

# VERULAMVOX

*Your school, your voice,  
your magazine.*

## SENIOR TEAM UPDATE

Read about the blue stag initiative  
and so much more!

## YEAR 8 PGL TRIP

Hear all about the Year 8 PGL  
trip to Weymouth



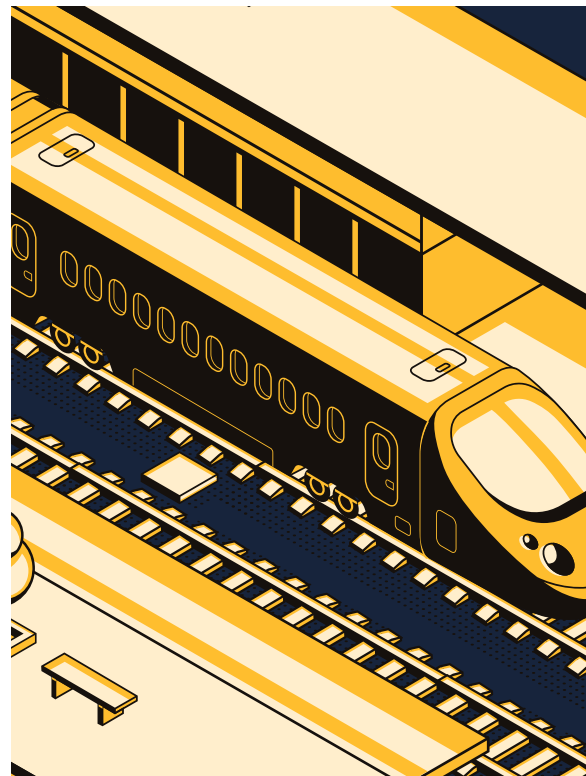
VERULAM  
SCHOOL



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## BLUE STAG AWARD



Earn a Blue Stag by achieving a Letter of Recognition (LOR) for each of the following areas:



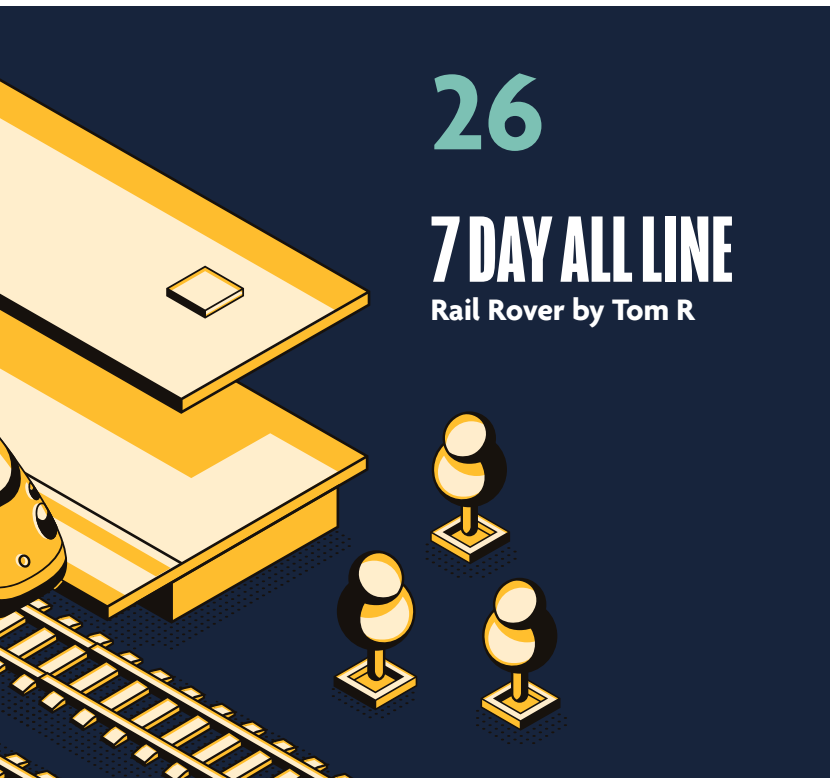
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VERULAM SCHOOL

# 04

## BLUE STAG Initiative





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## 7 DAY ALL LINE

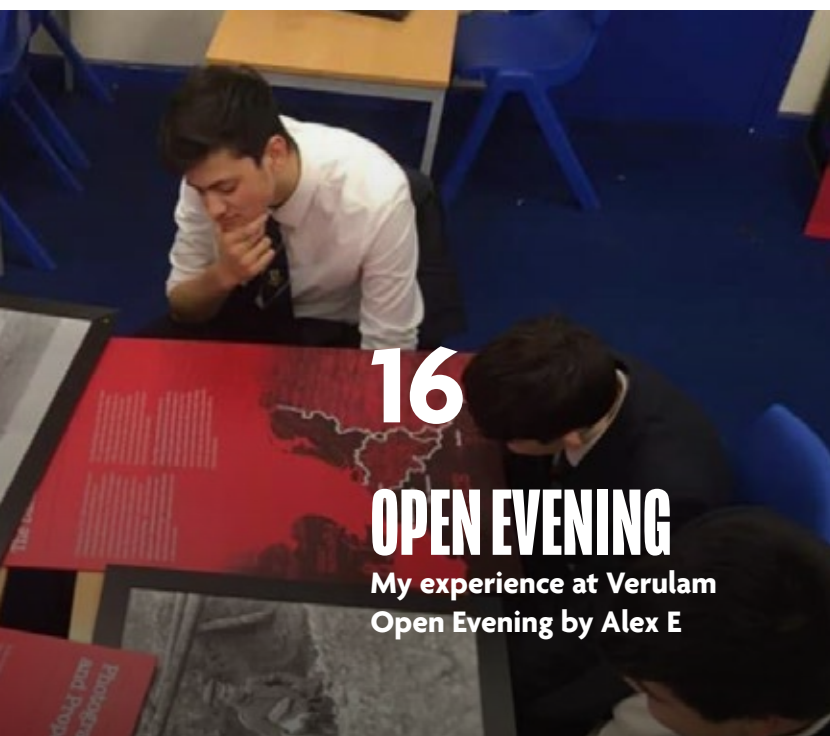
Rail Rover by Tom R



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## PGL TRIP

Year 8



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## OPEN EVENING

My experience at Verulam  
Open Evening by Alex E



# WELCOME FROM THE HEADTEACHER

Dear Students,

It is with great pleasure that I introduce the first Verulam Vox of this academic year. What an action-packed edition this is! In this edition, our students share a number of stories and passions with you. It is wonderful to see such a diverse range of topics. It's been a very busy half term, with much going on. I hope that you enjoy reading this edition and encourage students that haven't yet contributed to the Verulam Vox, to think about what they might like to contribute in the next edition.

I wish all of our students and families a wonderful half term.

Best wishes,  
Miss J Richardson

# SENIOR TEAM

# SENIOR TEAM

# UPDATE

BY MYLES O



## INTRODUCTION

After what I hope has been a restful summer holiday, I would like to welcome you all back to this term's 'Senior Team update' section in the Verulam Vox, written by Myles O'Connor (School Captain).

This update will be dedicated to introducing the new changes we have made to the school upon our return, reflecting on some of our old initiatives and looking into the future at some exciting new challenges we have to face as a team.

BY MYLES O

## BLUE STAG INITIATIVE

Firstly, our major project this term has been the introduction of the 'Blue Stag' reward system, spearheaded by Vice-Captain: Christy and Head Prefect: Faizan, under the careful watch and guidance of Ms Perry. 'The Blue Stag' is a system by which students are rewarded with a Letter of Recognition (LOR) based on meeting each of the following criteria:

**Voice and Vision**  
**Enterprise & Aspiration**  
**Resilience**  
**Understanding & Respect**  
**Love of Learning**  
**Accountability & Responsibility**  
**Makes a Difference & Leaves a Legacy**

Once the students have earned every letter, they are rewarded with a badge to commend their hard work and dedication towards meeting the values of the school. Thus far, the feedback the team have had from the teachers has been great and they all comment on how positively the students have reacted to the introduction of this new initiative. At Verulam, we aim for every student to consistently uphold the values of the school; this new system has been imperative to ensuring that this continues thanks to Ms Perry, Christy and Faizan.

