and you are a believer in expressing yourself then feel free to continue challenging the costumes that so many schools in England admire and apply at their schools.

"Our uniform policy does not allow certain types of clothing because pupils must prepare for life beyond school and the standards and boundaries we are all expected to adhere to in our working lives."

Mr Ian Barton, Principal at the Dukeries



"Don't raise your hopes too high, headmaster"

A school in West London experimented to see whether uniform had any impact on GCSE results. The results were shocking. As the GCSE passes increased from 42% to 53% after a uniform was introduced. This gives the uniform believers a big boost of confidence, but doesn't yet reveal whether it is fair on the students to be punished for 'inadequate' uniform.

"Inappropriate"
"Embarrassing"
"Provocative"
"Unsatisfactory"
"Inadequate"
"Unsuitable"
"Unacceptable"

Here are some people's opinions regarding students wearing the incorrect uniform. But does this really mean students should be punished for it?



Pictures (Clockwise Direction)
Three female students from Hanson Academy in Bradford.
Lauren McDowell, 13, who is a student at Forge Valley School in Sheffield..



Lauren McDowell and her Mum, Yvonne.
Yvonne defended her daughter after the school complained about her daughter's new haircut. She claimed "it's a breach of my daughter's human rights."



IS YOUR PAST AFFECTING THEIR FUTURE ?

Recent study has shown that the globe's temperature is rising drastically. A MASSIVE 2 degrees. This may seem like nothing but when you hear the impacts this is having on your world you will be shocked. Sea level rising, farms being shut down and this is effecting everyone. Your future generation of family is going to be affected, so are you okay with this?

Global warming is the earth temperature rising. This is due to many reasons, for example, greenhouse gases and volcanic eruptions. Humans from past generations played a huge role in this and now it is affecting your kids, grandkids and great grand kids. This needs to change, as it is having a negative effect on the world. Some of these are: sea levels rising immensely, polar melting and co2 levels increasing polluting the earth .Think about the effect that this will have, not only to you, but to your family.

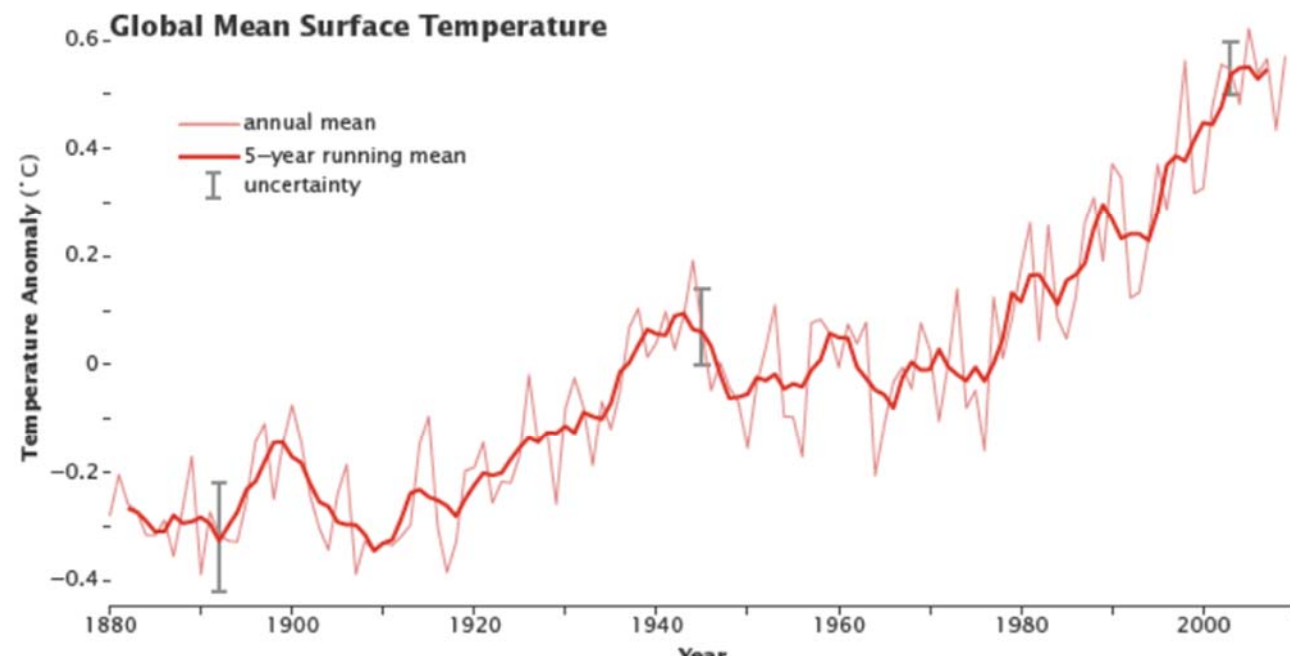
However, there is positive to this catastrophe. Due to warmer weather there will be more tourism hitting the UK this is more economic for our country. Warmer winters means less deaths of the homeless. As the polar melt there is more land for the countries to expand meaning more homes for us all. Nevertheless the negative overrule the positive by a storm. A tropical storm.

