

The Sixth Sense

Spring Term 2020

Issue 2



Lucton School Sixth Form Magazine

Letter from the editors

Welcome to the second instalment of The Sixth Sense.

After the success of the previous issue, it only made sense to keep it going. There is one major difference about this issue compared to its predecessor—we've composed it in lockdown, which brought more challenges: organising meetings, gathering content and editing online. However, that didn't stop us! Now, we gladly present The Sixth Sense: Lockdown Edition.

This term we decided to focus on Springtime, and so the edition has some art work and photography related to this. We have an entire section on pets, with whom we've all been spending more time. These pets include the more exotic, such as bees and snakes. Following the first instalment, there is also another book review and book recommendations from many of us here in the Sixth Form. In addition, there is also another recipe, this time for cookies, to get you in the baking mood. So, if you're looking for something to do, this magazine might just provide some inspiration.

This issue contains interviews that delve into the world of some of our Sixth-Formers, past and present. They have given accounts on what their life is like, both inside and outside of Lucton, and how they have adapted to the circumstances we have been facing. Lockdowns can be tough, but we've found a way through.

The second edition of The Sixth Sense has proven that no matter what we Luctonians are faced with, we find a way to overcome. This instalment, like the previous, was a huge team effort. Special thanks go to Felicity and Louise for their hard work and providing fantastic material for this edition. It goes without saying, this wouldn't have been possible if it weren't for Mr Wolstenholme editing the content and presenting it all in an eye-catching scheme, and Mrs Mathie for organising and leading the meetings, and making sure we've completed all of the content. Without their light to guide us, we would not be publishing this edition!

We hope you enjoy the second, and special lockdown, issue.

Molly Harris and Hannah Millhouse, Spring Editors



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Staff Contribution

Mrs Mathie



This edition we asked Mrs Mathie to provide us with the staff contribution.

The Falkland Islands, in the South Atlantic, are very windy. They are also home to a large number of penguins and, during my time there, many moons ago, I soon

learned to distinguish between a Magellanic, a Gentoo (which live in burrows under the grass) and a Southern Rockhopper.

The islands were most famous for the war there which took place in 1982 when the Argentinian military invaded, to claim ownership. They are, however, a self-governing British Overseas Territory and the islanders there are very much English speakers and regard themselves as British citizens.

After the war was won by an expeditionary task force sent from the UK to this remote outpost, 300 miles off the Chilean coast, a British military presence has remained there

ever since and it was to RAF Mount Pleasant I was posted, as a very junior army lieutenant, to the Joint Education Centre. As part of my role there, a fellow officer and I produced the station magazine, The Southern Star, named after the star visible in the Southern Hemisphere. These were relatively technologically rudimentary times and the magazine was produced on an ancient piece of printing kit called a Gestetner and then photocopied. This was so long ago that it pre-dates widespread use of computers and the internet.

The magazine itself was hardly a glossy affair but it endeavoured to keep informed the military personnel serving both at RAF Mount Pleasant, (who lived in a sprawling accommodation complex fondly known to its inhabitants as the Death Star), and those in Port Stanley, the Islands' capital, and other outlying stations.



continued next page



outside, fashioned from the jawbones of two blue whales.

In Stanley there was also a much more professional newspaper, the aptly named Penguin News, run by a London journalist who would often host us, never fearing any competition from our more homespun station magazine.



The magazine comprised news items, sports reports, caption competitions, cartoons, horoscopes, which we made up, and quizzes. It was produced weekly and we fitted it in around teaching Education for Promotion courses to the troops based on the Islands.

