

# The Sexeian

December 2021

Brought to you by Sexey's  
student magazine team

## OUR CHRISTMAS ISSUE

*How to make the perfect  
paper Snowflake*

*Tasty vegan alternative for  
your Christmas dinner*

Anti-Bullying Week 2021

Plus:

MOVEMBER- MEET THE MAN BEHIND  
THE MOUSTACHE



## WELCOME

from the editorial team

Hello, we are the editorial team of Sexey's School magazine: Alexis, Lucy and Matilda. Welcome to the latest edition of The Sexeian!

This month, we're giving you lots of ideas to enjoy a fun and festive Christmas. Have a go at our Christmas wordsearch and try your hand at making a perfect paper Snowflake.

We've also got a recipe to make a vegan Christmas dinner.

From all of us at the student magazine, we wish you a very Merry Christmas and a Happy New Year.



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# Movember- The man behind the moustache

We interviewed Ben L, Year 13, who took on the challenge



**Movember is the leading charity geared towards changing the face of men's health, and by 2030 aims to reduce the number of men dying prematurely by 25%.**

Since its inception in 2003, Movember has focused on mental health and suicide prevention as well as prostate and testicular cancer. It has funded more than 1,250 men's health projects across the globe challenging the status quo, shaking up men's health research and transforming the way health services reach and support men.



Hi Ben, thank you for joining us today. So, let us ask you a few questions.

## **Why did you get involved?**

It's a subject that means a lot to me. Myself and my friends in Sixth Form have been through a lot over the past couple of years and men's mental health is more important than ever. Anything that help fight cancer is worth it.

Another student called James did the campaign last year and I thought it would be good to continue his work and continue to raise awareness.

## **How has the campaign gone?**

It's been tough as this month we've had our mock exams, but it's been a great experience to do this with the other students and teachers.

## **What teachers got involved?**

Mr Carpenter and Mr Moise both took part.

Ben said "I am delighted to be leading this year's Movember campaign at Sexey's. This is a charity that does amazing work to help improve cancer treatment and gain more research for prostate and testicular cancer.

As well as funding and creating more young men's mental health resources. Far too many young men die due to poor mental health, caused by the stigma and taboo nature of mental health within males. This is something that I think needs to change, and that starts with Sexey's."

Ben also said "I would like to say a big thank you to everyone who got involved – whilst we didn't raise as much money as we had hoped, we have raised awareness in school and I hope that anyone struggling with their mental health with seek the support they need".

**Reporting by  
Alexis T**





# Vegan Christmas Dinner

## - Whole Roasted Cauliflower

This Whole Roasted Cauliflower is coated with a delicious herb sauce. An easy meat free alternative that's gluten-free, dairy-free, vegan, vegetarian, low carb, keto, and paleo-friendly. This will make a wholesome addition to your Christmas dinner table.

Enjoy!

### Ingredients:

- 1 large cauliflower leaves removed
- 1 tsp cumin seeds
- ½ tsp coriander seeds
- 1 large garlic clove, peeled and chopped
- ½ mild green chilli, chopped.
- 1 lemon, zest and juice
- 30g parsley
- 30g coriander
- ¼ tsp cayenne pepper
- 150ml olive oil
- salt and black pepper

### Method:

Bring a large pan of salted water to the boil. Boil the whole cauliflower for 10 minutes until just tender, then leave to drain in a colander for 30 minutes. Preheat the oven to 180C/160C Fan/Gas 4.

Toast the cumin and coriander seeds in a dry pan over a medium heat for a couple of minutes until fragrant.

Blend the garlic, chilli and half the lemon juice in a food processor to make a rough paste, then add the herbs, cumin and coriander seeds, cayenne and 120ml of the olive oil. Blend again until nearly smooth.

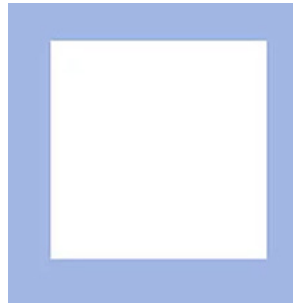
Take a roasting tin in which the cauliflower will fit in and line with baking paper. Place the whole cauliflower, stalk-side down in the middle of the tin, drizzle with the rest of the olive oil and season well with salt black pepper. Cover loosely with kitchen foil and roast for 20 minutes.