### BLUE STAG AWARD



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V	VOICE & VISION
E	ENTERPRISE & ASPIRATION
R	RESILIENCE
U	UNDERSTANDING & RESPECT
L	LOVE OF LEARNING
A	ACCOUNTABILITY & RESPONSIBILITY
M	MAKES A DIFFERENCE & LEAVES A LEGACY



## PRIMARY SCHOOL VISITS

If you can recollect back to the last edition, I mentioned that we would be visiting primary schools towards the end of last year to deliver a series of presentations based on the 'secondary transition process'. Since then, we have visited: **Maple, Fleetville, Garden Fields, St Albans and St Stevens, and Bernards Heath primary schools.**

I am glad to say that they all went extremely well and, as a team, we have had some great feedback. Many of the teachers from these schools have commented on how well the team spoke and how beneficial it was for their students to gain a realistic insight into the step-up from primary to secondary school. Our speakers all commented on the sense of satisfaction they gained out of helping these students in easing the stress of this process, which made this experience even more enjoyable for everyone.

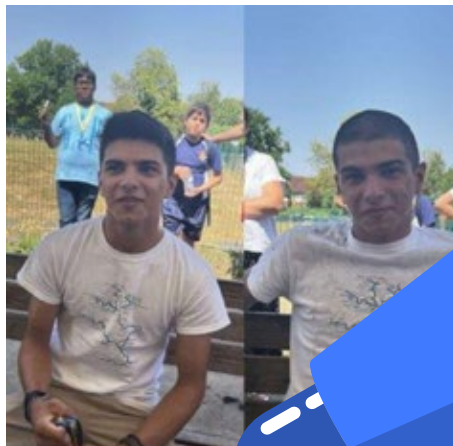
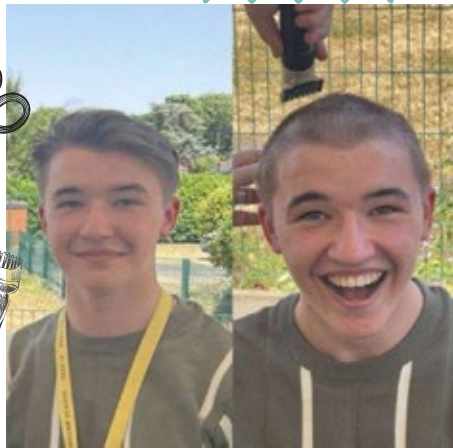


# HEAD SHAVE FOR CHARITY

The final focus point of last year was the head shave for Teenage Cancer Trust, completed by Faizan, Christy and Kamran. Faizan initially came up with the idea in June and after a few health and safety checks, the boys were given the go-ahead by Miss Richardson.

After a short but successful campaign, the boys smashed their target (of £600), raising over £1000 by the end of it. As promised, they all shaved their heads in support of Teenage Cancer Trust, giving them a cool look ahead of the summer holidays!

A very proud moment for all.



## @VERULAMVOICE

Another exciting initiative that has been introduced upon our return has been the launch of the 'Verulam Voice' social media account on both Instagram and Twitter.

As a team, we felt that we needed to share with you, more frequently, the things that we have been getting up to. Although the Verulam Vox is great in doing this, we feel that by starting these social media pages, we can provide you with more frequent updates and exciting announcements. So feel free to follow us on both Instagram and Twitter:

@verulamvoice.





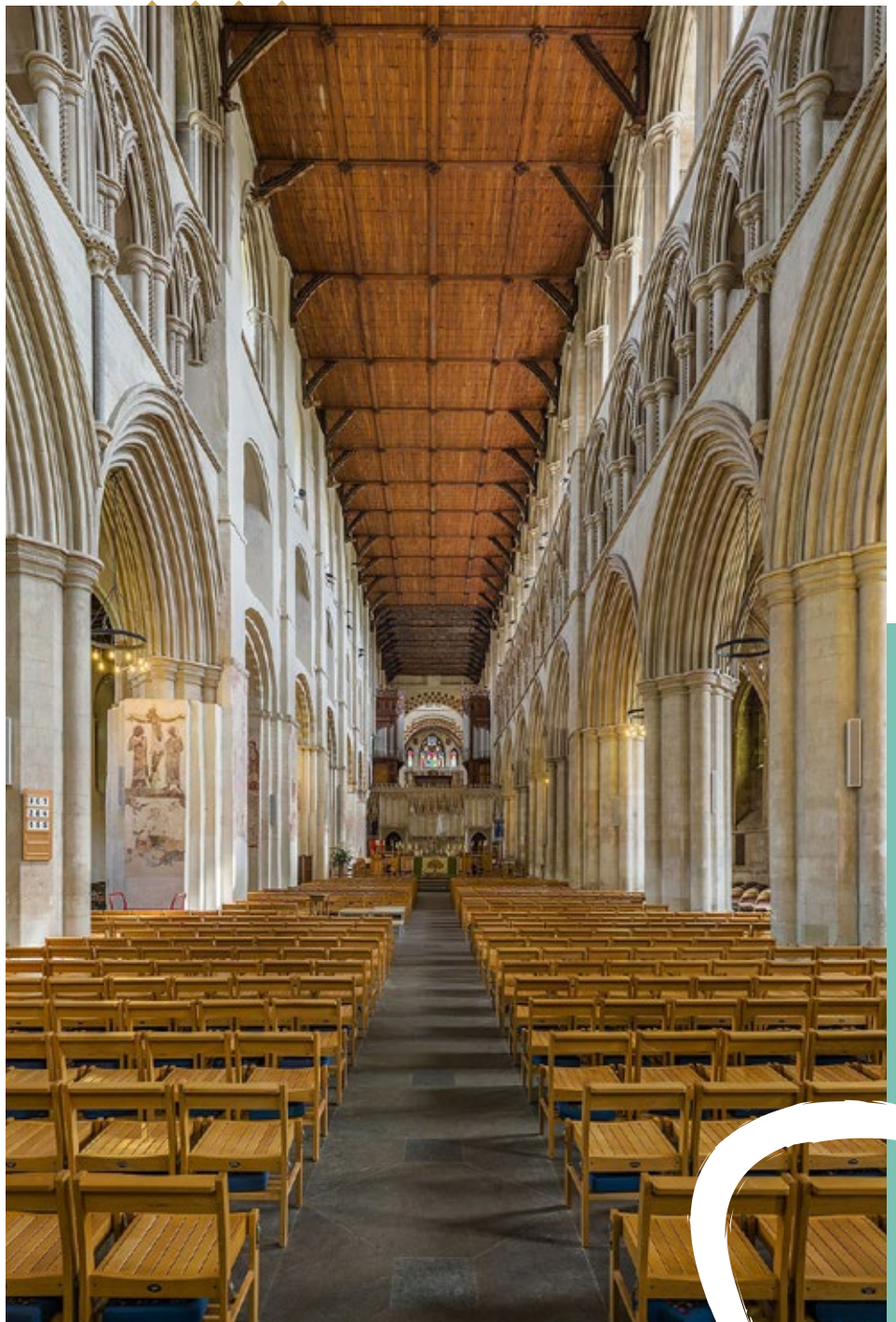
## ABBEY SERVICE

Looking ahead, towards our annual Abbey Service, the Prefect Team, along with some aspiring year 12 Prefects, have been training hard with Mr Hall for the ceremony on the last school day before the October half term.

In addition, those speaking have been practicing their readings to ensure that they understand their piece, they enjoy reading it and that they can perfect it ready for the big day! We look forward to welcoming some of you, as parents, when you attend and we hope that it will be a great occasion.

## CONCLUSION

That 'wraps it up' for this term's update. I hope it has been an enjoyable read and that you have gained an insight into some of the great work carried out by this team. We have done so much already but we are far from over!



# MY EXPERIENCE AT VERULAM OPEN EVENING

**As many of you may know, Verulam had their annual open evening in September, and it was very successful, with amazing presentations, displays, and classrooms.**

A few days prior I was asked by my History teacher, Mr Pettitt, to help out in the history classroom. Because I enjoy history, I was happy to have been asked to do so.

So after school on Monday the 26th, I went to Room 30 to help Mr Pettitt and the other volunteers set up. In the room there were 3 main tables with 3 different activities. The biggest being set in the middle of the room. This was a 'name the artefact' activity and included things such as a ration book from WW2, and bust of Lenin, and mediaeval chainmail. There were also tables around the

sides of the room for parents/ year 6s to have a look at some history exercise books and textbooks.

