

FREE

ALOHA NEWS

SPRING 2020 EDITION 2

MARBELLA'S PREMIER SCHOOL NEWSPAPER

GREASE IS THE WORD!

The hit 50s musical Grease came to ACM this term - but how did it go down?

REVIEWS AND MORE ON PAGES 16 & 17



One of Spain's Best!



For the tenth consecutive year Aloha College Marbella has been ranked as one of Spain's 'Best Schools'. The reputable El Mundo newspaper inspected 1000 schools, and positioned ACM in its elite 'Top 30', the highest category available. Rankings were based on 27 key criteria, including education model, facilities and resources. Aloha College Marbella, however, is already planning further improvements. This term saw a new student gymnasium added, and departments are currently trialling Gale Referencing, a premium online scholarly database. By continually investing in facilities and resources we can be confident of appearing in El Mundo's list for the foreseeable future.

WEB WONDERS

ALOHA TECHNOLOGY KEEPS KIDS LEARNING - DESPITE NATIONAL LOCKDOWN



AS THE CORONAVIRUS PANDEMIC DEVASTATES EUROPE, IT'S 'BUSINESS AS USUAL' AT ALOHA COLLEGE MARBELLA

In recent times children's technology use has been the bane of many a parent's life. But today, with an estimated 421 million children currently out of school, and holed up due to Covid-19, technology is providing a lifeline in countless households.

In previous times a school shut-down would mean hours of lost learning, severely impeding student progress. Luckily, however, Aloha College Marbella has been able to nullify this threat by turning to its

TECH-THAT! Year 7 pupil Marina Mees Perez, busily completing her school work on Google Classroom.



state-of-art digital platforms. Indeed, within hours of the lockdown pupils were being provided with meaningful projects that kept them academically active.

Despite being a not-for-profit organisation ACM annually invests in its technology, ensuring pupils are fully IT literate and well-practiced in industry-standard softwares.

One such software, *Google for Education*, was instantly drafted in, as pupils were assigned 'Hangout' groups to check-in with tutors, teachers and classmates, before completing their usual timetable of lessons, courtesy of *Google Classroom*. All work was submitted

digitally, with staff continuing to grade work and provide personal feedback to all pupils.

As the days passed plucky pupils and staff became more web savvy, introducing synchronous face-to-face video tutorials, and online P.E. applications were downloaded to devices, ensuring pupils could keep their bodies healthy, as well as their minds.

So, in these most trying of trying times, it's simply wonderful to see that famed Aloha spirit and resilience shine through. We have all embraced a "learn anywhere, anytime" mindset, and no doubt this will ensure the curriculum is covered and nobody falls behind.

Welcome



Welcome to a somewhat reconditioned second edition of Aloha News. I hope it finds you all in good health. This paper was about three-quarters complete when disaster struck, causing everything to be placed on hold. Of course, I'm talking Coronavirus, or SARS-CoV-2, to give it its scarier, scientific title. One minute people were joking over its name, and its beery connotations, and the next Pedro Sanchez and President Macron were addressing their nations, faces fraught and etched in panic. Coronavirus, a name deriving from "crown" or "halo" in Latin, started off as a brief news item, graduated to a main headline, before completely taking over the airwaves. You know something is serious when all other news suddenly ceases to matter. It was that bad.

ISOLATION

Anyway, after two weeks of isolation and distance learning, I received an email from a Year 11 pupil, requesting we finish off the paper. Her objective was to "spread a little light" back into the school community. Lovely. Like a cheesy Netflix movie, I became that middle-aged rocker, trying to 'reform the band'. Emails were pinged out, and within an hour we had a new hangout group, and a bunch of new ideas for features and articles! 'Spinal Tap' eat your heart out.

I sat at my computer and opened up the last saved version of this paper. This editor's letter was eerily different; rejoicing at the balmy mid-20 temperatures, and eagerly looking forward the spring break. I was even excited about the upcoming summer exam period! Fast forward a few days and everything had changed. As infection and death rates soared, the weather seemed to follow suit, with pastel Marbella skies turning black, as if to echo this new sense of doom. Just as the smoking scent of sardines had returned to our seafronts, it was extinguished by days of relentless rain. As streets and supermarket shelves emptied, our cherished Costa lives had morphed into a dystopian nightmare. 47,000 infected, 3500 deaths, ice rinks in Madrid doubling up as makeshift morgues, when would this horror end?

But enough doom and gloom. The rain has finally stopped, people are following government guidelines, and despite being wounded, the Spanish spirit refuses to die. Police cars are greeted with rapturous applause, neighbourhoods serenade each other with nightly anthems, and frontline doctors and nurses are being worshipped like the angels they are. And hopefully we'll start to see the green roots of recovery, and get back to living our lives. Just imagine how rocking that little cafe near school will be, when we're all back together. Who knows, we might actually shake hands without racing towards the nearest hand sanitizer! But just remember, we will all get through this. As a school community we're resilient, it's in our DNA, and written into our mission statement. This filters down into our student body, and it will take more than a pandemic to bring this school to its knees. So put your feet up, make yourself a coffee, and enjoy what your amazing pupils have prepared for you.

CRAIG SCOTT
EDITOR

MOVING ON UP! A successful first edition sees Aloha News move to swanky new residence.



Shortly after the launch of Aloha News in September 2019, it became apparent that Room 13 would only be a stop-gap base for us. Indeed, the buzz that we generated fell a trifle flat when the 30 or so students bundled in, only to learn that their 'newsroom' was basically a classroom, just like the six they'd already studied in that day! However, like consummate pros they just got on with it, buoyed by the promise that we'd scout some alternative destinations, and hopefully find a workspace that was safe, spacious and above all - got those creative juices flowing.



And true to our word, on January 14, 2020, we upped sticks and relocated to the recently refurbished Sixth Form Centre, right up in the gods of Aloha College Marbella. Pedro Mees Perez takes up the story.

"Although Room 13 was okay, some of our reporters didn't like it. Jutta questioned its comfort, and Zifan bemoaned the fact it "felt like another lesson." Luckily, however, Mr.Scott shared our concerns with Mr.Escobar, and with the Head being a big supporter of Aloha News, a move to the



Sixth Form Centre was thankfully sanctioned. Since then we've not stopped smiling, and have found that production levels have increased. The first major advantage up here is the space, where we can either sit together, bond and share ideas, or find our own private areas, just to get into the zone and work on our own projects. We also feel a lot more liberated, and the facilities mean we can make our own hot drinks and snacks, as food is fuel afterall! The Sixth Form Centre is also really bright, and the artwork on the walls just add to the positive vibe."

And even as I draw this little story to a close, I'm staring at twelve happy newshounds, sprawled out on their sofas, lost in their own worlds. The only sounds are typing fingers and the occasional ping from a microwave. Happy days! So, if you ever see a light at an upstairs window, and wonder who's burning the midnight oil, that'll be the Newspaper Club. And, if you ever want to join us, pass on a news story, or simply to say 'Hi', just pop up and see us.

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ALOHA'S AUSSIE GIFT

Once again, thank you all for your generosity regarding our charity day on Friday February 31st, where we raised an amazing sum of €2, 328.37. All proceeds were sent to the Australian Bushfire charity.

We were all struck by surprise and sadness when news of the Australian bush fires reached Marbella. I remember scrolling through Instagram and being reduced to tears. But as an environmentalist, I also felt anger. Anger at the way we may have somehow contributed to this catastrophe.

The world reacted immediately as scores of firefighters rushed to the scene. Tragically, however, it soon began to dawn on them that there wasn't enough manpower to stem the raging bush fires, nature was going to win this battle. By the next day billions of animals were dead, with many species almost pushed to bring of extinction. Over twenty people also lost their lives, and countless Australians had been left homeless and destitute.

So, how did Aloha College Marbella react to this crisis? Well, we did what we do best; we wiped away the tears, rolled up our sleeves and asked ourselves: 'What can we do to help?' A fancy dress fundraiser was quickly announced, with all proceeds going to the Aussie Ark charity. Pupils from all year groups happily donated €2, and many dressed in the bright yellow colour we associate with Australia. We got to wear our own clothes, and an amazing €2,300 was signed, sealed and delivered to Australia. It feels amazing to know that we were able to do our bit, and maybe fund a few animal breeding programs, our help with the clean-up costs. However, most of all, we just wanted to show solidarity with the land down under, and just show them we care and are thinking about them at this difficult time.

By Jutta Hauke Arriola



CHARITABLE YEAR 9 PUPIL FIGHTING FOR A FAIRER SOCIETY ALOHA AT THE U.N



Amani Husaini, Aloha News' newest journalist, talks Vienna, U.N. visits and working for a charity gaining global recognition



Tuesday 18th February 2020. I rushed home after submitting my first completed travel article for this school newspaper. After a rapid change of clothing it was time to jump into another exciting 'travel adventure', this time to the United Nations headquarters in Vienna!

Of course I knew this was a big deal. The U.N. is one of the world's most extraordinary institutions, tending to the political, cultural and humanitarian needs of the global community. But even so, the rush I felt when I actually stepped foot inside the building was like nothing I'd anticipated. Surrounded by diplomats and 'delegates only' signs, I headed into Building M, where the Zero Project conference was being held.

I knew from my research that the Zero Project aspires to improve the daily lives and legal rights of all persons with a physical or mental disability. But even so, the name 'Zero Project' sounded mysterious and I wasn't sure how it fit in. Luckily, however, after a few seconds interviewing Mr. Martin Essl, Chairman and Founder of Zero Project, I received my answer:

"My goal is to give back to society and look for a topic where I think the world needs us, and this is the reason why we started Zero Project, it stands for no barriers, zero obstacles."

Mr. Essl then went on to explain how Zero Project is also a platform, where the most innovative and effective solutions to problems disabled people face are shared - leading to swift and decisive change.

MY REASON FOR ATTENDING

In 2020 I am proud to report that the organisation I have been volunteering for the last 12 years (Yes, 12 years...since I was 2!) was selected as one of the Top 10 global initiatives worldwide for innovative practices and policies. Manzil Centre, based in the United Arab Emirates, is a charity that focuses on inclusion of people with disabilities at the educational, social and vocational level. Manzil's PRIDE program was lauded for its inclusive and forward-thinking approach, and thus was invited to attend and contribute to the Global Zero

Project Impact Transfer Program.

LOOKING TO THE FUTURE

The whole three days of the conference were an amazing experience. I attended several seminars and panel-based discussions which opened my eyes to a whole new world of possibilities. While walking the corridors I rubbed shoulders with royalty and well-known celebrities in the world of disability and inclusion. Visionaries, policy-makers, stalwarts. People who changed laws and coined



OFFICIAL BUSINESS: Austria's U.N nerve centre

that are now considered politically correct parlance! Furthermore, I had the privilege of chatting with several of them. Please keep an eye out for snapshots on disability/inclusion information in the next few newsletters where I will share their wisdom with you.

One particularly inspiring person I met was Irish activist Caroline Casey, 48. Although legally blind she has a magnetic and awe-inspiring presence. As well as being an award-winning social entrepreneur and founder of #valuable, Caroline is also an esteemed TED Talk speaker, and past advisor for the Clinton Initiative. But just when you thought a person couldn't be any busier, or hold any more roles, Caroline also manages to squeeze in being a One Young World counsellor and represents the World Economic Forum. Phew! However, once she saw my Aloha College Marbella blazer, Caroline was keen to learn about our policies, and the ways in which we intergrate our disabled staff and students, ensuring that there are 'Zero' barriers. To her credit Caroline promised to look out for us in future, and even offered to advise us if we should ever need her support.

Another presenter and panelist at the UN who I managed to use my charm to garner support was the Founder Director of Manzil.



A ROYAL AFFAIR: Aloha News' Amani, rubbing shoulders with the Prince of Jordan.

She has also promised to support Aloha College students by providing volunteering opportunities to us with various activities of Manzil. Please contact myself if you would like to contribute some of your time working with talented people with disabilities, or simply learn some new skills and gain some working for an award-winning charitable organisation. Going forwards I am looking for students who would like to learn any skill like dance, jewellery making or art.

To conclude, it was a very worthwhile and eye-opening experience visiting the UN and meeting some of the fantastic minds associated with the Zero Project. I would like to thank my teachers and Mrs. Batchelor for giving me special permission to attend this prestigious conference, I certainly learned a lot from it. And for a closing remark, I must mention that I wasn't at the event at Amani Husaini, but as a pupil of Aloha College Marbella...so 3 cheers for ACM for now being known by the United Nations!

IS ALOHA INCLUSIVE?

On this particular coast, we're proud to be the biggest; but even prouder to be the most kind. Unlike some, we're not a money-making machine, we're a not-for-profit organisation, and our boardroom is made up of hardworking and conscientious parents. Our staff care about the children we teach, and 'CARE' is a key founding principle, as important to us as 'Effort' or 'Honesty.'