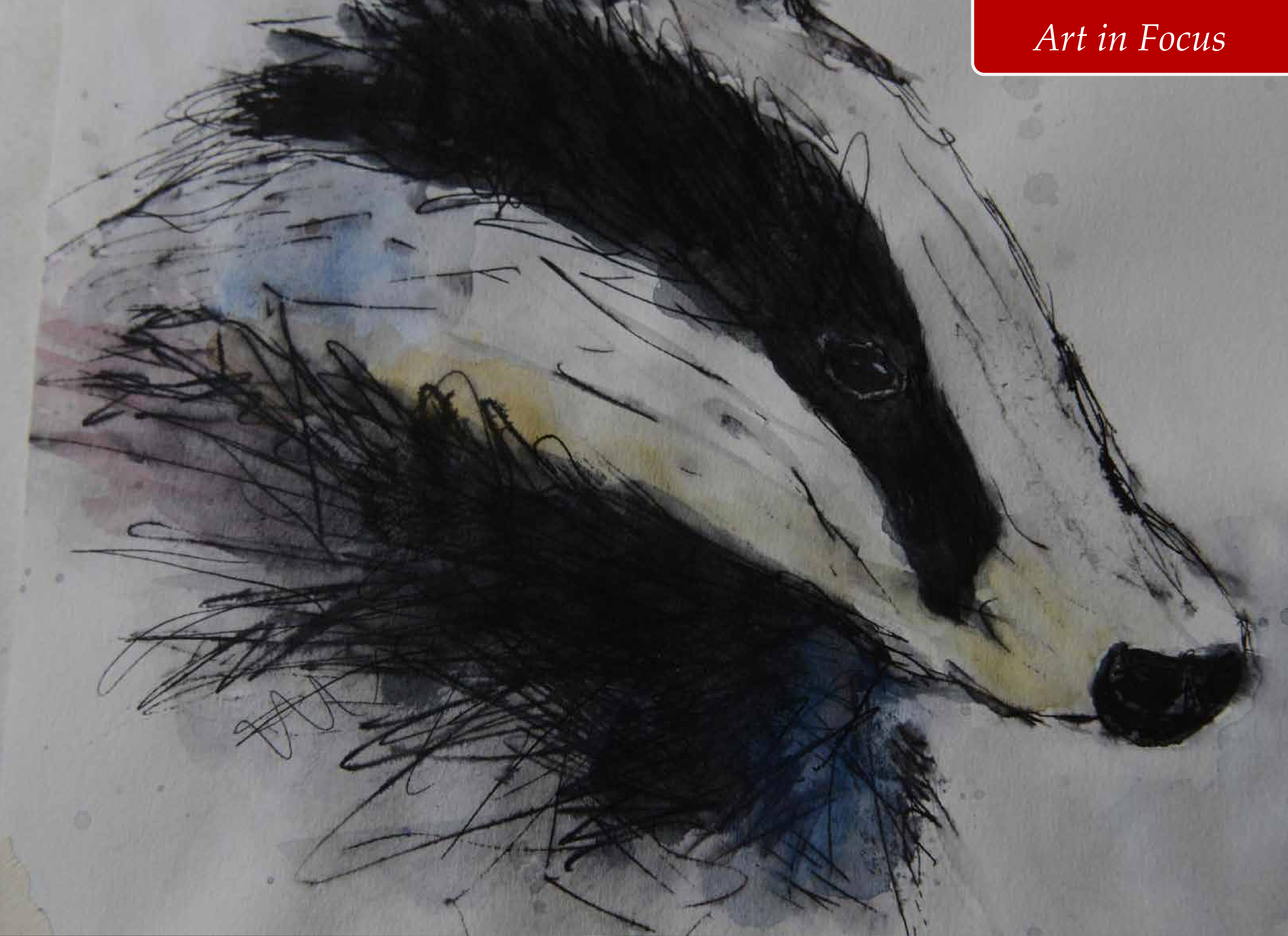


Knowing very little about rugby, I once attended the final of a tri-service rugby tournament in Stanley in the capacity of the Southern Star's sports reporter and recall that the subsequent match report included as much detail about the weather and scenic outlook as it did about the match and that I was also called upon to help present the trophy to the winning team.