Caitlin Reynolds

The amount of tropical storms will rise rapidly causing major cities to be destroyed.

How is it fair on us, on the future generation on the world?

We interviewed professor William to see how global warming is going to affects us, future generations and the world in general. He told us: 'If the world's temperatures isn't taken control of, there is a high chance of the population dropping too'. This is worry due to the fact that this can happening in the next 5, 10, 20 years we just do not know. We need to change our ways; otherwise we might not be able to stop global warming in time.



School Change:

What do you think should be added to the school timetable?

This quote is from a year 9 student at Selby High School,
"I think that they should add extra P.E because it helps children clear their mind whilst staying physically fit."

Another student says: "I think that P.E should be removed the school timetable because it embarrasses the less fit students and wastes time that you could be revising for something more important like Maths or English."

Do you think anything should be removed the school timetable?

"I think that Life Development should be taken off because lots of students take this as a lesson that they can mess about and not learn from it"

However somebody else thinks:

"There should be additional Life Development because it helps to develop young people's respect for other people."

If you could what would you change about this school?

"A child said that they would like school to add more air condition-

ing because a lot of the time students struggle to concentrate on a scorching day this would not only help the students but also the teachers. Doing this it helps concentration."

By Anthony Whitehead



Field vs Feed:

Does Social Media Affect teenagers as players?

Many teenagers grow up to the anxiety of social media throughout high school. This could mean everything from watching for likes to making sure they keep their 'snapchat streaks'.

Many teenagers use sport to get away from the stress of any gossip on Snapchat, or the the banter on Twitter.

However, Scientific studies show that more teenagers between the ages of 14-16 spend a greater amount of time strolling through their feed than sprinting on their field.

Social media has been a proven cause of levels of endorphins dramatically decreasing. On the other hand, every time you

contribute to sport you have endorphins released in your brain, this makes you mentally stronger and happier.

Studies have shown that teenagers spending less than two hours a day on social media perform to a higher standard than those who spend more than two hours. Motivational posts appearing on your recents may have a positive impact from a sports psychology perspective, however, what's the point if you cannot motivate yourself?

Age limits: Limiting too far?

We all know that age limits are put in place on games and films to restrict the content showed to certain audiences: family friendly with little to no limitation, and violent or scary with higher limitation. However, some people are starting to come forward about age limits set by the Pan European Game Information system (PEGI) are going too far.

Video games. Children love them. Most families nowadays have some sort of gaming console to keep the young ones entertained, and as a result of that, the games they play have to be kept in check to make sure that the wrong games don't get into the wrong hands. Large franchises like Grand Theft Auto, Overwatch and Call of Duty contain violent images and warlike themes that surely, you wouldn't want your 8 year old child to witness. People are however beginning to say that the large 18 limits, are perhaps just a little high, and could be dropped to 16.