But I have to admit, after following Amani's experiences at the U.N, and reading up on some of Project Zero's aims and principles, it's made us question whether or not we are truly an inclusive school. Children with disabilities are often unable to go to school because of unsuitable school buildings. So how does ACM fare on that score?

ACCESSIBILITY:

From the outside, Aloha may seem like a nightmare for people with disabilities. Perched on a hilltop, you wouldn't want to push a wheelchair up those vertical-looking slopes. However, if entering by car, you can drive right into the grounds, via the rear sports hall entrance, and actually disembark onto flat ground. Once inside virtually every part of the school is accessible, thanks mainly to well-maintained and functional elevators and non-slip ramps.

We also fare well for disabled toilets, although these are on every two floors in the secondary building, meaning a pupil would have to yo-yo up and down, possibly wasting learning time.



CURRICULUM

Disability is covered in our PSHE programme, and all teachers include positive representations of disabled people in lesson materials, challenging negative and outdated stereotypes. However, the U.N recently called for sign language to be taught in schools, along with braille reading. As a progressive-minded school, you can bet Aloha College Marbella will be one of the first to introduce these services, but as of yet, we're not quite ready.



RESOURCES

As Aloha class numbers are capped at 20, most of our classrooms are spacious, with clearly marked out emergency exits. However, the desks in some rooms are too high for wheelchair use, or even taller or shorter pupils. Instead of buy one-size-fits-all desks and chairs, we could purchase adjustable ones, for extra comfort and functionality for all pupils. In addition, all teachers could use the free, downloadable font 'Open Dyslexic', as this mitigates some of common reading errors caused by dyslexia. Our reporters will pass on their findings to the school's Senior Leadership Team.



Your Views

IN THIS MONTH

1ST APRIL, 1918

The UK's Royal Air Force was formed.

2ND APRIL, 1513

Spanish Explorer Juan Ponce de León landed on the coast of Florida.

3RD APRIL, 1968

Civil Rights leader Martin Luther King, Jr. delivered his "Mountaintop" speech in Memphis, Tennessee less than 24 hours before he was assassinated.

4TH APRIL, 1928

American poet Maya Angelou - whose works explore the themes of economic, racial and sexual oppression - was born in Salem, North Carolina.

5TH APRIL, 1994

American grunge rocker Kurt Cobain, leader of the band Nirvana, committed suicide.

6TH APRIL, 1974

Swedish Euro pop group ABBA had their international breakthrough as they captured the top prize at the European Song Contest with "Waterloo".

7TH APRIL, 1969

The internet's symbolic birth date: Publication of RFC 1.

8TH APRIL, 1993

The Republic of North Macedonia joins the United Nations.

9TH APRIL, 2019

Wild wolves spotted by ecologists in the Netherlands after an absence of 140 years.

10TH APRIL, 1994

Nelson Mandela is sworn in as South Africa's first black president.

11TH APRIL, 1814

Napoleon abdicates unconditionally, he is exiled to the island of Elba.

12TH APRIL, 1964

Russian cosmonaut Yuri Gagarin becomes the first person to orbit Earth (Vostok 1).

13TH APRIL, 1998

Dolly, the world's first cloned sheep, gave natural birth to a healthy baby lamb.

14TH APRIL, 1865

US president Abraham Lincoln was assassinated at Ford's Theatre in Washington.

15TH APRIL, 1912

RMS Titanic sinks at 2.27am in the Atlantic. The band plays on as 1,635 lives are lost at sea.

16TH APRIL, 1964

The Rolling Stones release their first album which tops the UK charts for twelve weeks.

17TH APRIL, 1492

Christopher Columbus signs a contract with the Spanish monarchs to find the "Indies".

18TH APRIL, 1949

Republic of Ireland withdraws from the British Commonwealth.

19TH APRIL, 1897

The first annual Boston Marathon was held. It was the first of its kind in the United States.

20TH APRIL, 1968

The Conservative right-wing politician Enoch Powell made his infamous "Rivers of Blood" speech.

21ST APRIL, 1934

The surgeon's photo, allegedly showing the Loch Ness Monster, is published in the Daily Mail.

22ND APRIL, 2016

More than 170 countries signed the Paris Agreement on climate change, sought to reduce greenhouse gas.

23RD APRIL, 2013

Same-sex marriage approved in France. A bill also legalised the adoption of children by same-sex couples.

24TH APRIL, 1184 BC

The Greeks enter the city of Troy using the Trojan Horse (traditional date).

25TH APRIL, 2011

The largest tornado outbreak ever recorded hits the US. 348 people in six states are tragically killed.

26TH APRIL, 1986

A devastating environmental catastrophe occurred in Chernobyl, Ukraine, when a nuclear plant exploded.

27TH APRIL, 1992

For the first time in its 700-year history, the UK House of Commons is presided over by a female speaker.

28TH APRIL, 1923

Wembley Stadium is opened in London, named initially as the Empire Stadium.

29TH APRIL, 2011

Prince William of Wales, second to the British throne, married his long-term girlfriend, Kate Middleton.

30TH APRIL, 1975

The fall of Saigon marks the end of the Vietnam War. As Communist forces seized control, South Vietnam President Duong Van Minh, who had only been in office for two days, surrendered unconditionally.

IS THERE AN APPETITE FOR A THIRD MEAL OPTION?

Although our food is healthy, freshly-cooked and reasonably priced, I sometimes think we could benefit from a third meal option at lunch. At present, we have one main choice and alternative vegetarian/vegan option. However, with nearly 900 students at ACM, it's unlikely that two choices will satisfy every taste bud? Therefore, I think we should look at introducing a third meal option, just so students have some extra choice. We know that food is our fuel, and if we eat more, we will have more energy for our afternoon lessons in period 5 and 6.

I also think we should introduce a little snack section. Therefore, if you didn't feel like a hot dinner that day, we could have some ready-made sandwiches instead, or maybe just a counter with lighter snacks, like they do in the supermarkets. The queues in the canteen are quite long, but if you just want to grab a pizza slice, you could go to the takeaway counter, and be outside eating with your friends in minutes. Obviously, in PSHE we learn about the need for healthy eating, and having a balanced diet, so I think we could be trusted to not only buy fast food products.

Finally, for a Friday treat, I think we should be able something like a homemade lemonade drink with our dinners, just to reward and motivate pupils. Again, we will have had water from Monday to Thursday, so this rare sugary option would just be a rare treat. Obviously, I'm not saying we expect gallons of the stuff, so teachers don't have to worry about us bouncing off the ceilings. It would just be a little sweet treat to give us a Friday bounce into the weekend.

Other than this, I think our current system is great, and I know our school dinners are better than most. I just wish there was slightly more choice and flexibility.

Stephanie Van den Broek, Y8

LETTERS

Get in touch - tell us what you think

Your learner voice is vital because it helps us improve and remain on top.

Email views and feedback to our editor on: craig.scott@aloha-college.

LET US EXPRESS OURSELVES!!

Aloha College Marbella is an excellent and renowned school - but are we creative enough? With one Drama, Music and Art Lesson per week in KS3, are there enough creative subjects to compliment the cores subjects of Maths, Science and English? In my opinion, there should be at least one drama, music or lesson a day, just to develop our imaginations and let off a bit of steam. There's other great creative subjects we could also look at introducing, including Media Studies, Photography, Cookery even...anything that gets us developing new skills and expressing ourselves. Of course, I understand the value of core subjects, and that these are the first things universities and future employers look for, I understand the need to prioritise these subjects at Aloha College Marbella, but I think we'd actually perform better in Maths in English if we were mixing these classes with ones where we're moving about, creating and being innovative.

When I first came to Aloha from Egypt, I was shocked to find only 3 creative lessons on my weekly timetable, and all crammed into two days - leaving us with mostly theory-based for the remaining week. I also think we should have more PE lessons, just to keep us happier and healthier throughout term. Basically, I'm really enjoying my learning, and think my teachers are doing a great job, I only wish there was slightly more emphasis on developing the creative part of the brain, as well as the logic-based part, and then we'd be the perfect, all-round school.

Yumi Mulligan Star, Y8

INSTA-SCAM!

Too many teens are obsessing these days over who they consider 'perfect people'. But how many of these blessed individuals actually live the life they suggest?

It's a pretty well-known fact that the people who crave attention of social media are often the loneliest and most needy. Time and time again we've seen the smiliest people on Instagram eventually breakdown and admit to things like depression, anxiety and body dismorphia?



Take the case of "influencer" Charli D'Amelio, who shot to fame by living her "best life", and uploading it onto her feed. But recently Charli released a documentary, a sort of true account of life, which differed greatly from the glamourised version we were used to seeing. In conclusions, don't compare your life to what you see online. As long as you've got health and feel loved, I bet you're happier than 90% of the so-called influencers out there.

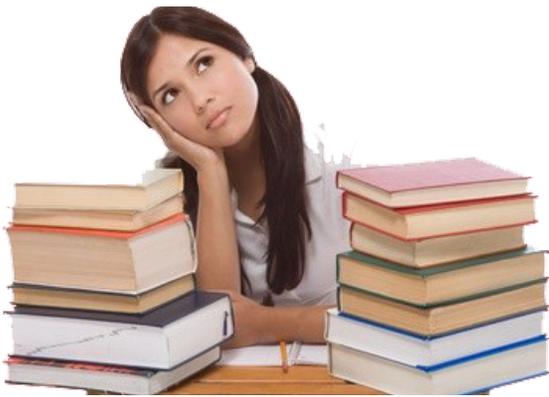
By Willow de Pola, Y8

Be The Best

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PSHE POSSIBILITIES

Everyone I know at Aloha College Marbella enjoys PSHE lessons, or at least values them as a source of life skills. In case you don't know, Personal, Social, Health and Economic (PSHE) Education is a school curriculum subject, which focuses on developing the knowledge, skills and attributes to keep young people healthy and safe and prepare them for life and work.

However, whilst the current system is teaching us a lot, I can't help but feel there are one or two extra areas that should be added to our weekly classes. Cooking, Politics and Personal Finance are the main things we would like adding to PSHE, especially considering the world we now live in. The majority of us will access university post-graduation, and will be expected to live and fend for ourselves. But how many students are learning how to cook and feed themselves? Politics on the other hand is everywhere, and the media keeps telling us to voice our opinion, and yet, if our parents aren't political, our school should give us the foundation knowledge of what each party represents.

Finally, personal finance skills are extremely important in this era, and to be able to know about things like bank accounts and online banking, or things like the difference between good and bad debt, would be useful, especially as many of us have part time jobs, and are already wanting to start planning and saving.

Sofia Nakpil, Y9

CINEMA: USE IT OR LOSE IT

The US box office has recorded zero takings for the first time ever as the coronavirus crisis hits. However, this is just the latest in a long line of threats to cinema, an artform that has been around and loved since the early 1900s. Nowadays we have Netflix, Sky Movies, Now TV, Amazon Prime and many more - all freely available at the click of a button. Out TVs, smartphones, tablets and computers are all mini entertainment units, filled with thousands of instantly available films. As a result, we're constantly bingeing - leaving little need to visit a cinema anymore. But who like me misses the magic of the multiplex?

Not too long ago the only way to enjoy a new release was at your local cinema.



In darkened rooms people came together for a couple of hours to escape to another dimension. It was an event, a special day out, and for many was followed up with dinner, where you could share views and interpretations of the action just seen.

People dressed up and made an effort. Many couples met or shared their first dates here. Going to 'the pictures' was a big deal, and created memories that they still cherish to this day.

Now, if we go to the cinema, it's not the same. Rooms are empty, and the prices have been pushed up due to lack of demand. But like all businesses if we don't use them, we will lose them, and for me this would be terribly sad.

Cinemas are special, the big screens and projectors; not to mention that awesome sound that knocks you sideways. We shouldn't resign this age-old pastime to a future history lesson!

Nobody knows what the future holds, but once quarantine is lifted, try and support your local cinema by booking tickets. People will be missing out. On fun, imagination, and maybe even love. And for what? To sit in our own homes, alone. There's more to life than convenience.

Eva Campbell, Y8

Letter of the month

GIVE ME A BREAK! WHY 15 MINUTES JUST ISN'T ENOUGH

School breaks are definitely not long enough any more. Before this year we used to enjoy 20 minutes. Enough time to nip to the toilet, buy yourself a snack, and spend quality time socialising with our friends. Flashforward a year, and this has been reduced to a mere 15 minutes. But why? Almost everyday games are cut short on the basketball court, with pupils left dreaming of that precious five minutes extra, which as any sports fan knows - can make a real difference to the outcome of a game. Think about it, we would write a better essay in English, or conduct a better experiment in Science, if only we could enjoy five extra minutes of break time. Okay, what's five minutes, only 300 seconds...nothing right? Wrong. Considering we don't usually get out until a couple of minutes after the bell, the current 15 minutes is probably more like 12 or 13 to most of us. By putting breaks back to the original time, even if we're let out slightly late, we will still have time to catch up and burn some energy. Remember, we have six long hours of school each day, with only 75 minutes of lunch and recreation time.