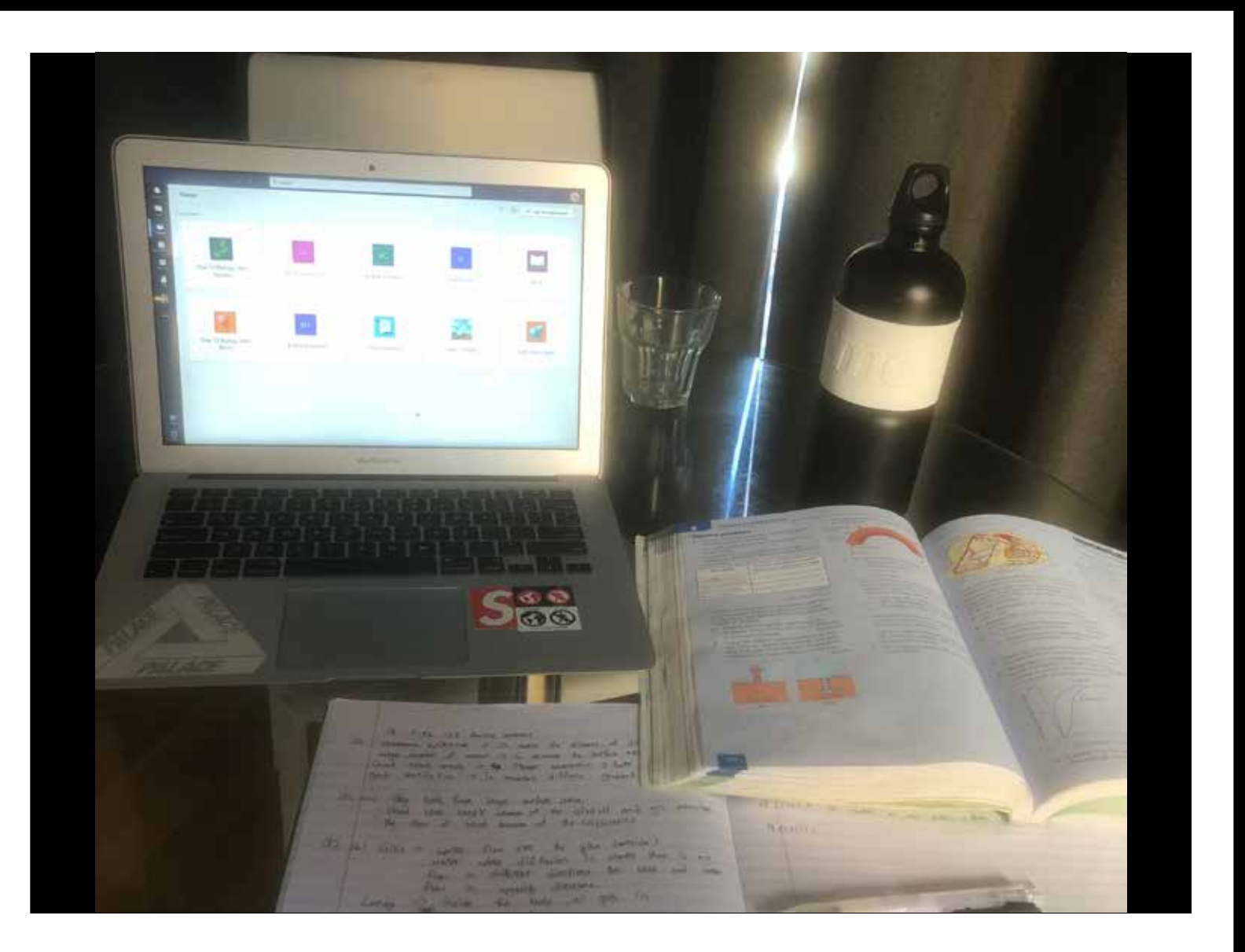