Other examples include racing games, that are commonly placed at around 13, even those that don't display any form of blood, gore, or scenes of human injury. The only real issue is perhaps a hubcap coming off of your car as you nudge the racer beside you. Not exactly violent, per se. So why are these games limited to 13 year olds and up, when there isn't that much at all to affect your children negatively? Unlike perhaps, Alien Isolation, that is almost guaranteed to haunt children's nightmares for nights on end, that hubcap, as spooky and scary as it may be, isn't going to cause sleepless nights. Unless you are paying for this multi-million Formula 1 car, of course.

Gamer grudges

A second problem affecting the video game community is the amount of time the games are actually played. It doesn't sound like the biggest issue that comes to mind, but the statistics

are rather large. Nearly 33 million people in the UK play video games from ages 16-65, not including all the younger generation also playing. From January 2017, there are estimated 2,088 active video games companies in the UK, ranging from the well known 'VR' and 'AR' model companies. All of these consoles and games are separating the younger generation from interacting with the real world.

More than 80% of children actively playing video games and consoles, lie about their age in order to play the games they're interested in. This really is an issue toward their mental health and evidently, we rely on the parents to make the decisions toward video games and if their child should take interest in them.

Age restrictions are a widely spread subject on a lot of parents' minds who indeed have children who associate with video games. Many companies or game shops may ask for your age and proof, whereas some may simply just scan your game and put it in a bag. Children around the age of 9-14 should not be associated with labelled 18 games, some of which containing violence, profound language, nudity and sensitive scenes. The main reason children of those ages should not be on these types of games, is that the younger minds wouldn't fully understand what it is, and would therefore possibly look up to the characters in the game, and be influenced by their actions and language.



There are some people who do not believe it's a large situation, let's take Matthew Gibson, 13, who says he isn't interested in the whole ordeal, "I don't care about the age restrictions, I'll still continue to play the games out of the age group, as I enjoy them and I don't think anybody should be able to tell me not to." Others, however, decide that it's a subject which would impact children in future references. Amy Woollen, 13, "I

don't believe children who are, say, 12 should play games for people of the age of 18, as it's not fit for their mind-set, but at the end of the day, it's the parents' decision whether their kids can play them or not."

So there's one question, should children be allowed to have full freedom over what games they're associated with? Or should the parents be able to say 'no' when they want their children to stop playing video games? Why are people not taking age restrictions as seriously as they should be?



You might want to SWITCH console

On the 3rd of March Nintendo released 'The Switch', when it was revealed in Japan critics called it "The greatest console in a generation." The switch is a mix between a portable and home console and games can be downloaded on the online store or small games cartridges can be used but on release of the switch users found many faults with the console. One of the main faults of the switch is that upon load up the console freezes and shuts down, as you can imagine this would be very annoying after forking out £270. A lot of people believe the console is mainly based on the Nintendo DS which was slated for its game cartridge flaws and failures. Even after the faults of the DS, Nintendo still went for the cartridge approach...

Many people wrote very irate reviews of the console, including my Dad, I showed him the advert for the console and straight away he found a few faults. "The Joy-Cons after a while will lose their looks and grip as parts of the controller are made from rubber." and he also

said "I remember the days of the DS and the amount of times I found you blowing air into the back of your DS."

After getting hands on with The Switch I can tell you all that I experienced no faults or glitches with the console or the cartridges. I can also guarantee you that you will not be disappointed with the quality and the amount of fun you will have, I definitely recommend going and purchasing "The greatest console of the century."

By Aidan Hutchinson



Celebrating St Patrick's day

The long three day celebration amazed the lucky drinkers as they paraded in green through Trafalgar square in London on the 17th March to a lasting festival feast where folks go on the lash. Irish marching bands came from all over the UK came to this occasion to perform live music to the streets of London. Congested Irish pubs supplied 'pots of gold' to drinkers that enjoy a fresh glass of Guinness.

Thousands of ginger haired outfitters gathered in the city centre to dance to the jubilant live music as well as exploring the true story behind St Patrick in the Hackney round chapel.