I'm sure that this is less than the national average, and if it continues, we could run the risk of spoiling our excellent behaviour, and energy not burned off could change into low-level disruption in the classroom. Scientists agree that children learn best when they have been outside and let off steam for a while.

Therefore, breaks should be a minimum of 20 minutes, and we should even consider making lunchtimes 2 hours, perhaps on Wednesdays and Fridays. I hope we can make this change.

Adam Elbasir, Y8

ALOHA SAYS:

Thanks Adam, for raising this issue, and many of us teachers also miss that extra five minutes for coffee-drinking and chin-wagging. However, the 5 minutes wasn't 'taken away', but added to tutor time, so you can really set up your day, going through important news and messages, building relationships with your tutor and form mates, and even meditating! We do appreciate it's a long day in secondary, but believe it or not, Aloha's break allowances are actually more generous than many. For example, research has found that a quarter of UK secondary schools now have 35 minutes of lunch breaks or less! The main reason given by schools is to allow more time for teaching and learning in order to cover the curriculum, which has gotten a lot more demanding over the last 10 years or so. However, at ACM we insist on keeping the hour lunch period, as this is your chance to make friends, develop your social skills, and exercise. So, Adam, we will stick to the current hour-and-a-quarter daily break and lunch allowance, and still fill your days with lessons which will allow you to pass all of your exams.



AUTHOR KAREN AVELLANO VISITS ALOHA COLLEGE MARBELLA

STUDENTS at Aloha College Marbella were given a professional insight into writing when published author Karen Avellano dropped by.

The creator of *'The Queendom of the Skies'* series spent an afternoon at ACM, talking about her background and providing writing tips to our Year 7s and 8 pupils.

Ms. Avellano, who lives in neighbouring Gibraltar, told pupils about her book's magical plot, and her decision to weave some environmental themes and messages in with the fantasy.

She told Aloha News *'Two children go up in an aeroplane and find themselves in a mysterious new land in the skies, where they meet lots of interesting people.'* As one of the protagonists is a keen eco-warrior, he is delighted to learn how to seal up and fix all the holes in the earth's ozone layer. However, just as we're feeling all warm and fuzzy, the equilibrium is suddenly shattered, and evil invaders kidnap the Queen, throwing the Queendom into chaos! Incensed, the two earthlings embark on a quest, fighting against dark forces in an epic battle between good and evil.

Refreshingly, Karen then gets the pupils involved, inviting half-a-dozen or so up to the front. Here, they read out parts from extracts of the novel. As an English Teacher, I was delighted with how professional our pupils read, articulating their

Editor Craig Scott was lucky enough to be in attendance for Karen Avellano's visit and inspiring talk.



Photos by Rob Davies

words and varying their pitch and tone.

The session ended with a signing session, with a number of our aspiring young scribes snapping up a personalised copy of the book. Karen was also kind enough to pose for photographs and offer some one-to-one advice on following your dreams and making it as a writer.

'We cannot overstate how important author visits are for sparking a love of reading and writing in children that will ignite imaginations, enhance their wellbeing and transform their life chances.'

Jonathan Douglas, Director of the National Literary Trust





LGBT history month

WHAT IS IT?

An annual month-long observance of lesbian, gay, bisexual and transgender history, and celebration of the Gay Rights and Civil Rights movements.

It is celebrated in October in the US and Canada, and in February in the UK. The first national Gay Rights organisation was founded by Harry Hay in 1951, with the first official lesbian group coming four years later in 1955.

THE WORDS WE USE

Identity is a complex thing, and becoming even more so as the vernacular of LGBTQ+ identity continues to grow and evolve. We are sure that there are people in this school who identify themselves as gay, lesbian, bisexual, transgender, pansexual, omnisequal or something else! Don't allow anyone to discriminate against your sexuality or gender identity, you are you, and love is love, and that cannot be changed.

HOMOPHOBIA

We are fairly sure that you are aware of homophobia, and maybe you've even been a victim of it. It is upsetting that in the 21st century homophobic language still remains. Negative words and behaviours can have a devastating effect on a LGBT person, especially the young and vulnerable. It's fine to have opinions, but maintain sensitivity and respect.

PARENTS AND COMING OUT

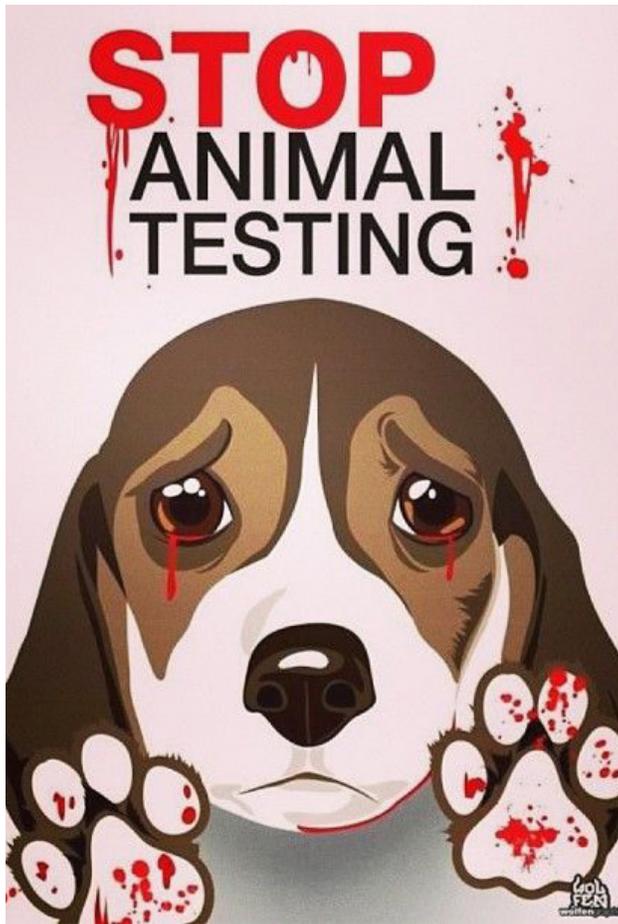
Some parents aren't supportive of their children being LGBT, and may even put these natural feelings down to a "phase." Others may link it to depression or a mental illness, and we're incredibly sorry if any of this sounds familiar. Remember, you're never alone, and everything works out in the end, it just takes time sometimes, and a bit of resilience.

When "stepping out of the closet", it can lift a heavy burden off your shoulders. But there's no need to rush these things, your sexuality is only a small part of who you are, so don't let your orientation define you.

If you're a friend of an LGBT person, be understanding, accepting and supportive. But don't give your friend any special treatment, it's not a big deal! Plus, they value your friendship because you like them for them, and not because of some label society places on them.

*Aloha News
Lifestyle team*





DID YOU KNOW?: Israel and India have already banned animal testing for cosmetics. Is it time to follow

WHAT PET SHOULD I GET?

BY KAIA CERGNEUX, YEAR 7



Spain's 46 million inhabitants own 20 million pets, and 1 in 4 households has at least one furry friend. But if you're currently animal-less, or just looking to build up your own private menagerie, here are some suggestions of what pet to get.

DOGS

One of the most common household pets is the dog. But although we all love a cute puppy, owning a canine can actually be a pain in the butt (or should that be 'mutt'?). However, with a little bit of training, there's no reason why dogs shouldn't remain Man's Best Friend. If your new dog is a biter, book lessons with a professional trainer. Use rewards to tell them when they're making good choices, and make the

IS LOOKING GOOD WORTH IT? LET'S END ANIMAL TESTING!



BY YUMI MULLIGAN STAR, Y8

All your favourite brands of skincare: Benefit, Clinique, Estée Lauder, Make-up Forever...even Victoria's Secret (perfumes) test on animals.

Now, you must think animal testing isn't all that bad. Maybe some nail varnish on dogs - nothing too demeaning or harmful? But you'd be wrong. The things that innocent animals go through are unspeakable; they are basically tortured alive. And for what? So you can boast 'Matte Velvet Skin' or 'Wow with your brows'? However, could you really watch a defenceless kitten die from make-up poisoning, simply to own a four euro apricot face-mask? I certainly couldn't. But everytime people buy make-up products from these cosmetic conglomerates, it causes hundreds, if not thousands of animal deaths. This is 2020 people, and yet animal testing is still causing countless unnecessary deaths around the world. Pure, unadulterated vanity. As people lucky enough to live in a free world, you should never support this animal genocide. Never bury your head in the sand, and pretend you don't know the facts. So, if you powder, blush or microblade using one of these brands, you've literally got blood on your hands. Luckily, there are some conscientious make-up and skincare brands who flatly refuse to test on animals. These include:

★ **The Body Shop** ★ **Lush** ★ **Sefora**



I AM FOREVER AGAINST ANIMAL TESTING

mother of all fusses when they go outside to have a tinkle. Dog's require patience, consistency, and boundaries, so don't always fall for those puppy dog eyes.

CATS

Despite being slightly arrogant and full of sass, cats are cute, cuddly and easy-to-care-for. It's so comfortable to have a cuddly feline on your bed, especially when it's cold, and you have your own living, purring hot water bottle.

But you won't be best pleased when they have little 'accidents' in your washing basket, and the smell of a litter tray is enough to make the strongest stomach turn. Cats are also known to bring home gruesome gifts, like wingless birds or mice with no faces. Nice!

BIRDS

Birds are cute feathery friends that some take from the trees and place inside a cage. They can be a great low maintenance pet, and

bring colour and sweet sounds into your life. But beware, leave that cage door open and they'll be off, and you'll have to clean out their yucky cages on a regular basis.

HAMSTER

Another cutey that's really cheap and easy. Food, water, hay and an exercise wheel, and they'll be happy. However, they can bite, or get squashed if a child grips them too tightly. They also only live for 2-3 years, so it can get teary in the homes of hamsters.

HOW TO SURVIVE...

QUARANTINE



BY ANNA ALIEVA, Y11

With recent events confining us to our homes for the foreseeable future, and the combination of exams cancellations and new online learning methods to master, many of us are on the verge of a nervous breakdown. But for others, a lack of routine and social groups means that it's the boredom that will kill us before the virus! There just comes a point where all the new (..an old) Netflix titles have been binged on, video games start to drag, and a growing pile of essays and "fun projects" gets banished to the dining room table. Only then do we start wondering; what exactly are we going to do to fill the hours of this strange and uncertain period? Well, we've got you covered. Here are some top tips that might just block out the boredom or ward off a complete mental breakdown

1: BOARD GAMES

Despite being pretty much extinct in the Minecraft era, boardgames are still a great way to spend a family evening. Ranging from simple Snakes & Ladders, to Monopoly, Scrabble and Trivial Pursuit, they are timeless, fun and well worth checking out. You can browse some on Amazon, and in 1 or 2 days you'll have an "Old skool" way to entertain yourself and your family on those neverending days and nights.

2: OLD MOVIE MARATHON

Forget cool new releases, experiment with the classics! There's loads to choose from: 'The Godfather' (1972), 'Indiana Jones' (1982), 'Back to the Future' (1985), 'Star Wars' (1977). Get your ice cream and popcorn at the ready, and settle in for a night of lightsaber battles, time travel trysts, mafia mayhem and tomb raiding tribulations. They're classics for a reason!

3: MAKEOVER YOUR ROOM

Order those posters and string lights and get ready to transform your sleep space. I already hung up my LED lights a few days ago, and now my room is a sort of neon purple, which definitely lightens up the mood. Get yourself a new laptop case and some stickers to change the vibe. You can even clean out your closet, but I'm not insisting on it - it's fine if you hate cleaning more than anything.. I do too (sshhh).

4: DISCOVER NEW HOBBIES

Try making pizza or baking brownies. Even if they don't turn out right, you've got time to perfect that recipe. If cooking isn't your thing, then why not take up writing, painting or download an image manipulation software like Gimp. Look for new artists on Spotify or go on virtual tours on Google StreetView (a rabbit hole you won't leave for hours). What will your new passion be?

5: HONE YOUR 'LIFE' SKILLS

I'm honestly committing a spare 3 hours of my day improving my typing speed, because it's currently turtle-like. You can also work on your handwriting, learn how to change a plug, or even learn how to check the oil and water on a car. Download a Duolingo app to learn a new language, or start a blog or vlog. You know all the things you don't usually have time for.