I was amazed at the amount of people that turned up to volunteer in not just history but many other subjects. Overall I had a great time helping out at the open evening.

**BY ALEX E**







# THE NEW SCHOOL DAY

BY EDDIE R

**I believe the new format of the school day has been highly beneficial. Not only are the longer lessons better for focus and covering content, but it makes the day seem so much more convenient and enjoyable.**

The new format means that Years 7 and 8 have a different lunch and break time to the rest of the years, meaning the congestion experienced in the canteen with the previous format is tremendously reduced. Furthermore, the earlier finish time and the same amount of lesson time feels very helpful, especially for me in year 11 as it means I can stay after school for revision and still get home at a good time.

Although technically there is the same amount of lesson time, in reality, it is likely we have more lesson time due to less time moving between lessons in the day.

In conclusion, I feel the new school day format has greatly improved output and quality of work, and is much more helpful for all students but especially for year 11 for revision purposes.



## TRANSITIONING TO

# SECONDARY SCHOOL

BY ENID R-B

The transition from primary to secondary school is a significant change for many young students; meeting new peers and teachers, and exploring a new environment can be a very challenging and daunting process. However, despite the ups and downs, it can also be an exciting experience. Students build long-lasting friendships, expand their horizons and discover new passions. Like many others, the new Year 7s at Verulam have made that big leap. Here are few accounts from some of them about their time at Verulam so far:

**“My time at Verulam has been great, it’s crazy to think that I’ve been here for around 5 weeks! I’ve made quite a lot of friends and I’ve learned the way around the school quicker than I thought I would.”**

I haven’t done any clubs yet but they all look amazing and my friends love them. Some teachers are quite strict but even so they get the job done! If you’re having problems with something (such as finding lessons hard) it’s so easy to get help. All in all I love this school.”

BY JORDI (7J)

**“I have [always] wondered what it is like to be in Year 7. Will the work be difficult? Will it be hard to make friends? I wonder what the teachers are like? Hundreds of unanswered questions were circulating in my mind. Every question was answered in less than 4 weeks of attending the school. I was blown away by how easy it was to make friends and how great and supportive the teachers are.”**

The work is not that hard, as we have all been put into appropriate sets. And finally, the clubs: wow, where can I even start with this...the clubs are great. I have joined basketball, football, rugby, table tennis, badminton and science. I can’t wait for more variety of clubs to enter the list, I am gaining knowledge and entertainment from them.”

BY KONRAD (7J)

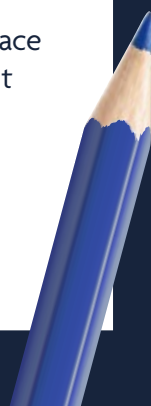




**“It has been great to start a new adventure in secondary school. Starting at Verulam has been a very enjoyable moment of my life as I have gained experience in new classes I have never tried before such as biology, chemistry, citizenship and many more topics. We also have amazing equipment and resources that we can use to make learning more enjoyable. We are assigned into 1 of 6 forms, but we still get to mix with all the other forms at break, lunch and during school trips. So it is quite easy to find new friends. In Verulam all lessons can be fun and the teachers are VERY nice. Personally I like art and history the most but everybody is different and will find a place for themselves be it a class or a club.**

The teachers are always amazing. I also LOVE the clubs and sports as I have participated in quite a few now including basketball, table tennis, rugby and the science club. There are still so many more to try though. In the end I can certainly say that Verulam has been a wonderful place to transition to and I have loved it so far.”

**BY JAMIE (7H)**





# DUKE OF EDINBURGH'S AWARD

## D OF E SILVER TRIP

BY FINN T

**The DofE silver expedition is really a once in a lifetime opportunity. The chance to take a hike through some of the UK's most impressive natural phenomena is really one that should not be missed. Not only is it an enjoyable adventure to participate in, it also helps teach students about different landforms around the UK, by showing them in real life, as opposed to through a picture on a screen.**

In 2022 the Verulam DofE trip went to Swanage which gave students an incredible experience that allowed them to explore the natural coastline, while developing important skills such as team-building, orienteering, time management, communication, problem solving and resilience. The 3 day excursion included a mixture of coastal wildlife, landforms and historical sites to explore while on their trek through the countryside.

The photo below, from the top of St Aldhelms Head was just one of the many incredible views that we were able to experience as part of our adventure to the South coast. The DofE award is open to all students from year 10 upwards, and I strongly recommend that Verulam students take the opportunity to go on this amazing trip and add to their resume with a DofE qualification.





## DUKE OF EDINBURGH SILVER TRIP

BY LEANDROS T

**Over the past two weeks I have participated in the Silver Duke of Edinburgh award expedition. It involved two separate trips, one being a practice in anticipation of the official award.**

This was imperative to ensure we would be successful the following week, as it would come to give us many new insights that we otherwise wouldn't have discovered purely from undertaking the Bronze award last May. For the practice we travelled to the

town of Edgebourne, travelling across its evading estuaries and over the crests of its angelic chalk cliff faces to the south. Lasting a total of two days, we walked a combined 44km. The following week we visited the sea-side town of Swanage, where we trekked over its 'Jurassic coast' (a cliff formation beholding a plethora of fossils) and its interior hills and meadows, as we would reach a cumulative distance of 56km over the course of 3 days.

Both walks proved to be extremely gruelling, as we were at the mercy of blisters, both mental and physical fatigue, and at times, extremely undesirable weather. All of these factors combined to test our resilience and mental fortitude. However, I found the challenge extremely fulfilling as we came to develop a strong sense of comradeship with us all truly pushing ourselves past our perceived limits.

## DUKE OF EDINBURGH EXPEDITIONS

BY ROBERT E

**DofE expeditions are brutal. They will push you physically and mentally. I have done three: Bronze, Silver practice and Silver assessed. All three were a hard slog, but I felt incredible afterwards. Here's what I learned:**

The most important thing is your group, you are going to be stuck with them for at least 36 hours! It is imperative that you can get along. Also, make sure someone in your group is good with maps, because you do not want to get lost; it can add several hours to your walk.

The next most important thing is food. I recommend meal packs as they are easy to cook and they taste OK. In addition, bring high calorie lunch and snacks. Uncooked jelly is good as it is small but very calorie dense.

Make sure your kit is up to scratch; bad boots will give you blisters, a bad bag will destroy your shoulders and a bad sleeping bag will mean you are cold so will get no sleep.

DofE is an incredibly rewarding experience; I recommend it to anyone who likes the outdoors,

and hiking. You will see beautiful scenery, particularly on Silver and Gold expeditions. Next year the Gold expedition is in Slovenia!

Thanks to Verulam teachers who work hard to make the expeditions possible.



# CURRICULUM INTERESTS

## ART & DESIGN

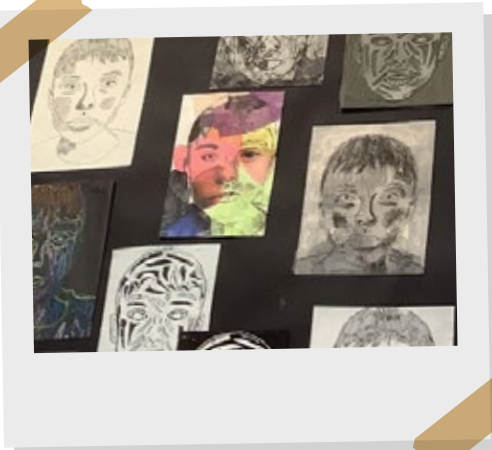
In my own opinion I think art is an excellent subject and everyone should have a go at it. Art is a creative lesson in the week and a way to express yourself throughout the year. In Year 7 I loved to do art and would make some artwork at home, on my iPad and obviously in class.

I am now in Year 8 and I still like art. We are starting to make self portraits and soon we will make a really good one like these.

Everyone learns to do lots of different things over the year. In Year 7 you start to learn about art and what art is about so you can get into art and know everything about it.

These two items are most likely for the older years like Year 10 and Year 11.

BY LEWIS D



## MY INTERESTS

At school I have gained many interests that I didn't know I had before. Examples of this are philosophy and psychology but my main interest is definitely electronics and circuits.

I have always had an interest in circuits since primary school where we had made many circuits before but my main love for the topic started in Year 9 in DT. We made a fan that was powered by a solar panel and I realised that while not that good at it, I really enjoyed soldering.