Remove the foil and spoon the herby sauce over the cauliflower, coating it completely. Cover with foil again and return to the oven for 30 more minutes until the cauliflower is not tough when tested with the point of a knife or a skewer.

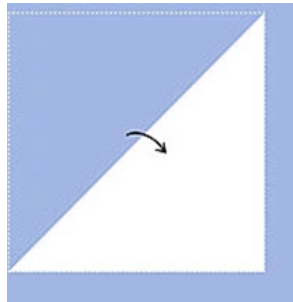
Remove the foil and roast for a further 10-15 minutes until the edges of the cauliflower are golden. Serve with your usual roast veg and potatoes.

# Ever wondered how to make the perfect paper Snowflake?

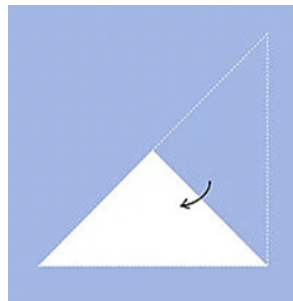
## Try this easy method from Martha Stewart



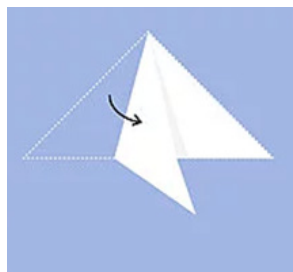
**STEP 1**  
Start with a square piece of paper. (Tip: To cut a perfect square from a standard 8-by-11-inch sheet of paper, fold paper into a right-angled triangle; trim off excess.)



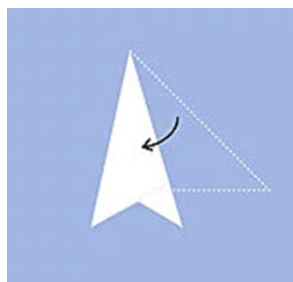
**STEP 2**  
Fold paper in half diagonally to make a triangle.



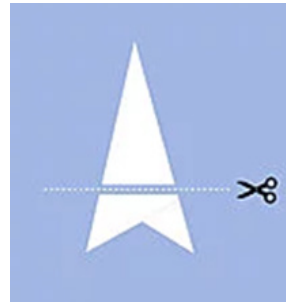
**STEP 3**  
Fold paper triangle in half so that the pointed corners meet.



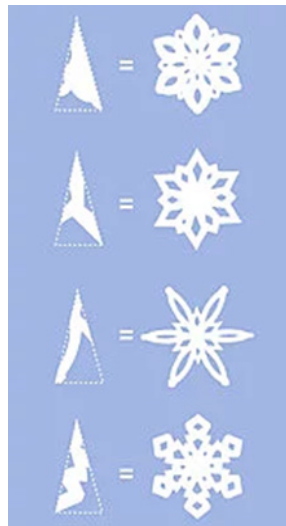
**STEP 4**  
Fold paper triangle in thirds, overlapping the left-hand pointed corner over the triangle.



**STEP 5**  
Overlap the righthand pointed corner over the triangle. (Note: You may need to adjust these folds a little to get the sides to match up, so don't crease the paper until the folds are just right.)



**STEP 6**  
Trim the pointed ends so the paper triangle looks as shown.



**STEP 7**  
Cut your folded paper with variations of cutouts. (Tip: The ones with straight lines are easier to make than the ones with curvy lines.)

Optional: If using one of our downloadable templates: scale to your paper size, print, and cut out. Staple template to folded paper in areas to be cut out and use craft scissors to cut off uncovered portion and along all solid lines.

**STEP 8**  
Unfold it gently. Don't worry if your snowflake isn't exact: No two snowflakes are ever alike. (Tip: To smooth out any creases from folding, lightly iron one paper snowflake at a time on a low setting. You can also spritz a little spray starch to stiffen and flatten out the snowflakes.)

# Best of all, one kind word leads to another.

## Anti-Bullying Week 2021

Last month students and staff supported Anti-Bullying Week from the 15th to 19th November. This year the theme was 'One Kind Word'. Kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us.

We're highlighting some of the different types of bullying that you could experience and where to go if you need any help or support.