**CAUTION
QUARANTINE
AREA**



SCHOOL CLUBS / CO-CURRICULAR



ADVENTURE CLUB

PEDRO MEES MENDEZ INTRODUCES US TO ACM'S NEWEST CLUB

ON THE 14th FEBRUARY, 2020, THE NEWLY FORMED 'ADVENTURE CLUB' SCALED THE HEIGHTS OF JUANAR. ALOHA NEWS' PEDRO MEES MENDEZ DOCUMENTS THESE EARLY EXPERIENCES

There's a quote that states: "Climb the mountain not to plant your flag, but to embrace the challenge, enjoy the air and behold the view. Climb it so you can see the world, not so the world can see you."

And that's why all phones were left behind, complete with their synced Instagram accounts and fancy photo filters. Adventure Club weren't climbing Juanar to show off, but to feel at one with nature, to test our bodies and minds.

But before documenting the trip, let's just clarify what exactly Adventure Club is. As well as being the newest co-curricular club at Aloha College Marbella, I would argue that it is also the most unique. For a start, it isn't confined to a classroom, a sports hall, or a library; it can go anywhere... be anything.

Indeed, if you look up 'adventure' in the dictionary, it will read: 'an unusual and exciting or daring experience', and that's our one and only aim. To challenge, dare and excite.

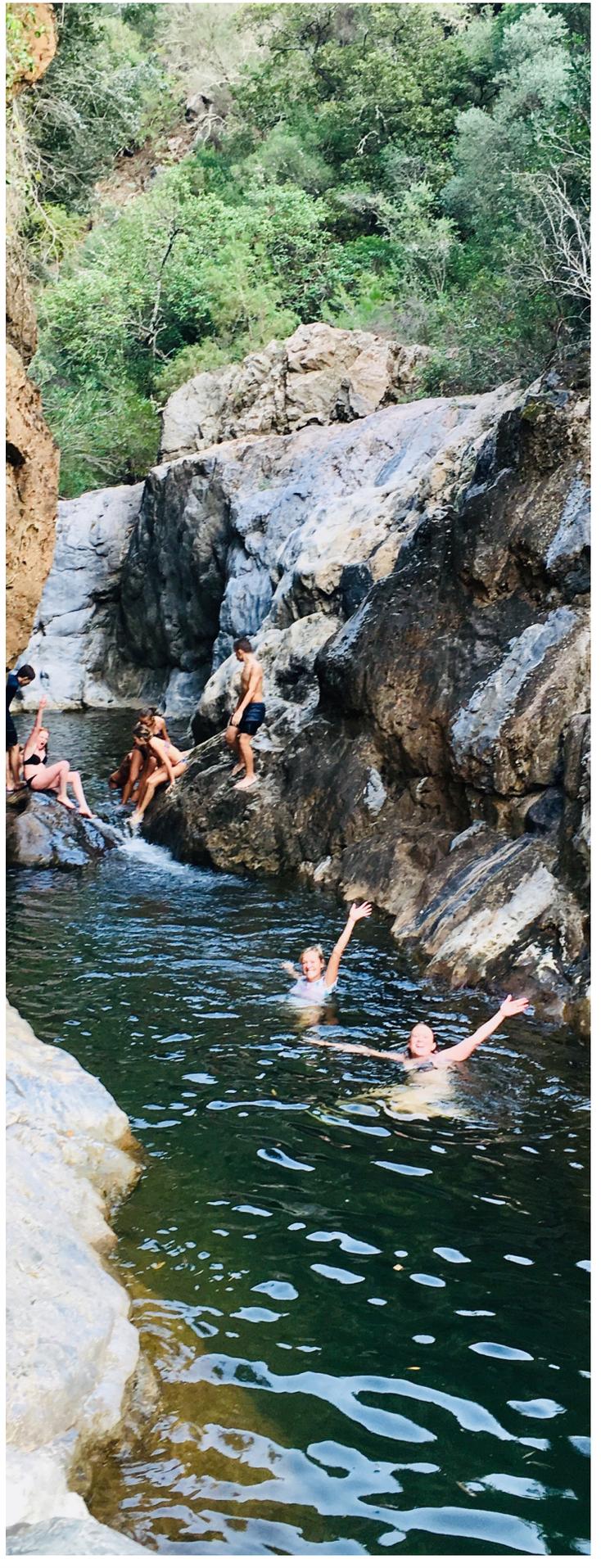
On our debut trip last October, we visited Cabopino, for a little walk and swim in the lake in the open air. Okay, this was nothing too daring, but judging by the turnout it proved we had daredevils and adrenaline junkies at Aloha, and pupils who weren't cut out for chess or badminton.

Therefore, on February 14th we stepped it up a notch, by aiming to reach the summit of Juanar Mountain, a cool 3878ft. Members were allowed to leave school 20 minutes early, and the ACM bus took us to the foot of the peak. By the end of a momentous day we had hiked 13km, over every imaginable terrain. The views were breathtaking and the

unbeatable. Even though I heard some comments like: "Why would you give up a Friday for that?" , or "Weekends are for relaxing, not breaking your back," I would recommend everyone at least try Adventure Club for once in their school life. Yes it will be tough, and yes, you will feel the burn. But nevertheless, I can honestly say it's been one of my best experiences, and I can't wait to recount my next adventure to you all.

By Pedro Mees Mendez (Y9)





UP CLOSE AND PERSONAL

ANTONINA IS ALOHA'S OWN KARATE KID



BY JADE GAMBETTI (Y8) AND CRAIG SCOTT
ENTERTAINMENT AND FEATURES

Let's face it, dad's get stuff wrong. When everything comes out of the washing machine pink, it's usually dad looking sheepish and holding the powder. Mistakes are in a man's DNA, whether it's putting a diaper on backwards, or nearly burning down the block with their D.I.Y! But in Antonina Jarczyn's case, a typical dad disaser actually led to something positive, as she now explains...

About six months ago I decided to take up karate, a lifestyle choice that has transformed my life. Growing up, I paid little attention to martial arts. It was just something I saw occasionally in video games or in movies, and the only belts I was interested in were ones covered in glitter or sequins. However, this all changed one day when I attended a party at Jade Gambetti's house, one of my best friends at Aloha College Marbella. Alongside the usual party games, Jade's parents had hired a kickboxing instructor, and he helped us burn off our birthday cake calories with a beginner's masterclass in combat. At first I wasn't sure, and just joined in for a bit of fun. However, after learning a few basic moves, I think flinging a grown man across a canvas was a turning point, and I could feel my interest levels start to grow. That evening I told my dad about my day, and pleaded with him to arrange some lessons for me. Sadly, my dad isn't the best listener, and he'd come home with a Chinese takeaway, even if everyone had voted for pizza! And typical of dad, instead of signing me up for kickboxing classes I'd asked for, he came home with a Karate membership card. Great! Of course, I went along, but fully intended to have a look around, and slip out of the back door before anyone noticed. Unexpectedly, however, I ended up enjoying the karate more than the kickboxing, and became fascinated with the whole culture and spirituality surrounding it. It's just as active, but there's a detachment from reality, and from the Bonzai tree stencils on the walls, to the traditional Japanese pan pipe music, I just think it's a beautiful art form, as well as a practical form of self-defence.

Despite this, karate is still a very demanding martial art. It requires commitment, flexibility and strength, both physical and mental. First of all, you have to learn the fundamentals: karate terms in ancient Japanese. For example, one must learn how to count up to 10 in Japanese, and learn the jargon that coaches and referees will communicate in. As a bilingual student and lover of languages, this was fine by me, but something others probably wouldn't expect with learning to fight. There are also certain rules one must adhere to when entering the room (or 'dojo') you're training or competing in. But most importantly, you must show respect: respect for the art form, respect for your opponent, and most



of all, you must bow to your Shihan (master). After all, these tend to be learned and wise, lifelong students of art. But karate is also about self-respect, living a clean and healthy lifestyle, and bring together philosophies of hard work, humility and

dedication. 'Just like any other sport', Antonina says, 'practicing martial arts will help you improve your fitness.' Moreover, the meditation and breathing aspects are great for mindspace, as it really clears the mind, and enables you to focus on one thing at a time.



As well as helping clear your head, through the art of meditation, karate strengthens your core, and keeps your body flexible and fit. But you have to be wise, know your own limits, as strains come often, and muscles are pulled, you can find yourself out of action for extended periods.

Another thing I love about karate is the way your learning results in achieving a new belt. Recently I passed my red belt exam, which means I have mastered all the basic defences, and I am ready to step up my understanding of Japanese, and learn some more complex techniques.

Some readers will probably be surprised to read this article, as most of you will know me as a quiet and slightly-built girl, not some karate master in the making. However, I enjoy surprising people, and I think people underestimating you is an advantage, as it's easier to catch them off guard. This said, I definitely have a gentler side to my character, and I'm just as happy playing piano or socialising with friends as I am doing a karate chop through a pile of bricks. But if someone like me can learn self-defence, I think every teenage girl should consider it, after all, you never know when it may come in handy. And even if I never need to use it, I love every session, and my body definitely feels learner and meaner than before.

So, the next time your dad lets you down, take a moment before you scream at him or storm off in a sulk. Who knows, you may end up benefitting from it, like I did!



In a country where football is king, there is sometimes little room for other sports to thrive. Nevertheless, martial arts are gaining a foothold in Spain, slowly but surely. Martial arts are generally defined as a combination of movements and techniques used to defend oneself from harm, not to harm others. Whether it's taekwondo, judo, boxing, karate, jiu-jitsu, etc, the techniques you learn in a gym or dojo are

not to be used elsewhere unless you're in legitimate danger. However, if you have been following the hot issue of 'Mujeres Maltratada' and 'Violencia Machista' in the news or on TV recently, you'll realise how important female self defence classes are becoming. Moreover, over 1000 women have been killed by their partners in Spain since 2003, and with the recent 'Wolf Pack' sexual attacks in public places, having the

ability to fight off an attacker, suddenly seems like a good idea. Luckily, Marbella and its surrounding areas offer a wealth of female self-defence classes, including Krav Maga Female Self-Defence Camp, right here in Puerto Banus. Indeed, a quick Google search will bring up dozens of listings, from intensive courses with professional combat trainers, to casual workshops and drop-in centres.

"As a Year 11 it's been great working with the Year 7s. There's some great talent coming through."

Marcos Elizondo-Darwin, Y11 pupil and 'Kenickie' in the show



"I have attended shows in the West End of London, and our 'Grease' could match any one of those."

Mrs. Batchelor, School Principal



Mrs. Batchelor was full of praise for her students, staff and live band.

THE STAGE

After six months of planning and preparations, Aloha's young actors shine on stage!

Aloha College is hopelessly devoted to 'Grease'

Aloha College Marbella danced and sang its way into half-term with a stirring rendition of 'Grease'. For two foot-tapping hours the sports hall was transformed into 50's America - with a tale of high school angst, peer pressure and physical attraction. Named after hoodlums who once dubbed themselves "Greasers", the musical flits between two sets of Rydell High students, the leather-clad T-Bird gang, and their candy-floss girlfriends, the Pink Ladies.

After a cute, short introduction, the show starts off strong with "Summer Nights" sung by leads (Jennifer Stender), a chaste, Catholic school transfer ('new girl') student trying to fit in and Danny Zuko (Olive Alao-Gorman) a "cool" badboy type who fears ridicule from friends for discovering a tender and sensitive side.

The show's memorable moments continued with "Greased Lightning" co-starring Kenickie (Marcos Elizondo-Darwin), one of Zuko's mob, and his car, one of several excellent props, designed and made by Mrs Moore and Mrs Wain in the art department.

But the show stopper is "Beauty School Dropout," exuberantly delivered by 'Frenchy' (Yumi Mulligan) and Mr Sharp,

who co-directed the whole play with Head of Creative Arts Mrs Longdon.

Kudos also to costume and make-up designers Miss Thompson and Miss Williams, who nailed the fifties fashion, while the live Aloha band crooned their way through every hormone-fuelled classic.

Thank you to all the parents who bought tickets and attended, I'm sure you'll agree it was €5 well spent! As the curtain fell, and the crowds began to disperse, the feelgood factor filled the arena. Just like last year with 'Great Expectations', Aloha College Marbella knew we had rubber stamped our reputation as a school that can deliver industry-standard productions.



SUPER-STAR!
Year 8's Yumi Star talks dream roles and wig malfunctions

TELL ME MORE!

Actor Yumi Mulligan Star gives us some hot goss from behind the Grease curtain

during 'Beauty School Dropout'. I also dropped my mic on one of the nights!

STAGE: How were the audiences at ACM, and did you have a favourite night?

YUMI: The audiences were great on all three nights. However, the second night was my particular favourite. The first night nerves had past, and that crowd really got involved.

STAGE: How did you memorise your lines?

YUMI: I memorised most of the script at home, and got friends and family to quiz me on lines. I also watched the film a few more times, so it was just a case of repetition. Once you understand the story and scenes though, you can always improvise if your mind goes blank on the night.

STAGE: What would be your dream play and/or role for next year's production?

YUMI: Oooh! It would have to be Nancy in 'Oliver Twist', I already know all the songs. Failing that, probably Mary Poppins.