This was further proven by the next DT topic which was making a light where even though I enjoyed the designing of the light, the main part I enjoyed was soldering the actual light on. Also components and how a circuit works became a focus in physics lessons which tied in well. Entering Year 10, I found that my soldering skills had improved and that my interest in circuits had only increased. That was when I decided I would volunteer for helping the science department during open evening, specifically physics. I decided this as it would allow me to explain the process of how an electric current works. The Open Evening went smoothly and really allowed me to show my interests and I am glad I took part.

BY KIERAN S



## ENGLISH LITERATURE

I think the majority of my classmates would be surprised to read this, but for most of my time at school my favourite subject has been English Literature. Although reading is not my favourite thing to do, and hasn't been for a very long time, I've always loved the way that Literature lets (in some way) us tell our own story.

What you interpret from what you read completely varies from person to person, it is one of the only subjects that allows you to use your imagination to help. The marks you get are based on how strong your ideas are and how well you can make links to different parts of the world and to other stories. Storytelling in any form is something that most people enjoy whether that be in the form of a book, movie or your father telling you a greatly exaggerated experience he had.

English literature is a subject that I think every person can enjoy if they just use their imagination when it comes to the essays they write and the stories they analyse. Immerse yourself into what you are listening to and what you are reading because one phrase could form a strong opinion or idea that helps you throughout your life even after school.

BY MURTAZA N

## PHYSICAL EDUCATION & HISTORY

At Verulam School there are a variety of lessons such as PSHE, English, Maths, Games, P.E etc. There are also a variety of clubs Verulam has on offer to its students, such as, Football club, Rugby club, Latin club, Badminton club and Table tennis club etc.

Two lessons that I enjoy at my school are, Games and P.E. I especially enjoy those lessons as I am an athlete and aim to be a leader of men. Coming to Verulam has enabled me and others in my Year, trials/ training sessions with Saracens PDC and has also helped me and many of my friends develop in their football careers.

Special shout to those who managed to get trials with Luton and MK Dons. Without verulam I never would have found my love for rugby, or reignited my passion for football. As well as learning new and great skills, I also made remarkable friends.

Another lesson I hold dearly to my heart is History, At Verulam there are an array of Historical trips, you can go on. History is a great subject because you get to learn all sorts of stuff such as, WW1, WW2, for example.

BY OYEDAPO B



# CURRICULUM

# CURRICULUM

## PHYSICAL EDUCATION

**My name is Louis. I am a Year 10 student at Verulam school who takes a strong interest in physical education and sport in general. Over the years at Verulam I have competed for the school in the football team, rugby team, cross country and athletics. I also take part in after school clubs such as football and rugby training. I believe training is a highly important part of success in sport and must be done in order to be at the top of your game.**

Sport is a very important part of living a healthy life and helps to avoid illness or disease. I believe sport should be taken part in by everyone, even if you're not the most athletic. Even if it's just a couple of minutes a day, sport can affect your life in such a positive way.

**Achievements:** During my time in the football team I have won a best footballer of the year award for my contribution to the team. Winning this award was a great feeling for me as I worked very hard for it and put a lot of care and effort into the team.

**BY LOUIS D**

## GAMES AT VERULAM

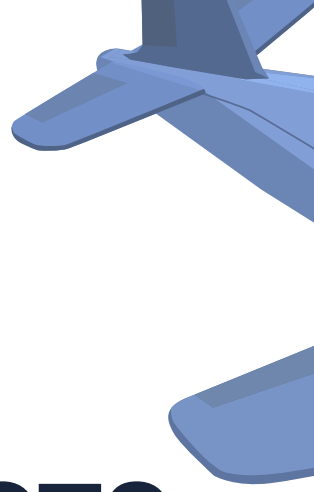
**Games at Verulam is an enjoyable lesson that is very important to your mental health and your physical health. In addition, you can refresh your mind from the hard lessons and play sports with your friends and classmates. This fun activity includes sports such as football, rugby, athletics, cricket and more. Games always allows you and your classmates to work together and create sportsmanship and much more.**

This subject also always shows off your skills in some sports and creates more chances to get into sporting events and teams, but of course it doesn't matter if you don't call yourself a sportsman because anyone can be the best they can if they put their mind to it.

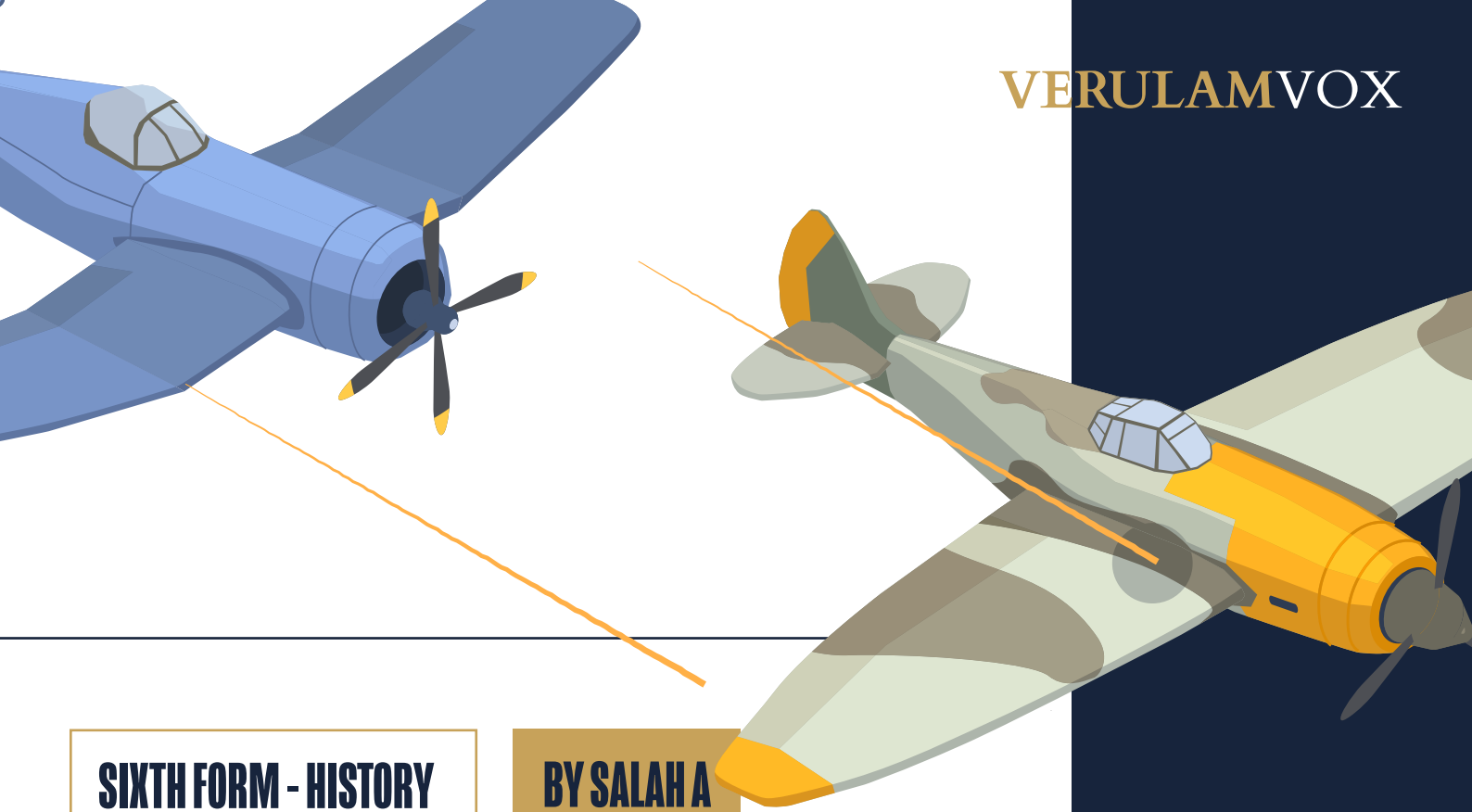
The teachers allow you to push yourself to your best ability, although the teachers and classmates don't push you in a negative way because it needs to be a way that is easy and a way that works for yourself and your way only.

To sum up, Games at Verulam are something to look forward to in a week. If you like sports or not you can enjoy the sports the Sporting Staff put together for our Lesson.