Many people

wrote reviews on this event, popular around the World. Daniel Smith travelled from Galway in Ireland to London to celebrate

the special event with his family and was asked about his thoughts on the live music and the dancing in Trafalgar square.

He replied to say "both my kids loved dressing up and listening to the hearty Irish music singing as groups and dancing with laughter". Another man who found his way into the 'Hop hole' a popular Irish bar commented "the fresh Guinness here is delightful and me and the lads were thinking about bringing a few pints back to Dublin".

By Patrick Harpham



INVOLVEMENT IN SPORT

By
Hyrum Leadley-Yoward

Many teenagers across the country are involved with sport in some way. They enjoy what they do and try to get the most out of it. Many teenagers don't spend a lot of time training for their sport and don't do a lot to improve other than their training sessions during the week. Many professional athletes train for hours each day to make sure they are in top of their game and staying above other athletes. In an example, premier league football players train for speed, agility, stamina and strength. Also covering their personal skill and level of play to improve against tougher opponents. Some of the players in football can cover up to nine miles a game and have the speed of a about 22mph.

Whether or not they're losing the athletes have to be able to stay on top of their opponents and dominate the game. Sport can make you happier and healthier and improve your friendship . Lots of footballers earn thousands of pounds a week and get bonuses for scoring a goal or keeping a clean sheet.

Some teenagers try to get into the world of sport but fall unsuc-

cessful as most academies and clubs are not looking for what our youth have.

Favourite sport and why...

We interviewed a teenager and asked him a few questions on his chosen sport, tennis, and asked him what he likes about the sport.

"I like tennis because it's about individual ability rather than a team's ability and it helps you improve your skill and personal ability more. The competition is a bit better too, it's also about what you can achieve and win. A very popular sport today is football even though we asked this teenager, he said he preferred to work more on tennis because he can perfect his own skill and player level instead of relying on a full team to try and score a goal. He said that without a team he would progress more and with a team, it would take a lot more of effort and practice to win a game."

How much time do you spend training?

"I like to play and train by myself individually whenever I have free time on my hands and practice each skill for a certain amount of time. For example, I practice my serving for about 10 -15 minutes to try and perfect different tactics. It really depends on how long I have to



practice and then I try and at least hitting the ball against a wall and just practicing my return techniques. If I have no time to practice, then I try and squeeze practice into the next day covering what I am supposed to do the day before."

Most teenagers think that practice is a waste of time and that they don't need to practice to become a professional, but if you look at Ronaldo and Messi (who come from very poor families) they relied on practice and whatever skill they could think of to make them better at football. So it proves that practice makes perfect and it promises success.

So i ask all teenagers, children or adults reading this, are you practicing something you love and trying to improve on it? Are you prepared to take it to the next level?

Is Sport Really Great?

By James Murphy

Sports can be a big help to get through teenage life and can help you enjoy yourself and relax in later life. People also like the competitive aspect of sport and want to be a sports star in life. This can help people set themselves a goal to achieve in life and can give themselves something to aim for.

Sports isn't just for the able and willing, everyone can take part in any sport they like, and is a very good way to lose weight and keep your body healthy. Sport scientists have determined playing sports while you are able to, can lead to a longer, healthier and happier life in the future. Just imagine having longer in the world to spend with your family and your children and grandchildren growing up while you are still able to play with them. This is the life i would definitely want.

But is sport really all it is cracked up to be? Well in some aspects, no... It can lead to very serious injuries and can affect the rest of your precious living life, however, that is very rare. Mostly you only get pulled muscles if you choose a sport that is not very violent. The FA (Football Associa-



tion), told us "We are trying to keep football in a good name in Britain, and not to make a bad reputation for British football".

But if we lived in the life of the negative side, would we even do anything at all?

It is not only your physical health sport helps improve massively, it can help improve your mental

state, raise your spirit. This is because while you are playing sport, your exertion that you put in makes you feel happy and up for anything after you have finished playing and playing more sports reduces the symptoms of depression exceptionally and will certainly decrease the chances of getting any other major diseases such as: Diabetes, Cancer and Cardiovascular diseases.