STAGE: Thanks for coming, tell us why you auditioned for the role of 'Frenchy.'

YUMI: Well, I love the movie 'Grease', and I really enjoy acting. I've been in plays before, and just always got a lot out of the experience.

STAGE: How do you rate the facilities at ACM?

YUMI: The stage is huge and the acoustics and microphones are first rate. Yes, really impressive.

STAGE: What were your best and worst experiences during the process?

YUMI: The best thing is all the new friends I've met, especially as a new student to the school. I've met people whom I wouldn't normally cross paths with, so it's broken the ice. The worst was when I accidentally lost my pink wig

DID YOU KNOW?

'Grease' was chosen upon student request, because the actors wanted something "big" and "high profile."

DID YOU KNOW?

'Grease' received three times more pupils auditioning than 'Great Expectations' at the same time last year.

DID YOU KNOW?

The lead actors were not only cast on their acting ability, but also their song and dance capabilities. This is called a "Triple threat."

DID YOU KNOW?

Mr Sharp's favourite part was the pyjama party scene, because he got to don a gold jacket and become a teenager again.



ENVIRONMENT NEWS

As an Eco School, Aloha engages the youth of today to protect the planet of tomorrow

Peacocks in the streets and crystal-clear air



Y11 student Anna Alieva on the hidden benefits of the Covid 19 lockdown

While we all may be thinking how horrible it is to be stuck at home for so long, there have been some unexpected positive effects on the environment, as a result of human activity being reduced.

The atmosphere is benefitting from the absence of flights and mass factory production. Moreover, citizens all over the world have been reporting spectacular sightings of wild animals casually strolling down the streets of capital cities, basking in the glory of humanity's absence.

FALLING EMISSIONS

Reports show that emissions of nitrogen dioxide dropped to practically zero as manufacturing ceased and factories closed down across the globe. Furthermore, carbon dioxide emissions from daily traffic jams have also plummeted to nearly zero. Over in China, the epicentre of the virus, scientists have reported that polluting hot-spots like Shanghai and Wuhan is now completely clear from toxic emissions. While scientists at New York's Columbia University reported a 15% drop in Co2 emissions and a 40% reduction in traffic circulation.

Sika deer cross a road in Nara, Japan



NASA has taken thermal analysis photographs to compare the rates of pollution in comparison with those of a few months ago, and the results are extremely positive.

However, it's not only the the cleansing of pollution from the air that has surfaced as a positive side-effect. In Madrid, peacocks and wild deers have been spotted in the streets.

The notoriously toxic waters of Venice are at their cleanest levels in years, and the absence of boats is attracting numerous rarely seen animals, with even dolphins allegedly seen!

Bad or not, the quarantine measures have definitely put a smile back on Mother Nature's face. So enjoy the fresh air while you can, as when things get back to normal, those green charts will sadly turn dark brown again.

THERE WILL COME SOFT RAINS (POEM)

There will come soft rains and the smell of the ground / And swallows circling with their shimmering sound;

And frogs in the pools singing at night,
And wild plum trees in tremulous white;

Robins will wear their feathery fire,
Whistling their whims on a low fence-wire;

And not one will know of the war, not one
Will care at last when it is done.

Not one would mind, neither bird nor tree,
If mankind perished utterly;

And Spring herself, when she woke at dawn
Would scarcely know that we were gone.

By Sara Teasdale, 1918





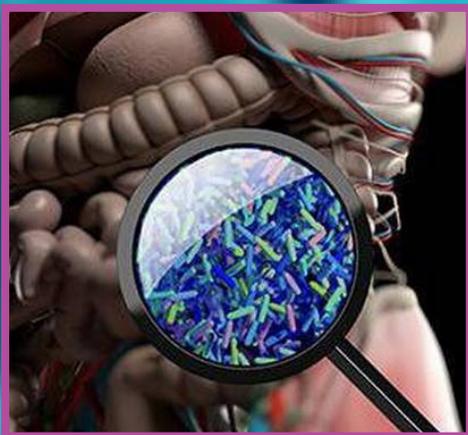
MARVELLOUS MICROBES

THE STRANGE WORLD WHICH EXISTS WITHIN OUR BODIES

What would you say if I told you that there is a whole world of micro-organisms living inside and outside of your body right at this moment? The micro-organisms I am talking about are called microbes, which most of the people associate with something bad, like germs and illnesses. Although this is true in some cases, it's important to know that these microbes are actually very useful, especially the ones in your gut - gut microbiota (sometimes referred to as gut flora) is the name given today to the microbe population living in our intestine. They help us make vitamins, digest food, strengthen the immune system, protect us against germs, and produce molecules that affect many aspects of our health. If the equilibrium of your gut microbiota shifts, it may lead to weight gain, high blood sugar, high cholesterol and other disorders. Such imbalance (dysbiosis) may be caused by antibiotics, a dietary change that increases your intake of protein, sugar, or food additives, high levels of stress or anxiety, and many other factors that could potentially disturb your overall immune system.

To prevent the imbalance of your gut flora, which could lead to many diseases such as colitis, celiac disease, etc. Many doctors recommend to **ONLY** take antibiotics under your doctor's supervision, drink less alcohol (or avoid it altogether), as this can interrupt the balance of bacteria in your gut and keep a healthy, balanced diet.

By Alisa Polyak (Year 12)



review



The Mandalorian

Splashy 'Star Wars' spin-off or dusty disappointment? Anna Alieva decides

FIFA 20

Arcade classic or shameless rip-off?

Life 360 app

Parental peace of mind or spying device?

Stone Cold

A psycho is stalking the streets of London

books

A Court of Thorns and Roses

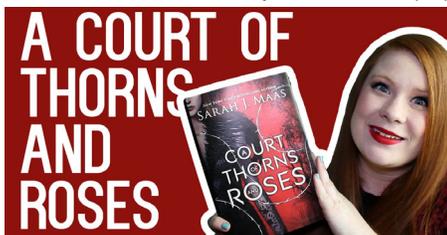
Sarah J. Mass

Bloomsbury Publishing

2015

'A Court of Thorns and Roses' is just as beautiful a book as the title suggests. It is set in a wondrous realm of faeries and mortals, and we are immediately thrown into Feyre's world. She is a 19-year-old human literally fighting for survival in the cold, harsh lands which are her home. But when she kills a wolf, her life is changed forever. As it turns out, Feyre hasn't only killed a wolf, but a Faerie, and she must now pay the price by leaving her family to enter the Fae Lands and live there forever with her captor, Tamlin. Now you might think that the book would continue with the Disney tale, but it becomes so much more, packed with adventure and life. It becomes an intensely gripping novel, not only about love, but also survival. I initially thought this novel was quite slow, and almost gave up by page 50, but there was still a spark igniting my interest in the plot. The pace increased gradually, creating an increasingly thrilling story of intrigue and passion. As the pages flew by I realised that I genuinely could not put this book down! I adored this book, I was hooked by the characters, setting, the themes, the prose style, and I honestly consider it one of the best texts I've ever read. I have to say that Sarah J. Mass' writing style, although slow to begin with, is amazing and so beautiful. The way she writes is so delicate. I have fallen in love with her writing, and now I am even more desperate to continue with this series and I believe I was so engrossed in this series I must have read it in about a week! Thrilling, passionate, emotional; 100% recommend.

By Irene Dumas (Y9)



Stone Cold

Robert Swindells

Heinemann

1993

Despite it's age, Yumi Mulligan Star argues that 'Stone Cold' still justifies its tag as an Aloha library "must read."

'Stone Cold' is a novel which covers many hard-hitting issues, specifically homelessness, from the perspectives of the young protagonist - Link, and the main antagonist, a sociopath who calls himself "Shelter."

At the beginning of the novel, Link (not his real name) leads a normal life; living happily with his mother, father, and sister. However, his life is turned upside down when his father 'ran off with his secretary' from work, ultimately abandoning the family. As a teenager preparing for his GCSEs, the timing of this couldn't be worse for Link, but sadly, things just keep spiralling out of control. His heart-broken mother soon acquires a new boyfriend - the lecherous and hard-drinking Vince, who's nearly old enough to be her father.

One drunken night after another, Vince staggers into the family's humble Yorkshire home, bullying and threatening Link, and repositioning Carol, Link's older sister.

Unsurprisingly, Link and Vince despise each other - and soon, Link is forced out of the house, and on to the streets. Like many before him, Link travels to London, believing the capital's streets to be 'paved with gold.' However, before long, he's forced to survive the trials of rough sleeping, which only gets worse when a deranged madman launches a killing campaign against homeless people.

I really enjoyed reading this book, and I would highly recommend it to all Year 8 and 9 students. It's very dark and twisted, therefore interesting and gripping to read, particularly when the narrative switches to 'Shelter's' perspective, the enigmatic psychopath, and his warped views of the world. The structure of the writing is steady throughout the story - until the end. My only criticism is that the end was marginally weaker than I'd expected, and felt more like the climax than the resolution. But nevertheless, I would still rate this text 4 out of 5 stars, and I believe it's a "must-read" for any crime fiction or thriller fan.

Both these novels are available in your fully-stocked library / learning resources centre.

Library corner

Each term, our experienced and much-loved librarian Asi gives us her recommendations on what's currently hot in the Aloha library.

HEROES OF OLYMPUS

A perfect new series in the library for all Rick Riordan fans who loved 'Percy Jackson' and his adventures. May the Roman Gods be with you!

THE SELECTION SERIES

Kiera Cass' New York Times bestselling series is a seriously entertaining read. If you like Dystopian fiction, this is the one for you!

television

THE MANDALORIAN

Jon Favreau; Dave Filoni

Disney+

2019

Before we start....This review contains **MAJOR** spoilers for 'Rise of Skywalker' and 'The Mandalorian.' You have been warned. So, unless you can erase your own memory, ala Jedi mindtrick style, I suggest you banish this article to a galaxy far, far away.

Ok, I think it's time to make a few things clear: I (rightly) side with the Sith, the Galactic Empire and the First Order. Surprised? Probably. There's many reasons and they would take too long to explain. Let's just jump right into it.

The *Star Wars* franchise recently got two new editions: 'Episode IX of the Skywalker Saga' and 'The Mandalorian', a spin-off series that takes place after, sigh, the epic defeat of the Empire. Don't you ever what it's like to side with the villains, to be team red light sabre instead of blue, only to see them get comprehensively defeated in every movie? Well, this is what I (and probably most other Sith-affiliated viewers) thought of the newest additions to the universe.

EPISODE IX - RISE OF SKYWALKER

Me and a friend went to see 'RoS' the day after Christmas. I'm going to be honest here, I hadn't seen the previous two episodes, but I hid this from the fanatics, through fear of being seized, and frozen in carbonite! I'd heard bad reviews, so my hopes for 'IX' weren't really that high. But, as soon as the opening blasted onto screen, I felt like I was back to my excited 10-year-old self, being mesmerized by 'Revenge of the Sith (my all time fave) all over again.

Ten minutes into the movie I already had a new favourite character, Kylo Ren. I was also happy to see Emperor Palpatine return, what can I say, I'm a sucker for scheming powerful leaders who are evil to the core! Hux, however, being the spy made zero sense and was a waste of character. Half an hour in, I was immensely annoyed by Rey and everyone in the Resistance and wanted to see more of the cool villains. When Kylo threw his red lightsaber out, I almost screamed "Noooooooooooo" because he simply should not have! In the grand finale I was close to having a full on meltdown as the rebels closed in on poor old Palpatine.

Predictably, however, the Sith got destroyed again, and I got escorted off the premises! (only joking). But seriously, the Emperor was way too smart to fall for that, and with a more realistic screenplay, instead of the typical, cliched 'Good triumphs over Evil' denouement speech, we could have enjoyed the rebirth of the notorious Empire. At that point, I was pretty darn fuming, and as for Kylo saving Rey, just to then die himself, only added to my Jabba the Hutt sized loathing for Disney and Dave Filoni.

The ending was also a disaster, way too predictable, with useless characters all smiles, while I was left to mourn the demise of the darkside. With better writing and a more original resolution (no, the Light side does not always have to win), the movie would have been the perfect saga finale. But se la vie, the goodies won, and I left wanting to Force-lightning the film out of existence.

THE MANDALORIAN

Although officially still in a sulk, I started watching 'The Mandalorian' the day after seeing Episode IX, after my friend recommended it to me. Now, for this one, it was surprisingly hard for me to choose sides. Don't get me wrong, Mando is awesome, and The Child (aka 'Baby Yoda') is the cutest bug-eyed creation I have seen in a while. Cara Dune's also a great sassy character, and Kuiil is beyond adorable, and didn't deserve his final fate. But, despite a valiant effort, I'm Imperial down to my sixteen-hole boots, and as soon as I saw Moff Gideon (played by Giancarlo Esposito, who coincidentally is also my favourite character in 'Breaking Bad'), it was a no-brainer as to who I'd be rooting for: I loved every scene with Moff Gideon and the Imps (which sounds like a dodgy glam rock band from the '70s), I also felt bad for every Stormtrooper, and absolutely wheezed when I caught glimpse of the darksaber! No, seriously....that was unexpected.