**BY WILL G**







## SIXTH FORM - HISTORY

### What is History?

The study of past events is the textbook definition.

History is so much more than the study of past events though. History explores more than just how vast the Roman Empire was and the main events of the 20th century. It analyses and interprets the tactics behind the minds of significant figures like Genghis Khan; a brutal but fantastic military leader and how he was able to conquer lands like no one ever before.

History is more than just looking at the timeline of World War II, but looking at the toll it had on both sides, analysing the impact of the Blitz on British society while simultaneously analysing how Hitler's dictatorship was able to take grasp of a post-WWI Germany.

History is more than remembering stats and dates like the year 1066, which witnessed the successful invasion of William the conqueror.

## BY SALAH A

History looks at how William was able to cross the English Channel and land at Pevensey, taking down Harold Godwinson and claiming the throne for his own.

### Why is history important?

Studying History helps us understand how events in the past made things the way they are today, it helps us understand and grapple with complex questions and dilemmas by analysing how the past has shaped global, national and local relationships between societies and people.

There's a period of History that is for everyone: Ancient Egyptian times and the strange society it was back then compared to now, the brutality of the old Vikings looking at their ferocity, the movement for civil rights in America and learning about how people like Malcolm X and Martin Luther King Jr. were able to make incredible strides towards equality. That's what I think History is anyway, why don't you find out what History is for yourself?

# YEAR 8 PGL TRIP



**The Year 8s recently went on a school trip to Osmington Bay in Dorset. I think most of the Year 8s really enjoyed this trip, I know I did, it was a blast. One of the activities that we did was trapeze, this is when you climb up a long pole and jump off and try to hit a ball, of course you have a harness on and people at the bottom holding onto rope so if you fall they will catch you.**

Next is the giant zipline which was, as said in the name, a giant zipline. It was a lovely experience. You feel a rush of wind in your face and the lovely view of the campus. If you don't like heights then it is fine you don't even notice the heights.

After that is Jacob's Ladder, yes it was hard for me but for others it was easy, it is an activity focused around teamwork and team building.

Now for my personal favourite, the giant swing and I kid you not, it was so fun the adrenaline rush that you get afterwards is amazing and when I think about it now and remember the click the wind in my face still gives me a thrill in my chest today.

Overall it was a really enjoyable trip and I think that many Year 7s and Year 6s will really like it when they come to Verulam.



**BY JOE B**

**PGL was a Year 8 trip which most of the year went on at the start of term. This gave many opportunities that most people had never had before such as: abseiling, Jacobs Ladder and orienteering to name a few.**

Over a hundred of us went on the three-hour coach journey to arrive at our accommodation in Osmington Bay. We shared a room with three of our friends which was a lot of fun. For the activities we were split into groups of people we would not know. This meant we built new friendships and learned to work with people we didn't

know. My personal favourite activities were the giant zipline which gave magnificent views of the area and sea and the giant swing which was very scary from the top as it nearly went 180 degrees but very exciting when going down and was a rush of adrenaline.

I speak for all of Year 8 to thank the school and the teachers for making this possible and giving us the opportunities to make new friends and have fun doing so.

**BY TOM W**





## OSMINGTON BAY

**During this school term, the Year 8s were lucky enough to experience PGL at the Jurassic Coast ( Dorset ). It began with a long coach journey filled with chanting and board games with everyone excited for the fun that awaited them.**

I and others found abseiling terrifying but exhilarating. You had to walk up a spiral staircase to the top of the tower which was a menacing twelve metres, then you had to abseil down the tower. Another activity which was great

fun was the giant swing. Up to 3 people could go together.

A few people cut short the countdown to scare their friends. Another great highlight was swimming in the freezing cold sea, some of the teachers even braved the freezing water.

Some people felt like they had hypothermia. Our curfew was 21.00 and of course everybody stayed in their rooms and went to sleep, I can confirm that no parties occurred after 21.00!

Sadly these days went past very quickly and we were soon back on the coach ready to see our families again.

**BY THOMAS B-D**



# YEAR 8

# PGL TRIP

**I loved my time in PGL! It all started on a Tuesday morning at 9am. We got on the coach to Dorset which was about a three and a half hour drive.**

We then arrived at Osmington Bay and the views were stunning! You could see all the cargo ships and boats sailing past. After the coach stopped we got our bags and stuff and were greeted by guides to take us to lunch and our rooms. The food was not the best but I still ate it. When we got to our rooms, it looked nice but the bathrooms were very cramped. So we got unpacked and went to the first activity. My first activity was the giant swing. As we were walking to it we could see all the rides. Most of them were very tall for me. The

giant swing was very scary as it had a massive drop to It. You had to pull a white rope to drop down. Dinner that night was alright. After dinner we went into the freezing cold sea. A few hours later we fell asleep in our beds.

It was now Wednesday and we went to breakfast. We then went on the trapezium which was a skinny wooden tower you had to climb then jump off and touch the red boundary. After doing it once and really liking it I had to do it twice!

It was Thursday and we went zip-lining and I went three times! I loved It so much it was my favourite. Until the last day.

As the sun went down we went to play a game called 'Ambush' which was basically hide and seek. We played for two hours.

On Friday we went to abseiling which was my second favourite .We had to go up a tower and walk backwards going down a rope. I really didn't like heights so I just decided to go for it. Although I didn't want to, I knew I would regret it if I didn't have a go.

Then time passed and we got on a coach back home. All in all we had a good few adventurous days.

**BY BLAKE M**







## YEAR 8 TRIP TO DORSET

BY SEBASTIAN S

**From the 20th - 23rd of September, almost the entirety of Year 8 went on a trip to PGL in Osmington Bay. We spent the few days we were there doing outdoor activities, for example going on an enormous zipline, abseiling and orienteering.**

When we arrived on Tuesday, we immediately went on the huge swing. We were lifted around 20 metres into the air, and suddenly

dropped, causing us to fly forwards at an insane speed. This turned out to be my favourite activity in the end.

We then did orienteering, in which I partnered with my friend Zachary. We worked as a good team; I navigated, and he ran to the points. We ended up finishing far before everyone else, and so we won Pringles.

The next few days were filled with activities like this, and fun beach visits where we swam in the freezing waters of the English Channel.

In general, I really enjoyed the trip. It was a first for me, as in my primary school and in year 7, all of my residentials were cancelled. I can't wait to go on another!

# EXTRA CURRICULAR CLUBS



## HISTORICAL SOCIETY

BY ALBERT H



**At Verulam, the Historical Society, run by Mr Pettit and a group of Year 11 students, takes place every Wednesday lunchtime. Each meeting, a different student, or sometimes teacher will talk to the other students about a different subject or point in history which they may find interesting. For example, the previous meeting was about whether the Peaky Blinders, in the TV show Peaky Blinders, were actually a real gang in Birmingham.**

Each meeting is very different however they are all fun and interesting due to the subjects being related to activities and things the students find fun, and not being solely about the history. The club usually runs from 1:40 to 2:10pm at lunchtime, meaning it doesn't take up the whole lunchtime, which allows you to still be outside for a bit, and nevertheless, it is only once a week meaning you don't miss out on other things like playing sports. I would highly recommend going to the Verulam Historical Society, to help with historical skills but also to have a bit of fun at lunchtime.

## SCIENCE CLUB

BY ARLOW

**Science at Verulam School is great. All three of its parts (physics, biology and chemistry) are to me, the best subjects out of any taught at Verulam. From chemistry's fun experiments with hydrochloric acid, to dissections of a heart in biology, every single part of it intrigues and amazes. Personally, I would say that my favourite of the sciences is biology.**

To see how ours and other animal's bodies function astounds me: the sheer complexity of systems that have been evolved over millions upon billions of years and that us humans are yet to fully understand. Chemistry is also pretty cool. To learn how the world around us interacts, the individual atoms and molecules colliding and reacting with each other to form wonderful compounds. Every part of it makes me want to know more. And then there is physics: the science that explains how and why objects move. The rules behind how the world works in the way that it does. All of these have been taught to me so that I both enjoy and comprehend what is taught in my classes, so that I appreciate the wonders of a subject for which I have found a passion.