### What does bullying mean?

Bullying is the constant domineering and aggressive behavior towards an individual.

### What are the different types of bullying:

**HBT Bullying:** Abuse towards people who might identify as gay, lesbian, bisexual, transgender or any other LGBTQIA+ identities.

**Racial Bullying:** Abuse of someone based on their ethnic background or the colour of their skin.

**Ableism:** Abuse towards a person who may have a disability, mental or physical.

There are unfortunately many more but these are some that often occur in schools.

### Where to get help if you are experiencing bullying:

Speak to your tutor or visit the Pastoral team, there are also a number of helplines that you can contact:

**Childline – 0800 1111**  
**EACH – 0808 100 0143**  
**NSPCC – 0808 800 5000**

**Don't be afraid to speak up!**

**Finally, don't forget our Seven**





# Book Reviews

This month Alexis and Malida have chosen books they love that can help us to learn and embrace differences between ourselves and others. If you would like to read either of these books, both are available from the library.

## Can you see me? Libby Scott and Rebecca Westcott by Alexis T

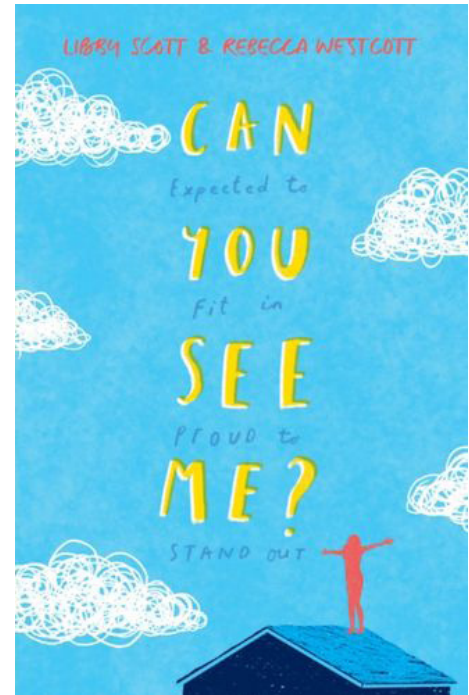
Can you see me? is a novel written in the perspective of an 11-year-old girl called Tally who suffers with autism.

Tally tries really hard to be like her friends, yet she can't cover up in the end. Most people surrounding her don't understand that she is a person too, yet she sees and hears all of what they're doing.

In the book, Tally is starting her first year of Kingswood Academy and she only knows one person there, her best friend.

As she starts, she figures she has to hide her true self, but she found herself questioning what 'normal' was.

I personally really love this book, is very touching and inspiring!

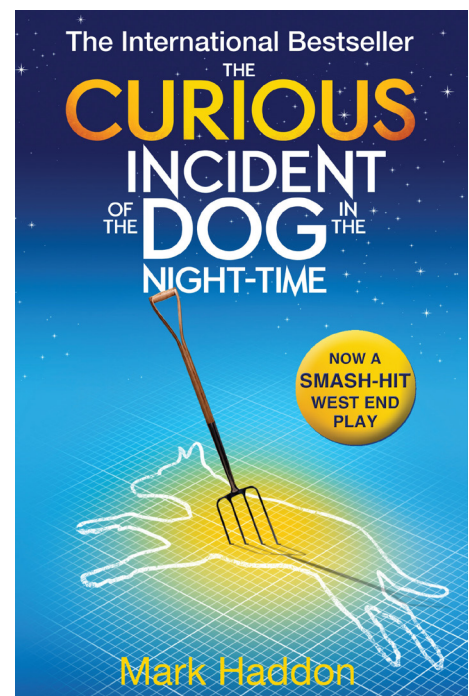


## The Curious Incident of the Dog in the Night-time, Mark Haddon by Matilda S

This book is about a 15-year-old boy who suffers from autism.

I find this book very interesting as it's great to see and understand what it's like to have a disability. It's cool to see how Christopher deals with everyday tasks and people.

Overall, I love this book, it has a great ending and is full of emotion and excitement.



# Christmas Wordsearch

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

SANTA  
MINCEPIE  
REINDEER  
HOLLY  
CANDYCANE  
MISTLETOE  
SNOWMAN  
PRESENTS  
STOCKING  
TINSEL  
JINGLEBELLS