In terms of the show as a whole, I loved it and think it is one of the best things the much maligned Disney has actually done for the *Star Wars* legacy. The fact that they touched on the otherwise unpopular profession of a Bounty Hunter, and introduced the Mandalorian culture in such detail was amazing, because of how one-sided and Jedi-centred the franchise tends to be. Moreover, the characters are just so well-developed, unlike in the sequel trilogy, and are actually interesting to watch, especially as the Gideon-Yoda storyline gathers momentum. The show also highlights how chaotic the galaxy was after the fall

of the Empire, which is a period we don't get to see in any of the movies. The acting (Pedro Pascal especially) was on point, and not at all cheesy, and the combat scenes easily top any of the lightsaber duels in Episode IX. Additionally, the whole Western theme and beautiful soundtracks puts a cherry on the cake, and the cliffhanger at the end of Chapter 8 left me craving Season 2 (which is coming out in Autumn 2020, FYI). So, if you're late to the party, book yourself in a series date with 'The Mandalorian', and prepare to be entertained. The series really did touch me, and I cannot wait to find out what happens next.



ARE EA GAMES EXPLOITING OUR YOUTH?

FIFA 20, a game adored by millions, and played by scores of football fans across countless continents. The legendary series has been produced by EA Sports for over two decades, and is now the largest sports video game franchise on the planet. FIFA brings the “beautiful game” to life, letting you play with the biggest leagues, clubs and players in world football, all with incredible detail and realism.

The main mode that people play in this game is called “Ultimate Team”, a mode where players assemble their own dream team, perfecting a perfect recipe of player, tactics and formation. But enough of the sales pitch. Scratch beneath the sugar-coated exterior, and there’s something altogether unsavoury about FIFA 20. A ruthless money-making agenda, which causes me to question whether this is actually a game for fun and entertainment any more. But let me explain.

After purchasing the game for a stately sum of €49.99, players are encouraged to buy additional packs to speed up their progress. These upgrades come in the shape of ‘FIFA packs’, a secondary in-game currency which trades cash for apparently enhanced players and performance. On the surface it sounds great, especially for people who don’t have the time or inclination to simply grind their way to the top. However, many people (myself included) have invested in these packs, only to be left disappointed. For example, for a 100 thousand coin pack costs 2000 FIFA points. This is equal to approximately €20 in real money. Now this pack is the second best pack in the game, and you’d expect a pretty tasty hand from that amount of disposable income, right? Wrong. In fact, you often receive lacklustre rewards for this, similar to those you’d receive from packs four times less expensive. Disappointing if we’re being mature and objective about it, a downright con-job is we’re honest and shooting from the hip. Indeed, the best player I received from a great many packs was Barcelona and Uruguay’s Luis Suarez, who is no longer a prolific goalscorer, and is worth less than most packs in the game in terms of coins (another in-game currency).

In Belgium, FIFA points are not available to purchase under the new laws about in-game purchases. These types of transactions have been classified as gambling in the Western European country, and for me, they’re absolutely right. Most people go into buying packs not expecting to get someone world class, but at least someone better than what they have. After all, isn’t that why we all buy things? To improve on what we’ve already got?

By Tom Marionette-Pearson

STRANGE TRAIN

A trip of a lifetime descends into a holiday from hell. Y10's Sofia Elgaily kindly shares her English work with you.



Last year my family and I decided to spend our Christmas holidays on the Orient Express. The first leg of the voyage would take us from Paris to Venice, all overnight. We were all excited and impatient to begin our journey though there was something about the train that caught my attention. It was the other passengers' facial expressions. Scanning down the aisles, I noticed that they all looked concerned...scared even. While we boarded buoyantly, others looked as if they were bracing themselves for a terrifying plummet into the unknown.



Red velvet curtains hung from gold-framed windows, and dark green axminster carpets gave an air of refinement to the inside of the train. Everything looked immaculate, but the passengers all entered their cabins and locked the doors. Crowded corridors fell silent.

We spent the evening in the cabin bar, sharing jokes and laughs. Surprisingly, this was also mysteriously empty. The entire customer base consisted of myself, my parents, and a bar assistant who was thankfully pleasant and attentive. Her golden hair nestled over her bright blue blouse and in between polishing glasses and cleaning the bar, she regularly smiled at us and ensured we had everything we needed. Her kindness comforted us, and as the train thundered through the Parc Natural du Morvan, the dying embers of sun finally sank behind the mountains. Nightfall was upon us.

It was half-past ten when the bar assistant approached for the last time. After that, she locked the till and yanked down a steel grill sealing off the whole bar area. It was at this time we

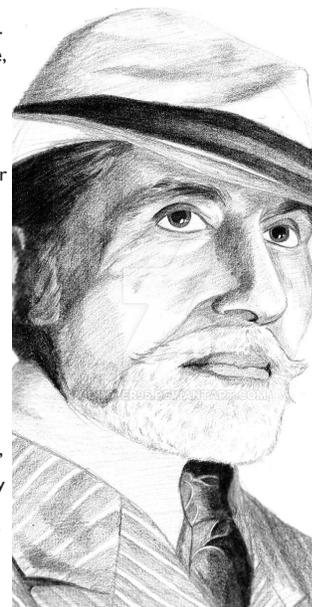


noticed that a shadowy figure had appeared towards the back of the room. He looked around sixty five and wore a distinctive dark green suit. He also had a long white beard and clutched a Cuban cigar in his right hand. A sign on the wall read: 'No smoking.' While my parents drained the remains of their whisky and sodas, I inspected him from head to toe. The suit looked expensive but I noticed it had a few dark stains on the thigh and upper leg area. Almost as if he had spilled something and it had splashed all over him.

Silence fell on the dim room for the first time. The lights suddenly flickered, and then completely cut out as we thundered into a tunnel. Perplexed, my mum let out a stifled cry, but dad reassured her: "It's just a tunnel, love."

Seconds later we came out the other side and the room illuminated once more. But to our surprise, this time the strange white-bearded man was now standing right beside our table. "A fine night" he said, with a strong accent. Dad stood up straight and mum put her hand on her heart, as if to try and stop it from beating out through her chest. "Yes, a fine night" my dad eventually agreed. I wondered if my parents had noticed the stains, but the man was standing too close, and the table obscured him from view.

"Murder" the bearded man then abruptly blurted out...."on the Orient Express. Have you read it?" For the first time I saw panic in my mother's eyes, and my dad kind of inched a bit closer to us, clearly unnerved by this unusual statement. "Don't worry, I can see you are tense," he said, "Only when I read an amazing novel, I need to talk about it, especially when it's full of twists and turns.



We slowly nodded, unprepared to engage in too much conversation, not with a stranger and at this late hour. My dad looked at his watch in an exaggerated fashion: "Oh, is that the time. We better be getting toff o bed", My mum didn't need a second invitation and leapt off her stool, struggling not to cough on the stomach-churning cigar smoke. Before leaving, I took one last look at the man, and his eyes met mine. He gave me this murky smile and a shiver ran straight down my spine.

As my watch turned eleven we entered the narrow train corridors and tiptoed back towards our private cabin. The corridor was silent but this time I could hear whispers and mutterings. I scanned my surroundings several times. Nothing. I kept walking and told myself it was just the wind or families talking within their dorms.

All of a sudden a tall figure appeared at the end of the corridor. It was the man from the bar. But this time his eyes weren't smiling. Unable to turn back we carried on walking and as we reached him, he put his fingers to his lips: "Sssshhhh". A door on his right hand side was ajar, and he said calmly: "I think you should see this."

As my eyes explored the room, I felt my soul leap out of my body. The friendly blonde-haired woman from the bar lay on the bed. Her face innocent, eyes still - but a 10-inch knife was embedded in her ribcage. The white sheet she lay on was soaked in blood, and fresh drips of it pitter pattered against the beige carpet. "Argggghh" I screamed, a little-by-little things became blurry. My temperature soared and I couldn't seem to breathe or swallow. Before mum or dad could help me I collapsed on the floor.

I woke up in the same place with my concerned parents leaning over me. As blurry images came into focus I noticed two other figures...the bearded man and...the bar girl! "What's going on?" I cried, "You're dead...I saw you..." But they all laughed in unison. Cupping my head in his hands, my dad stared into my eyes: "It was all part of the play, dear." Mum added: "As you've chosen drama at IGCSE, we thought it would be fun to have a little role play. It's a murder mystery trip, we paid extra. You are obsessed with those horrors and detective stories on Netflix, dear." So that's why everyone was acting weird, it was all some dramatic performance. "So we're not going to Istanbul then?" I eventually chirped up, watching the blonde bar maid wiping fake blood from her hands with a wet wipe. "No," my dad replied, just a weekend in Venice.

The next day we grabbed breakfast in the Stazione di Venezia Santa Lucia and dad let me order anything I wanted from the menu. They both laughed and agreed I'd aged about 10 years.



LIFE 360

Should parents be able to track their kids whereabouts, via the 'Life 360' application? This is the debate currently raging



between parents and teenagers in this community. Sasha Kinsale investigates.

According to their publicity speak, the 'Life 360' app 'brings your family closer with smart features designed to protect and connect the people who matter most.' And it's certainly taken off, with recent figures showing more than a million downloads on Android, and over 400,000 downloads on iPhone alone. But for many of my peers, rather than offering 'peace of mind', 'Life 360' sometimes feels more like a spying device, a way for our parents to check up on us at all times of day. Once the app is downloaded onto a 'Circle' (a family network of mobile phones), notifications are sent every-time one of the pack moves to a new location.

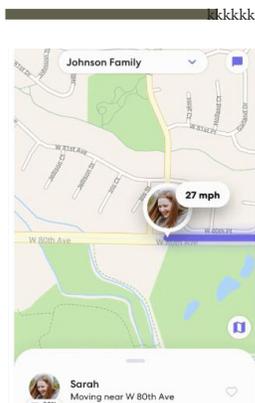
Now obviously, I understand why a parent would want to check that their beloved child has made it home safely from school, or make sure that you've arrived safely at a friend's party. However, even though most teenagers accept that the parent's number one priority from 'Life 360' is to ensure their safety, many who have signed up for the app, now feel it's invading and infringing on their privacy rights. Indeed, a pupil of Aloha College Marbella, who wished to remain anonymous, claimed: "Parents download this app so they can trust their kids better, but it has the opposite effect. At a time when teens are maturing and trying to develop independence, this surveillance method actually creates barriers, and causes teens to become more secretive, and even play tricks to cheat the system."

According to the 'Tech Junkie' website, spoofing your location is actually pretty easy to do. The simplest way to avoid location in Life360 is simply to turn the app off.

Users can also log out of the app, uninstall it, and even interfere with the location features of the phone to disable tracking. But why, why would a teenager even consider such actions if they had a little thing called trust within the parent-child relationship.

There are several tiers of service available with Life360. The basic level is free, and offers location sharing and location ETA. Then there's Life360 Plus, which for less than (CHECK PRICE IN EUROS), which also pings you with unlimited place alerts, meaning you can ensure loved ones avoid particular areas or specific buildings. You can even check out the Crime Reports in a specific zone, again to piece of mind.

But not every parent is a fan of Life 360. So-called 'Free-range parents' believe that if you spend the time developing a relationship with your teenage son or daughter, then they will tell you things voluntarily, and



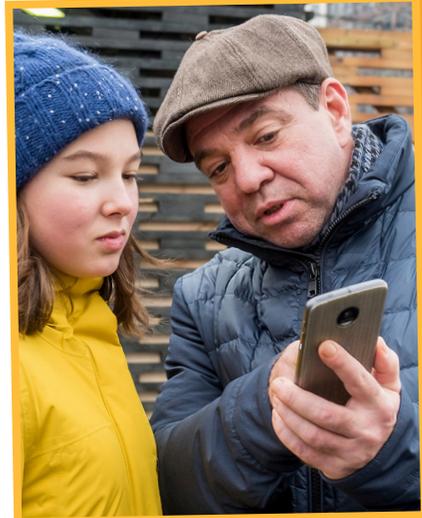
you won't need to pry or log into an app 24:7.

That said, it would be naive to think that whenever your child goes out into the world by themselves, that won't find themselves in some sort of

risk. From road traffic accidents, to possible abduction threats, every journey a child takes on foot is fraught with possible danger. Furthermore, the use of social media has presented a slew of dangers too. It's easier than ever for online predators to contact and even track a kid's location, which can lead to seriously scary situations. Whether you have a close relationship with your child or not, there are still dangerous people in the world, people that children need to be protected from. Therefore, there is some justification in using the app Life 360. You can make sure your child isn't going into places that can put them at risk

On the other hand predators can be found anywhere...in all walks of life. If anything this app can cause kids to be craftier, and develop into better liars. Because no matter what, teenagers will always find a loophole.