# SCHOOL TRIPS

BY ROMAN T AND BEN B

**School trips at my time at Verulam have offered a time to get to know fellow students that I wouldn't normally interact with during school or outside.**

First of all, the history trip we had to the Black Country museum gave an insight to the lifestyle and labour of the average population of the north of England in the past. We saw the harsh living conditions many would struggle through and how they liked to escape from all that through entertainment. It was a memorable trip and I would recommend visiting. The other trip was participating in water based

activities involving paddle boarding, kayaking and wobble boarding. This also made me interact with people in my year that aren't so familiar and taught good teamwork skills and skills around the water. This is probably one of the most memorable of the trips I've been on at Verulam and pushed me out of my comfort zone.

I look forward to the trips to come and the new opportunities these trips will give me and see and know things that I would've never known of without trips and enrichment days.



# POLITICS

BY RYAN K

**At the heart of the new Government's policy for growth is the concept of 'trickle down economics'. This flawed idea has been around for decades and should be replaced by a fairer, smarter 'bubble up' plan. Advocates of 'trickle down' believe that injecting money into the upper brackets of the economy through measures like tax cuts leads to expenditure on services and investment in businesses which, ultimately, leads to revenues for smaller businesses, jobs for the less wealthy and higher overall tax receipts.**

The reality is different as the wealthy don't tend to spend more on services or invest (as they have what they need) but rather save the cash, often in ways that don't generate jobs or taxes. This fails to drive growth in the economy and increases the gap between rich and poor.

A more effective, equitable policy would be to give money to those in lower tax brackets as they are much more likely to spend the money on much needed goods and services, fuelling growth from the bottom up. Moreover, the people who benefit would include the key

workers on whom we all depend. So, if we want growth, let's bubble up not trickle down.



# EXTRA CURRICULAR CLUBS

## BIBLE CLUB

Every lunchtime on a Wednesday (both year 7-8 and 9-11 timetables) Bible club is hosted in the Bradshaw Block by both Geof and Dan. Everyone is welcome no matter your beliefs and before you move on to the next article thinking "I'm an atheist. I'm not listening to this rubbish" it's not all just reading the bible in silence and saying your prayers (which isn't bad if you ask me).

In fact most of the time you can chill, play card games, eat cookies or whatever you like. Just not 'whatever you like' if 'what you like' is something you shouldn't be doing obviously. After a while we will all come together in a group after we have finished our games to discuss, talk and learn about different passages and topics from many different parts of our bible. We are all able to express our opinions and thoughts on the topic. We also engage in an activity related to our readings.

If you made it to this point in the text I'm sure you are at least slightly intrigued by what I have talked about in this article so why don't you pop in on a Wednesday, grab a cookie, play some games and have some fun. We'll see you there.

BY JAGO A

## DRAMA SHOWCASE

On the 5th and 6th of October, not a week ago at the time of writing, Verulam School got the chance to display its musical and dramatic talent throughout the year groups, whether that be through performing famous Monty Python sketches re-enacted on the stage, an expansive choir singing famous songs such as 'Believer' by Imagine Dragons, or the Verulam Jazz Trio, playing 'Fly Me to The Moon', the timeless jazz standard by Frank Sinatra.

After many reschedulings due to Covid, a heatwave and then the holidays, we finally managed to arrange a time, and the show was definitely worth the wait. Many parents commented on the "unbelievable" standard of talent the show displayed and were excited for further possibilities in the fields of Drama and Music, to give new and exciting opportunities to students, and an entertaining night out for parents and families.

The event was open to all, with an almost booked out hall boasting parents' keenness for such occasions. It's safe to say that more creative endeavours will be hosted by our school's wonderful team, so make sure to book tickets next time you hear about an upcoming occasion.

BY TRISTAN G

# STEM CLUB

**My name is Elyan B. and during the start of my Verulam journey, I was a member of Verulam school's STEM club.**

This was a club where we would get together on a set lunchtime and would learn about Science, Technology Engineering and Maths. We would take part in fun practicals such as rocket balloons and spaghetti towers held together by marshmallows and we took part in competitions with schools all around Hertfordshire. We have also had STEM specialists come to our school and give us lectures.

My favourite part of being a part of the STEM club was when we participated in a challenge from Affinity Water. This was where we came up with ideas to reduce unnecessary water consumption. Our Verulam team designed a renewable toilet system with many cool features such as using all biological matter flushed from the toilet and reusing it as bio energy, and another cool feature was its water monitor, where it would use just the right amount of water for flushing, washing hands, and any other water related activities involving the toilet. We then presented our ideas to affinity water on stage and although we came second in the challenge it was an overall eye opening experience and I would love to compete in a challenge like that in the future.

**BY ELYAN B**

VERULAM VOX

# SIXTH FORM FILM CLUB

**Are you a lover of films?**

Philosophy Film Club is a place in which film lovers can come to view an exciting, mystical, and diverse set of films which invoke different feelings and instigate healthy discussion. Philosophy film club was originally founded at the school in 2016, and since then has enjoyed large audiences attracted by interesting films and even more interesting, edifying discourse throughout.

The films shown at the Philosophy Film Club have included the Prince of Egypt and Harry Potter; in the future, we look forward to watching other films that will undoubtedly inspire ethical discussions such as Hacksaw Ridge. This film is about a conscientious objector who refuses to fight in World War Two on religious grounds therefore posing fascinating questions such as: what can be classified as a just war? Also: What do the different major world religions think about the matter?

We look forward to seeing you at film club soon!

**BY QUENTIN F**



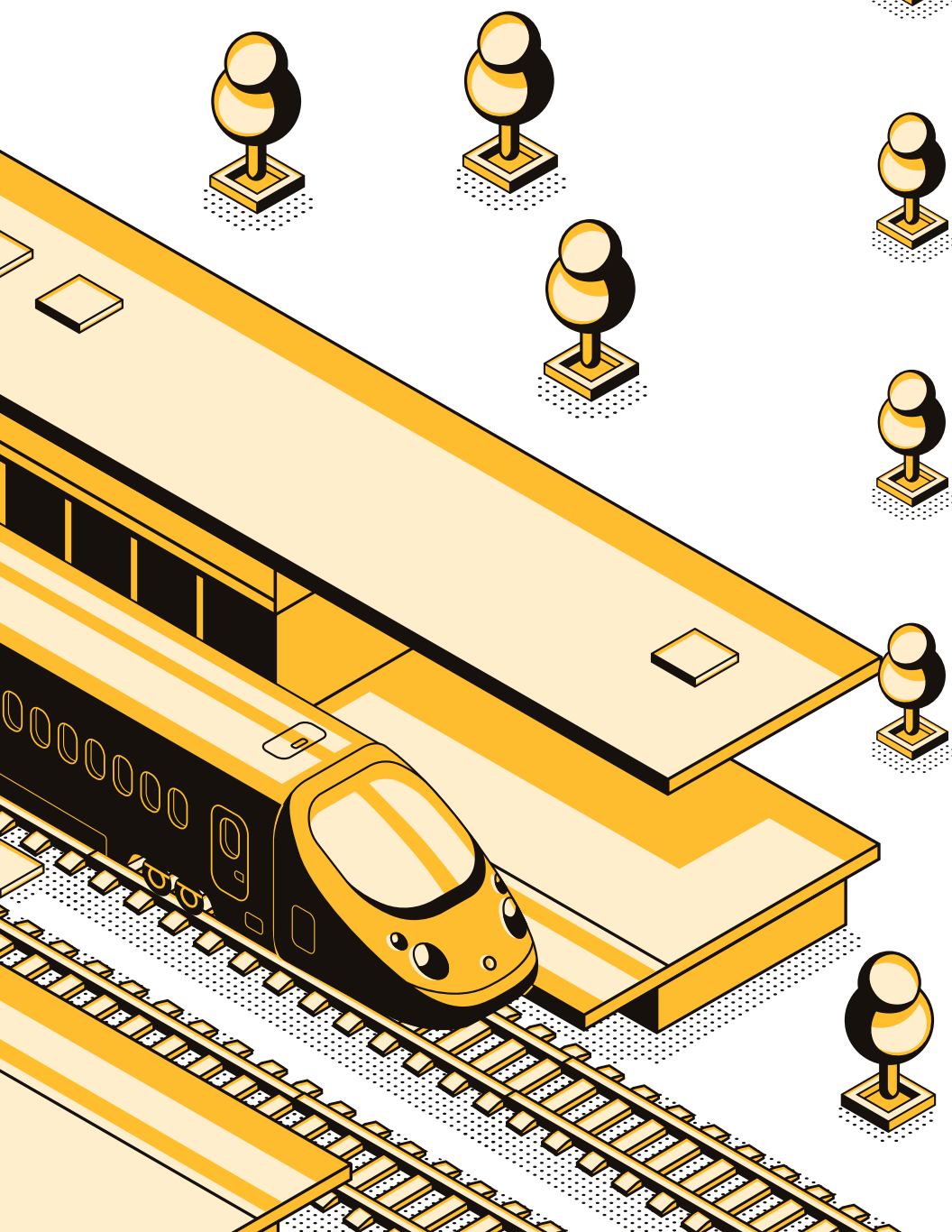


## 7 DAY ALL LINE

BY TOM R

## RAIL ROVER

During the summer holidays, my father and I spent a week travelling across Britain, purely by rail. I am a keen railway enthusiast and an avid photographer, and we got the idea from an article in a magazine. We covered 3000 miles and visited every corner of the UK. I'll briefly cover where we went with 12 pictures.



## DAY 1

St Albans – London – Rugby –  
Birmingham – Plymouth –  
Penzance



## DAY 2

Penzance – Newton Abbot  
– Dawlish – Highbridge –  
Cardiff



## DAY 3

Cardiff – Flint – Chester –  
Llanfairfechan – Conwy Castle  
– Llandudno – Chester



## DAY 4

Chester – Liverpool – Crewe  
– Birmingham – Chesterfield –  
London – Inverness (Sleeper)



## DAY 5

Inverness – Kyle of Lochalsh  
– Inverness – Glasgow –  
Stirling



## DAY 6

Stirling – Aberdeen – Edinburgh  
– Forth Bridge – Edinburgh –  
Darlington



## DAY 7

Darlington – Doncaster –  
Wakefield – Leeds – London –  
Peterborough – London –  
Hatfield





## POETRY

## IS FOR EVERYONE

Poems come in all different genres, shapes and sizes - much like people. There are no strict structures, or compulsory rhyme schemes. Poems needn't be 'profound in meaning' or have a 'deeper purpose'. They can be as simple as a single thought or feeling, or perhaps a conversation with the reader.

Much like keeping a diary, why not try and jot down any passing thoughts and see what may become of it?

Here are two such poems, written on a whim. I hope you enjoy them.

BY HARRIS R.B

## THE BIG BUG

I may be bigger than a normal bug  
But I most definitely feel small and sneaky  
When faced with a forest of people,  
Shoes shifting, heavy and slow,  
I swiftly weave between those trunks unnoticed.  
Their eyes point straight ahead; chins raised  
A tiny detail - I couldn't be found  
By the circle of people  
Surrounding a familiar spot  
A place I knew, and they knew not  
Stealthily, I endeavoured my sleight  
But their eyes honed in, keen like eagles  
They knew me, but I knew not.  
Yet the guilt urged me forth  
For the closer I got,  
The lower their chins drew,  
The smaller I felt.  
Heads craned forward; ashamed  
Finally, I was right beneath  
With their necks hooked and faces grim  
They stared as I sat under the silver spotlight.  
I was a big bug  
I wasn't invisible  
They saw right through me  
It was painfully clear  
I was a big bug  
And when they smiled,  
I couldn't smile back.



# THE BICKERING PORTRAITS

**"You're scaring away the visitors!  
What was it this time?  
Your foul scowl  
Or the mad eye?"  
How can you blame me  
I cannot help how my face looks.  
"I bet you're pulling faces.  
You're not a child, I'll let you know."  
I had an itchy forehead: nothing infantile.  
The terror of my worst grimace  
Is only for you to enjoy.  
Behold!  
"O, you do irritate me so!  
Turn away, you beast!"  
Why don't you recount the story  
About that visitor - taken aback  
By your awful sneeze?  
"That was inevitable.  
I am simply allergic to my silly spouse.  
And don't confuse surprise with disgust  
A child likes you as much as they do sprouts"  
His face was priceless!  
"O, what a fright! What a frightening sight!"  
"Unlike you, it did not bring me delight."  
Perhaps it is you  
Whose face is the scariest between us two  
"What did I just hear?"  
N-Nothing at all, dear.  
I sat in silence,  
She stood and stared.**



# SPORTS ROUNDUP

## KARATE ACHIEVEMENTS

BY AARYAN M



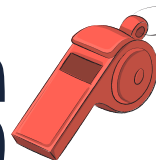
**Hi, my name is Aaryan M. The thing I will be writing about is my karate achievements. I have dedicated 6 years of my life to karate. My goal is to become a black belt. I started when I was 6 years old and slowly progressed. I am now an intermediate black belt at 12 years old and hope to achieve black by the time I am 14.**

I have competed in tournaments at a club level and placed third. Due to my hard work and resilience I earned myself a student of the year award. However, I failed a test which halted my progress. This

was only temporary for next time I will come back better and stronger than ever. I have a contest soon and I am hoping to come back with a first-place trophy. When I get my black belt I will become a sensei at my club and help others become black belts. I did not come this far on my own. I had the encouragement of my parents and my teacher. My parents have always been pushing me to try my best and have comforted me when I have lost or not succeeded in what I wanted to achieve.

## SPORTS CULTURE

BY JOHN B



**Verulam has always been renowned for its strong sporty culture with a huge selection from a huge variety of all different sports teams. This year, Verulam has formed strong teams to compete against other schools in sports such as football, rugby, cricket and more. The school also allows all students to attend training for the teams even if not in the squad to hone their own skills more and also earn their way into the team making school squads accessible for all who wish to play in the teams.**

I personally have played in the rugby team every year throughout my Verulam career with very little disappointment. The PE department works hard to ensure the success of the sport teams and their own PE classes showing the dedication of the staff. The staff ensure they make plenty of fixtures for the teams and make sure to spread the playing time equally between squad members. All in all Verulam is a high quality sporting school and it is a strong competitor against other schools.



# SWIMMING

**I am a member of the junior squad in the City of St Albans Swimming Club. The club has a Foundation stage for the younger swimmers (8 years old and up), Junior Squad (from around 10 years old), and Senior Development Squad. Parents get to swim too in the Masters squad.**

In my squad, we need to train in the pool swimming for an hour, five or six times a week. Sometimes at half past five in the morning! This includes land training, like press-ups.

Because it is a competitive club, on some weekends I will go to a competition to race against others from other clubs and from within my own club.

When I go to a competition everyone is trying to get a personal best. We do lots of individual races as well as relays, and try to beat the other clubs. Some competitions don't have an entry time which means that anyone can race but some have entry times which means unless you can swim at a specific speed

you can't compete. Some of the best swimmers will go and race at county level or even national level.

My favourite races to compete in are the 50 metres butterfly and the 100 metres IM (individual medley - Butterfly, Backstroke, Breaststroke, Freestyle).

**BY ELIAS B**



# SPORTS ROUNDUP



**For the past six months I have been training in Brazilian Jiu Jitsu. I'm aware that not too many people have heard of the sport, and commonly mix it up with many other martial arts.**

It has been possibly the best life choice I have taken in recent years. Not many people at our school take much of an interest in fighting, but opening your mind to the world of martial arts can really change your life for the better. Jiu jitsu has taught me how to not only improve as a fighter but also as a person. Gaining resilience, respect and becoming far less egotistical.

Furthermore the community of the sport is extremely strong. I was surprised to find that there wasn't a single threatening or intimidating personality in the gym (and anyone who did try this approach never lasted long). From a fighting point of view, BJJ is a completely different realm of martial arts.

Especially since I had some experience prior to joining a BJJ gym. In my opinion it is possibly the most effective and useful martial art in the world currently. Many people will know how effective it is by watching MMA (mixed martial arts) such as the well known UFC (ultimate fighting

championship) which contains the best of the best competitors of BJJ. Including my personal favourite: Georges St-Pierre. Although it is a rather new sport and not very well known, I highly encourage anyone to join a local gym and start training. You never know, it might just be for you.

**BY SAM S**





## HERTFORDSHIRE SCHOOLS COUNTY FOOTBALL TEAM



**A sporting achievement that happened last year for myself was getting into the Hertfordshire Schools County Football Team. There was a long trial phase which consisted of a total of four separate trials starting with around 180 boys, 90 from the East of Hertfordshire for trial 1 and 90 from the West of Hertfordshire (which I took part of) for trial 2.**

I went in with low expectations knowing the high standard that some of the players will be at. I played well and got told a few days later that I was through to the next round.