To conclude, I feel that a healthy and open parent-child relationship is safer and more important than knowing where they are day and night. Teenagers are teenagers and as Charlotte Brontë said in 'Jane Eyre': "I am no bird; no net ensnares me: I am a free human being with an independent will."



SOFÍA GOES STATESIDE

Our bubbly travel correspondent Sofía Rebossio is back, and telling everyone about her US adventure.



Throughout the holidays my family and I decided to travel to the U.S, enjoying the warm weather and catching up with Stateside family. Here's a snapshot of what happened on my American adventure.

WEEK ONE - MIAMA, FL

My first destination was Miami, the 'Sunshine State'. We spent the whole week shopping, splashing about in the pool, and gorging ourselves on exotic foods. From zingy, tongue-burning 'Hot Cheetos', to Chocolate Mint Cheesecakes, Florida is tops when it comes to tastebuds. I also visited some famous landmarks, such as the Wynwood Walls. You're constantly walking past the craziest street art. But for me, a personal highlight was shopping in the Miami design district, and having a mini spree in the most unique mall I've ever visited! Our next destination was Sarasota, where I enjoyed white sandy beaches and crystal clear waters. I stayed in a small coastal town, Long Beach, and got to meet some down-to-earth locals, who were very different from the brash citizens of Miami city.

WEEK TWO - CALIFORNIA

After a fairly long flight I jumped off a jet and found myself on the other side of America. California is famed for colourful characters and vibrant landscapes. As storms battered Europe, I found myself surfing in San Diego. And then the big one! I couldn't visit the Golden State without hitting up L.A, a destination I've dreamed about since childhood. Cruising down Santa Monica Boulevard, I felt like an extra in a movie scene, and riding a rollercoaster on the pier was an unforgettable experience.

I also took a walk around the world-famous Beverly Hills district, and found myself strutting down Rodeo Drive. Admittedly, I found THE BEST pop up stores here, but sadly, I failed to spot a single film star or stateside celebrity...I guess the myth isn't true after all!

To conclude, I loved every second of my US trip, and I definitely plan to repeat the experience. But there are many unique and wonderful US cities, I'm not sure where I'll rock up next. Philadelphia perhaps? No, New York, but then what about Washington? The list just goes on and on.



travel

With the current quarantine measures banning all travel either in or out of Spain, what better time to reflect on all those special trips we've taken in our lives? Here are Armani's top picks.



AMANI'S GLOBAL LIVING

When you travel around the world for as long as I have, you tend to pick up a thing or two. A language here, a culture there, sometimes even a religion! I have visited a total of 24 countries and each one has its own charm. In this article I will be giving you the lowdown on the good, the bad, and the ugly from some of my top travel destinations.

1. SINGAPORE

Singapore is home to some of the world's finest restaurants, including a whopping 44 Michelin starred eateries! However, beware of the taxi fares, with a 10km journey from airport to city centre likely to cost you in excess of \$35! In summertime the heat and humidity make it impossible to remain outdoors for lengthy periods. Luckily, there's cooling waterparks, like 'Wild Wild Wet', or you can take an evening trip to 'Gardens by the Bay', a seafront Botanical garden, famed for its greenhouses and colourful nighttime fountains. Overall, Singapore is a great and safe place to visit, but it's just a little expensive to live there.



2. ENGLAND

When visiting England there are a few things to keep in mind. Although a cliché, always check the weather, as it can force you to change plans if it suddenly turns. The most popular attractions are in London, with millions each year checking out sites like Big Ben, the London Eye, Wembley Stadium, Buckingham Palace, and London Bridge. Having recently lived in Dubai I know many Emiratis' love visiting London, and flashing their cash in some of the world's best shops and department stores. All in all, England is an amazing country which has stunning landscapes, hearty cuisines, and it's where The Beatles are from, so if you haven't been, why not plan a trip?



3. NEW ZEALAND

Simply one of the most beautiful countries I've ever visited. My dad and I went on a father-daughter trip, and my most memorable thing had to be zip-lining. We went during winter so it was cold up in the mountains. We also saw some amazing cars on the road, the Kiwi love their cars, 2-5 million autos for just 4 million people makes NZ's car ownership one of the world's highest. Although it's the same size as Japan, the population is tiny, leaving miles and miles of unspoilt wilderness. With more than 400, New Zealand has more golf courses per capita than anywhere else in the world. It was also the first country to give women the vote, and produced the first explorer to conquer Mount Everest. Talk about punching over your weight.



If you are going away for Easter, we'd love to hear your travel experiences.



4. INDIA

Not only is India my home country, it is also the world's undisputed capital when it comes to delicious food. India has 33 mouth-watering cuisines to choose from. However, my favourite would have to be northern Indian cuisine.

Whenever my family and I travel to New Delhi (India's capital city), we always eat my grandmother's homemade naan and butter chicken. Naan is a type of hot bread that is cooked on the stove. Butter chicken, on the other hand, is basically chicken cooked in a thick tomato and cream paste with an infusion of spices and herbs.

Aside from the food, India is the top 15 most affordable destinations in the world. We are also very friendly tourists and non-natives. The main religion in India is Hinduism (84.1%), followed by Islam with 9.8%. Indians speak a variety of different languages including English and Hindi, but also some regional and tribal dialects like Marathi or Punjabi. One thing for sure, you'll always be able to communicate in India, and you'll never struggle for friendly locals to connect and interact with.

We are also famous for our history, culture, architecture, adventure, yoga, Himalayas, wildlife, shopping, festivals, music, dancing, religion and spirituality. And for those of who love the natural wildlife of a country, I'd highly recommend a visit or stay at the Nagarhole National Park in Karnataka. Some of the greatest species of tigers as well as birds and crocodiles freely roam the land there. If you are interested in religion, you should visit the Golden Temple in Amritsar. That's where all the Sikhs go for their minor pilgrimage to see the Sai Baba - a very important religious figure who gets appointed every year to be the leader of the religion.

All things considered, India is a magical country to visit and experience. Whether it be for work purposes or leisurely pursuit - India has it all!



Sixth formers Franky, Inez and Ani answer questions and offer advice to help readers sort out their dilemmas.

I think I'm addicted to gaming. Help!

The thing that pleases me most about this letter is the fact you are admitting there's a problem. Surprisingly getting people to accept that is one of the hardest parts. Saying aloud to someone you trust, means that you can now address the problem. Videogames are designed to be addictive. They achieve this by making the game just challenging enough to keep coming back for more but not so hard that you eventually give up. Some of the emotional signs or symptoms of gaming addiction are: restlessness and irritability, insomnia, isolation from others, and lying to family about how long you are spending playing games. Use the help that is available at school. Aloha College Marbella is full of not only incredibly friendly people but people who have no doubt gone through their own addictions, maybe even worse than the one you're going through now. Talk to people. Don't shun their attempts at showing concern or having a chat. Alternatively contact a helpline like 'Computing Gaming Addicts Anonymous.'



HOW TO SURVIVE A BREAK UP

FIA SAYS: Break ups are one of the hardest things you can experience and sadly they are something most people go through, Everyone feels differently about a relationship ending, or being dumped. It might be the best thing that's ever happened to you and you might be singing from the rooftops. Or you might never want to get dressed again, or escape from your duvet. If you're not okay, it's vital to remember that this will pass eventually - and that you will feel better. But for now, even if you don't want to stalk them 24:7, there are a few things you could try and do to make yourself feel happier. and hopefully forget all about what their face. But please remember; if you really feel your mental health really begin to deteriorate, please consider seeking medical help.

WHY DO MY PARENTS WOULD ME TO STUDY ABROAD THIS SUMMER?

FIA SAYS: The best thing about studying abroad is the people you'll meet there. It's great to get different world views and pick up cultural traits that will enrich you as a person. Another advantage is language acquisition. Yes, we can learn languages through books, podcasts and apps, but the best way to speak like a native is to speak to the natives! But there's more to time abroad than socialising! When you enter the world of work you will have pressures and responsibilities. Before you know it, you're looking at that poster of Brazil or Buenos Aires, and wishing you'd travelled before you got tied down. The places you go, the things you do, and the people you meet will give you interesting stories and memories for life. Remember, they say not travelling is like buying a book but never reading beyond the first page. Give it a try, I promise you'll enjoy it.

HOW TO COPE

Surround yourself with family and friends. I think when most people are depressed over a split, they probably won't want to do anything other than stay in, eat ice cream and binge on Netflix. This is a natural reaction and it's your right to be sulk and be made a fuss of. But doing this for too long will probably add to your grief and it's not good for anyone to stew and pine indefinitely. So this is a great time to get back in touch with friends and family and ask them to meet up somewhere, or to Facetime you. And if you don't have many people in your life right now, you could try talking to someone in our pastoral team - even just discussing what happened and what you should do moving forward will help, remember - everyone has been in your position at some time or another.

As heartbreaking as break ups are, the pain subsides eventually. The pain really won't last forever, and when you get through it, you can be so proud of yourself for all you've achieved.

CORONAVIRUS IS MAKING ME FAT



Just because you can't go for a walk or visit your local gym, you can still exercise within your home. Make stairs your best friend. As little as three 20-second fast stair climbs a day can improve fitness in only six weeks. If you live in an apartment dance the COVID-19 blues away! Dancing is an excellent way to protect the heart and maintain fitness, and even has mental health benefits to help us cope with the Corona-based blues. For more ideas take a look at the online resources of reputable organisations such as the World House Organisation, Sport England or the American Heart Organisation.

art



Aloha College Marbella is awash with many fine artists. But one pupil really making waves this term, is Lina Silen from Year 8. Here, she talks us through some of her latest creations.

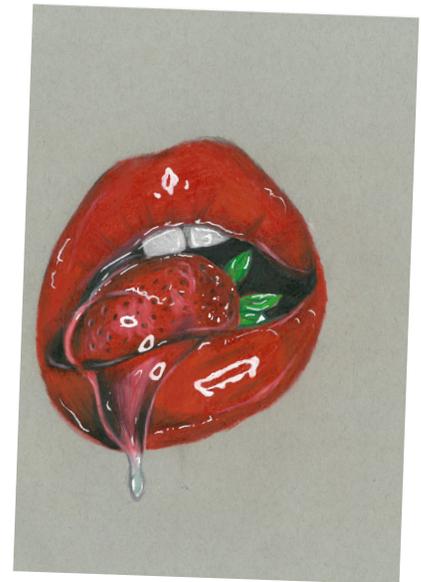


This picture represents three heads forming into one. I drew it because I always draw parts of faces like lips and eyes, so I decided to try and draw a whole face for once. It took me about an hour to draw, and I used Prisma colours (a brand of colouring pencils). I got the inspiration online, where I saw a picture of two heads forming into one and just found it interesting. However, I made mine unique by adding a third face. I still find this image interesting and believe it is one of my best.



This picture is half a face drenched in blood. My friends all tell me this sketch is quite graphic and scary, but I usually create pink and joyous pictures, so wanted to change direction for once. I used pastel colours which were very hard to use, because they smudged very easily. I hadn't attempted liquids very often, and after one or two tries, I found my usual groove with this image.

Drawing makes me feel happy and liberates me. Creating is a massive stress relief, and I'd love to study the subject at university, and become a professional artist one day.



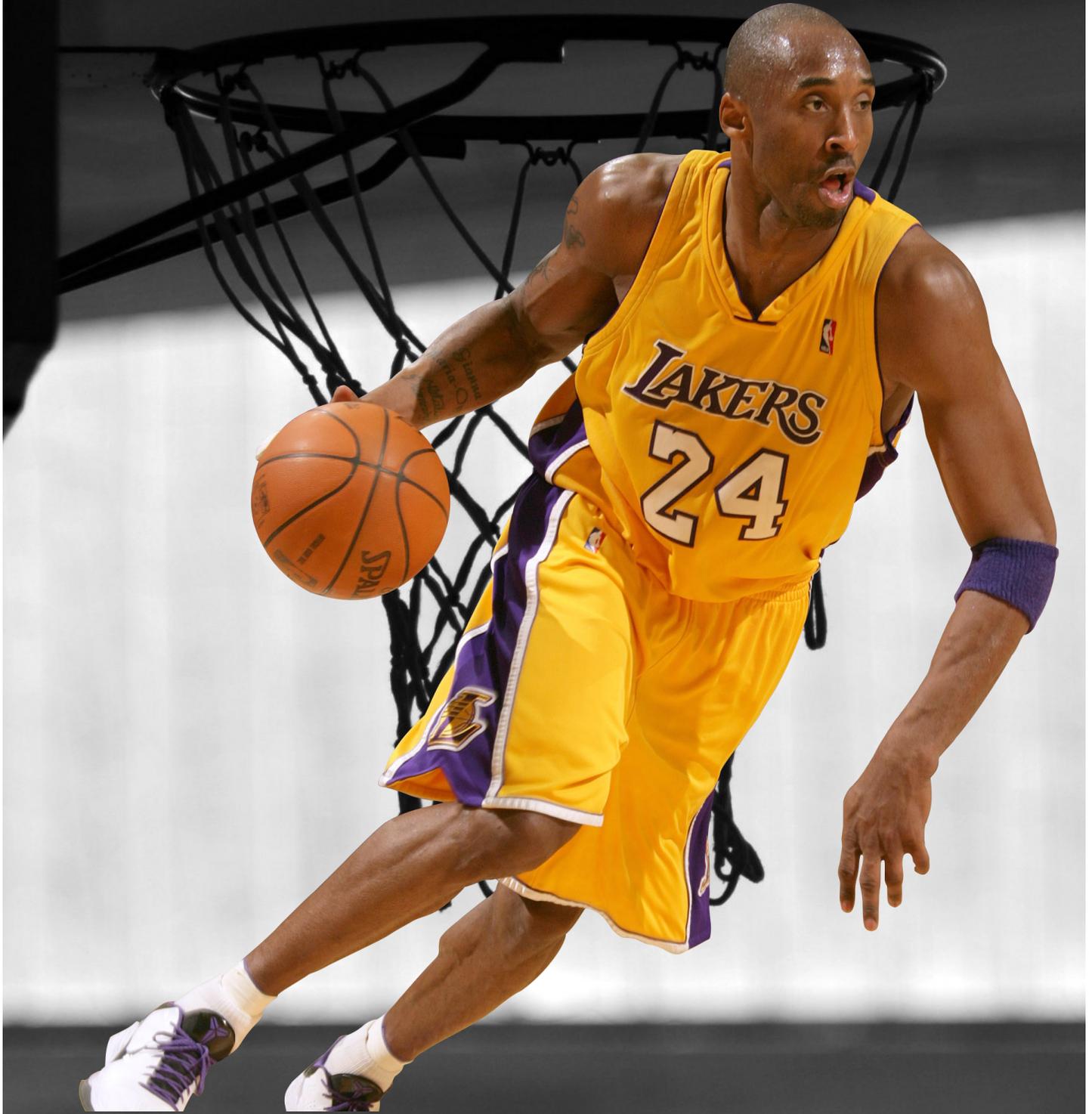
A friend recommended I try this one. It was quite difficult, especially all the tiny details on the strawberry. But nevertheless, I enjoyed the process and am happy with the end result.



Another lips picture, but this time the inspiration came directly from a magazine. I was curious over whether or not I could capture an ice cube, with all its different shades and complexities.

LEGEND

Aloha Sixth-Former Caio Simon pens a fitting and personal tribute to a modern-day icon



KOBE BRYANT

1978 - 2020



Every NBA fan either hated or adored Kobe, there was no in between. Just about the only thing you can't have - is no opinion about this man. He was one of those players that had an expansive personality, he put fear on the opposition and brought joy to the fans. Regardless of your opinion of him, you had to respect him, and as he evolved from a teenager fresh out of school to an NBA legend; he grew into the hearts of NBA fans. I myself did not have the luxury of following his career until the latter stages of it, but I did have the luxury of following him post-basketball.



We saw a more mature, experienced and socially conscious Kobe after his retirement. He applied his Mamba Mentality to all of his ventures, inspiring many people all over the world to do the same. He was larger than basketball in that way. His philosophy encouraged people to be the best they could be, regardless of their difficulties. It made him seem supremely powerful, almost immortal to a certain point. By demanding excellence even off the court, Kobe surprised us all by winning an Oscar for best animated short film with "Dear Basketball". The sensitive video was a foray into the entertainment industry by the illustrious basketball player, something that he had his eyes set on before his tragic and premature passing. The man was so great that he not only won everything there was to win in his sport, he also won the biggest prize in the cinematic industry. He was truly incredible.

'I'll do whatever it takes to win, whether it's sitting on a bench waving a towel, handing a cup of water to a teammate, or hitting the game-winning shot.'

However, all of these accolades don't truly define Kobe. Yes, he was a hard worker and a winner, but more than that, he was a husband and a father. From all we can tell looking from the outside, he loved his wife Vanessa dearly, and was raising four daughters. He was very proud of them, affectionately mentioning them in every talk show interview he partook in. He went to their basketball games, coached their junior teams and was generally a very hands-on dad. From all accounts he was an amazing father, and that is the legacy he leaves behind. A beautiful, strong family. Gone but not forgotten.

On January 26, 2020, the basketball legend Kobe Bryant passed away in a way in a helicopter crash along with 8 other people, including his 13-year-old daughter, Gianna Bryant.

Kobe transcended sports. His exploits on the court were many and his brand was universally identifiable. The accolades speak for themselves: 5 NBA titles, 18 time NBA All Star, 12 All-Defensive team selections, two time NBA Finals MVP, one regular season MVP and two Olympic medals. It is easy to lose yourself among all the numbers, achievements and plays that this man achieved in his 20-year NBA career. The 81-point game against the Toronto Raptors, the impossible clutch shots, the controversies with Shaq, the farewell tour, capped off by a legendary 60-point game in his final match...His career had it all.

Kobe was father to the "Mamba Mentality", named after his nickname, "Black Mamba". His philosophy of life was based around the fundamentals of hard work. Kobe was obsessed with being the best version of himself, with no excuses, and no half-measures allowed. No matter what, Kobe always gave it his all, both on and off the court. At one point in the 2012/2013 season, Bryant decided to play almost 45 minutes a game, basically refusing to sit down and rest, in the hope of reviving his team's chances of reaching the playoffs. The strategy worked, the Lakers reached the end-of-season playoffs, but due to the stress put on his body, Kobe suffered a serious achilles injury. There is no better definition of giving it your all than that. Kobe achieved all of those things mentioned above by being the best he could be, pushing his mind and body to the limit, sometimes to superhuman levels.

YEAR 8 PUPIL HOPING TO TURN PRO, FOLLOWING IN MUM'S FOOTSTEPS

Why I love tennis - by Dana Burtakova

FOR MOST PEOPLE tennis is not a serious past time. It's a merely a summer fling, a stopgap sport that people turn to when once the footie season ends, and Wimbledon sudcrops up on every TV. But for Aloha's Danata Burtakova, tennis is everything, and here she explains why.

'What's so special about tennis?' I hear you cry. A couple of grunting players chasing a little green ball across a court, with every game lasting hours...even the easy ones! But for me tennis is everything, and it serves as a reward after a long hard day of lessons. You see, even though I work hard at school, I occasionally find my mind drifting, and suddenly I'm delivering a forehand smash or winning the Australian Open with an lob in slow motion.

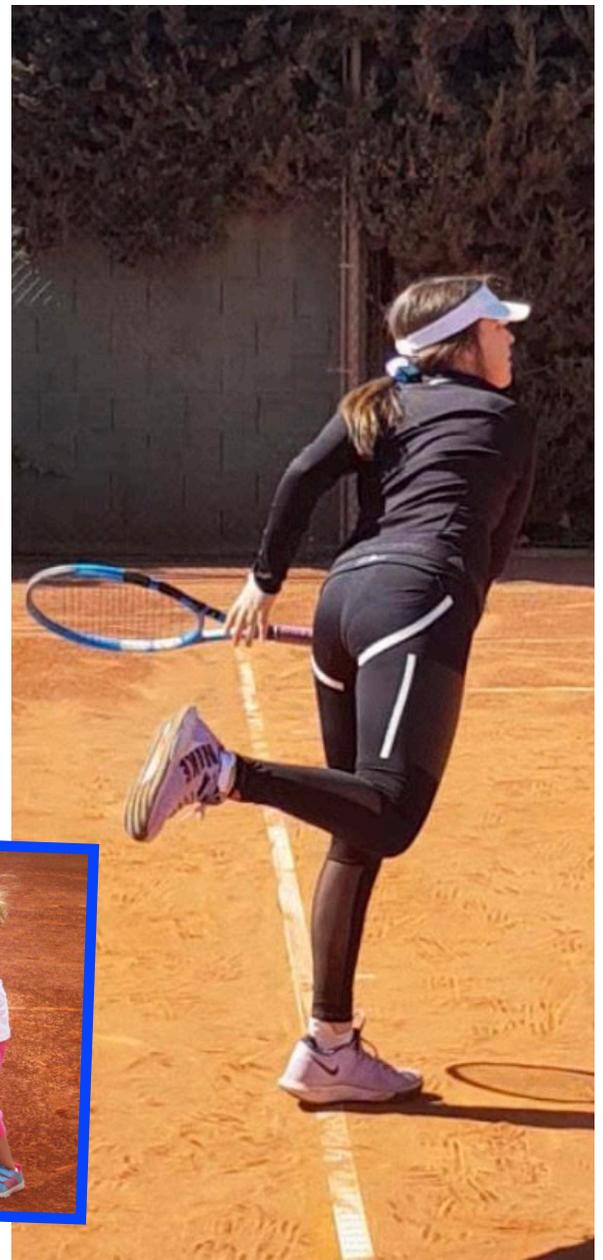
I think everyone already knew I'd grow up to be a tennis player, even as I overhead smashed my way out of the womb. In the past, my mum used to travel a lot and played tennis professionally. This is what inspired me to follow in her footsteps.

I love tennis because I love competition. Even though I enjoy team sports like football and basketball, tennis is my favourite because you're both facing off, one-to-one, all alone, and nobody to blame but yourself if you lose. But on the plus side, if you win you can congratulate yourself, your fitness, tactics, vision and decision-making won the tie, and it's great to outwit and outplay a rival.

However, the best ting about tennis is the thrill of a big tournament. Playing in front of large crowds, meeting new people and hoping they will recognise your potential and choose to sponsor you. Getting to travel to travel the world, increase your ranking, and making new friends from the global community. And seriously, I can't put into words the almighty high you get from winning, making all these preparation, training and social sacrifices worth it. That feeling of pride and relief when you've held your nerve at match point. But to be honest, whether it's a final or just a knock about with friends, I play to win, and tennis gives me an outlet for this competitive streak. Yes it can get stressful, but although you hate your opponent during the tie, you respect them, and even feel sympathy at times, as someone has to lose. Tennis is a game full of risks and split-second decisions, but in a space of complete tranquility. So finally, why do I play tennis? Because quite simply, I can never imagine my life without it.



A youthful Dana with one of her first rackets





ALOHA'S GOLDEN DAY



Aloha College Marbella's athletes lit up what otherwise was a dull and overcast day at St. Anthony's, College Mijas.

Another successful day in the field for Aloha College Marbella



Christian cruises into golf's elite

Young Aloha golfer Christian Porter has been crowned a junior champion. Representing the exclusive Aloha Golf Club, Year 7 pupil Christian overcame some serious competition to win the gruelling 2019 tournament.



Over the year players face off with points being allocated for every finishing place. Impressively, Christian earned the most points, swinging his way to the grand prize. Christian told Aloha News: "I was delighted to win my first trophy, and I am already looking forward to defending my title in the 2020 tournament."

However, Christian admitted that social isolation is hindering his progress, and he cannot wait to get back out on the fairway. "Covid-19 has stopped so many things, I just hope it's impact on golf isn't a long-term one."

RUN-BELIEVABLE!

P.E DEPT CELEBRATES MASS MEDAL HAUL

By Ablai Khan Tatishev

ALPHA COLLEGE MARBELLA CAME OUT VICTORIOUS for the second consecutive year at the Costa del Sol Cross Country Championships. In breezy spring-like conditions or long-distance runners triumphed over all, hammering rivals like Swans and Sotagrande way down the podium.

The competition began with the Year 6 and 7 girls' race, where Aloha first flexed its muscles, with the Axioti Sisters (Sofia and Mia) taking up both first and second places. The Year 6 and 7 boys then followed, with Pablo (ADD SURNAME) putting in a strong performance, narrowly missing out on gold or silver. He was, however, delighted with bronze, sporting a smile brighter than the Olympic Torch! In the battle between boys

and girls of the next race (Y8 and 9), Aloha speedsters once again proved their worth as Michelle Lundteppen and Chardel de León García dominated their fields, both bringing gold medals home.

As the day progressed, the races only became harder and more competitive. The stand out being the Year 12 and 13 girls' race, as Florent Sargent grabbed the

bragging rights, catching the race announcer by surprise, as she romped home a whole minute sooner than her nearest challenger. From beginning to end Aloha showed grit, determination and team spirit. And despite the blood, sweat and tears the hard work paid off, and the mood was buoyant as we returned with 4 gold medals, 1 silver, 3 bronzes, and three new shiny trophies for the trophy cabinet.



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