This was when I started to believe I actually had a chance of getting into the team if I play well enough. The 3rd trial consisted of around 90 boys again (this time around 45 from each side of Hertfordshire). I played well again and received the good news a few days later that I had got into the final trial. I knew now that one more good game would give me a positive chance of getting into the team for the upcoming year.

I played in the 4th trial and got the brilliant news that I had got in! I played a total of 9 games for them, against other counties and academies and I loved every minute of it.

BY JOSH S



## COUNTY DISTRICT CUP

**In both of these cups we came second to the same team, Nicholas Breakspear Catholic School.**

In the quarter finals we won against a team on penalties by one of our players scoring the winning penalty which put us through to the semi-finals.

In the semi-finals we won against Queens school 3-2 when we were leading 2-0 in the first half.

In the final we didn't play the best in the first half when we were losing 3-0 but had a good second half scoring two goals but still not getting a third.

In the District cup final we did score three, but they scored a fourth, which put us off and left us not playing so well for the rest of the game. Overall, we played alright. We just need to beat them next time and win the District, County and now the Nationals!

BY GEORGE C



# SPORTS ROUNDUP

## SCHOOL ATHLETICS & CROSS COUNTRY

BY SAM M

**I have written this article to tell you about my enthusiasm for distance running and cross country. My love for this sport began at the very beginning of year 7, when in our first games session at Sandpit Lane, the entirety of year 7 was told that we would be taking part in a whole year distance race and that the top 50 finishers would have the opportunity to compete in the traditional St Albans Mob Race.**

At first I was sceptical and unsure that I would get a place in the team and have the opportunity to run for Verulam, but after giving it my best shot and finishing in a close 2nd place position, I swiftly realised that my worries about the sport were unnecessary.

After qualifying, I couldn't wait to compete in the actual mob race, which was being held at Sandringham school. When the day of the race came, my friends and I could not wait to run. After a hard 2 kilometres in the beating

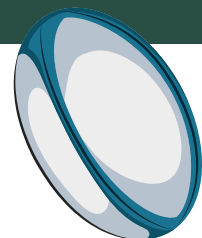
sun, I finished the race in 10th place, which I was thrilled with.

Since I discovered the sport, I have continued running for Verulam in numerous cross country races and athletic events and come out with many great results such as 2nd in the schools' cross country league, 1st in the schools' athletics 1500 metres and 2nd in the district schools' all day championships for 1500 metres, which was held at Watford Stadium.

I have loved every moment of running for Verulam in year 7 and I am really enjoying the sport in year 8, particularly now that there are new year 7s in the team.



## RUGBY



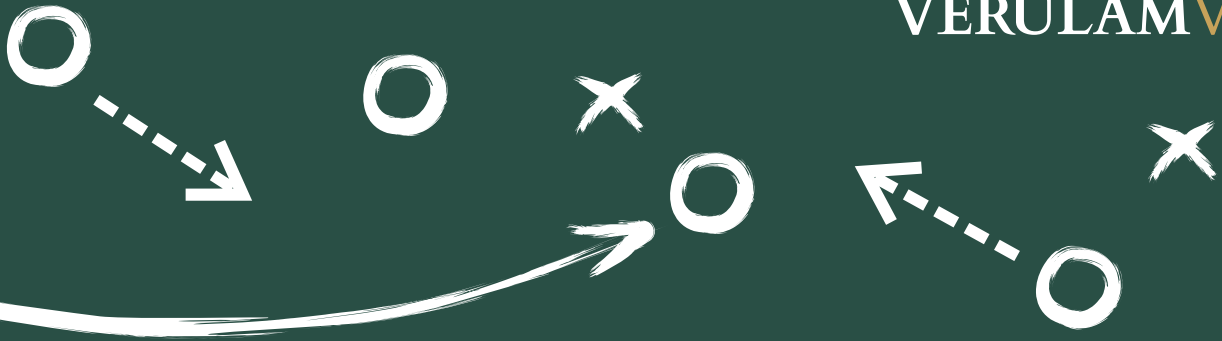
**School rugby is every Wednesday after school from 3:30-4:30. This is for Year 10s up to Year 13s. This is good for the Year 10s as they can learn not only from the rugby coaches but the 17 and 18 year olds.**

If you attend training and catch the eye of a coach you will have a chance of being selected to represent the school (which is massive honour) in friendlies and competitive cup games. This can have a lot of benefits as you can put it on your cv and it will inform others that you are a good team player and will indicate that you won't step down from a challenge.

It is also a good opportunity to keep fit and stay in good shape. This will keep you fit by doing forms of fitness such as broncos, burpees and other high intensity workouts.

If you are in Year 10 to Year 13 and have any interest in rugby come down to the games field after school and try it out no matter your ability or size.

BY ARTHUR R-S



# SUNDAY LEAGUE

BY BENJI M

**44.7% of boys aged 11-15 play football on a monthly basis in the UK. This shows just how popular football is in this part of the world. The most popular type of football by far is Sunday league. Sunday league is where you usually train once during the school week and then play a competitive match at the weekend. The two main local leagues in this area are West Herts League and Watford Friendly League.**

These both consist of roughly 6 divisions and the stats for these leagues can be found at [www.fulltime.thefa.com/index.html?league=945817950](http://www.fulltime.thefa.com/index.html?league=945817950) and [www.ulltime.thefa.com/index.html?league=861969338](http://www.ulltime.thefa.com/index.html?league=861969338). If you are a Verulam student who plays in a Sunday league then you probably play in one of these two leagues.

I play in the West Herts League for St Albans City Youth South and I really enjoy it. I think the reason so

many people like Sunday League is the feeling of playing for a competitive team, in a way it's like playing in the premier league. The feeling as an attacker when you score a goal is amazing.

If you want to get into a new sport or you know anyone else who would then I would definitely recommend Sunday League football. It's fun and competitive.





# SPORTS ROUNDUP



## FROM WINTER BOREDOM TO HOOP GLORY

**Michael Jordan, Kobe Bryant, Steph Curry, LeBron James. When you hear these names, what do you think of? Crowds cheering, balls bouncing, people dunking, buzzer sounding, records breaking.**

Although not a common sport in the UK, basketball is a great sport and is enjoyed the world over. It was originally created in 1891 by a Canadian PE teacher as a solution to bored students who were trapped inside during the harsh, snowy, winter weather. Starting off,

the rings were old fruit baskets that were hung from balconies where the crowd could reach over and swat away a shot. Four years later, the backboard was added, then the rings were switched first to metal baskets then rings. Basketball has grown massively since then and is now the third most popular sport to watch worldwide.

Basketball at Verulam has an active participation rate. Held every Wednesday afternoon in the sports hall, students in year 7-10 can join

to develop teamwork and social skills. Playing also helps you to build endurance, physicality, and improve balance and coordination, while burning up to 630-750 calories an hour.

So the next Wednesday you don't have something to do, why don't you come give basketball a try? Who knows, you might become the UK's next basketball star!

**BY LOGAN O**





# HARVESTERS WIN!

BY HARRY S

**Recently I participated in a football match for my Sunday league team; Harvesters. We managed to win the fixture 5:2.**

It was an early kick off at 10 o'clock and I was on time. After our warm up and stretches, the match was about to kick off. Since our captain wasn't here this week, I received the honour of taking the arm band. After the toss which we lost the opposition team (who were from Hemel) got the game underway. We were the first to score a goal. With my blistering pace I managed to run past several defenders and

slot the ball in the corner for 1-0. After that, we quickly scored again with our winger Zach chipping the goal from a very long way out. He swiftly doubled the total by smashing another one in at the near post. To seal the game once and for all, I put another past their keeper to make it 4-0.

Despite the 4-0 score line, the opposition managed to get a goal back before half time to give them a bit of confidence going into the second half. At our half time team talk the coach could only say positive things about our

performance so far as we had played very well up until this point. Going out after half time things looked quite ropey as the other team were creating lots of chances and our great performance was slipping away from us fast. After 15 minutes of contrast pressure they managed to score a goal.

Overall the game had lots of ups and downs but most feedback was positive and it was an enjoyable one to play in.

# VERULAMVOX

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