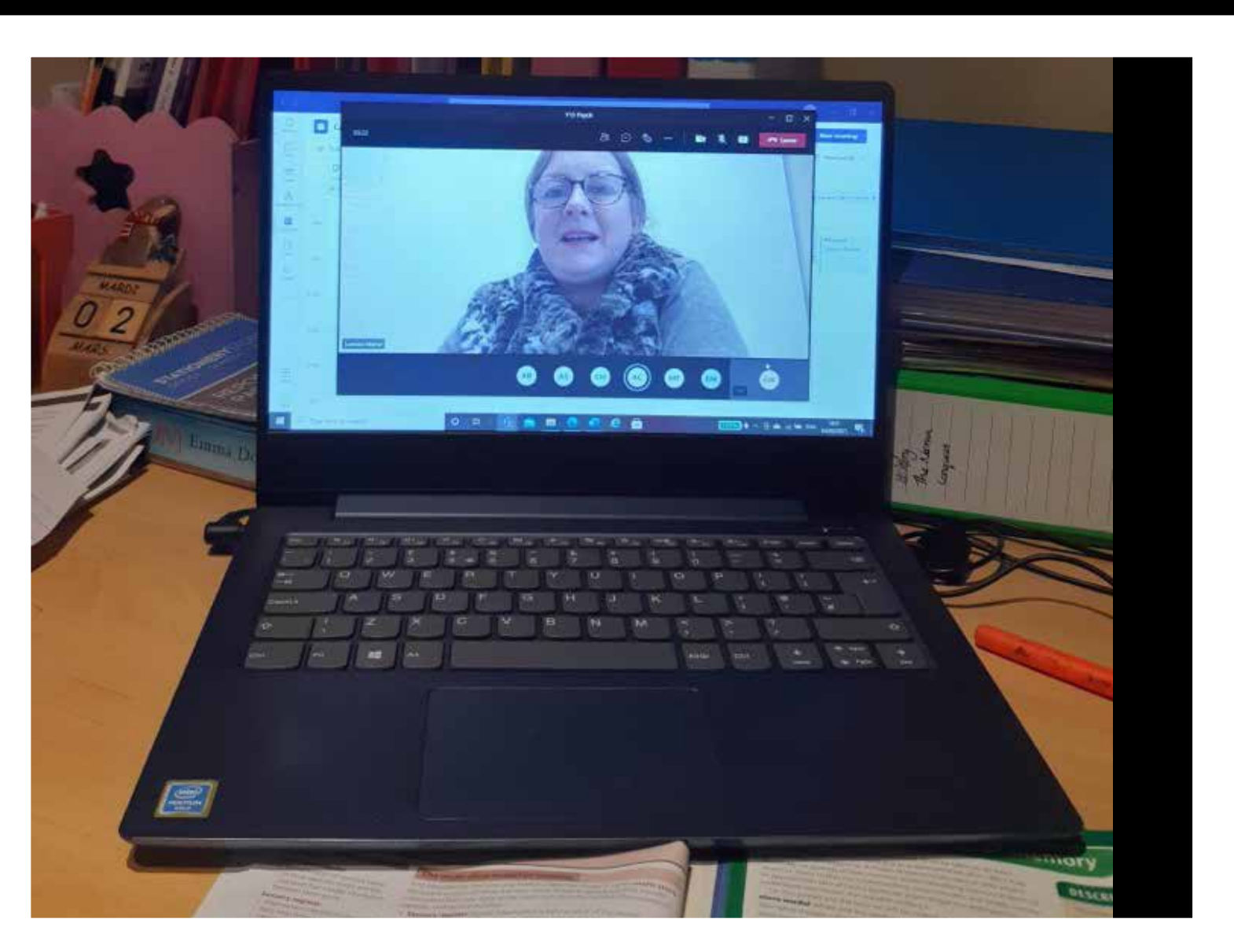
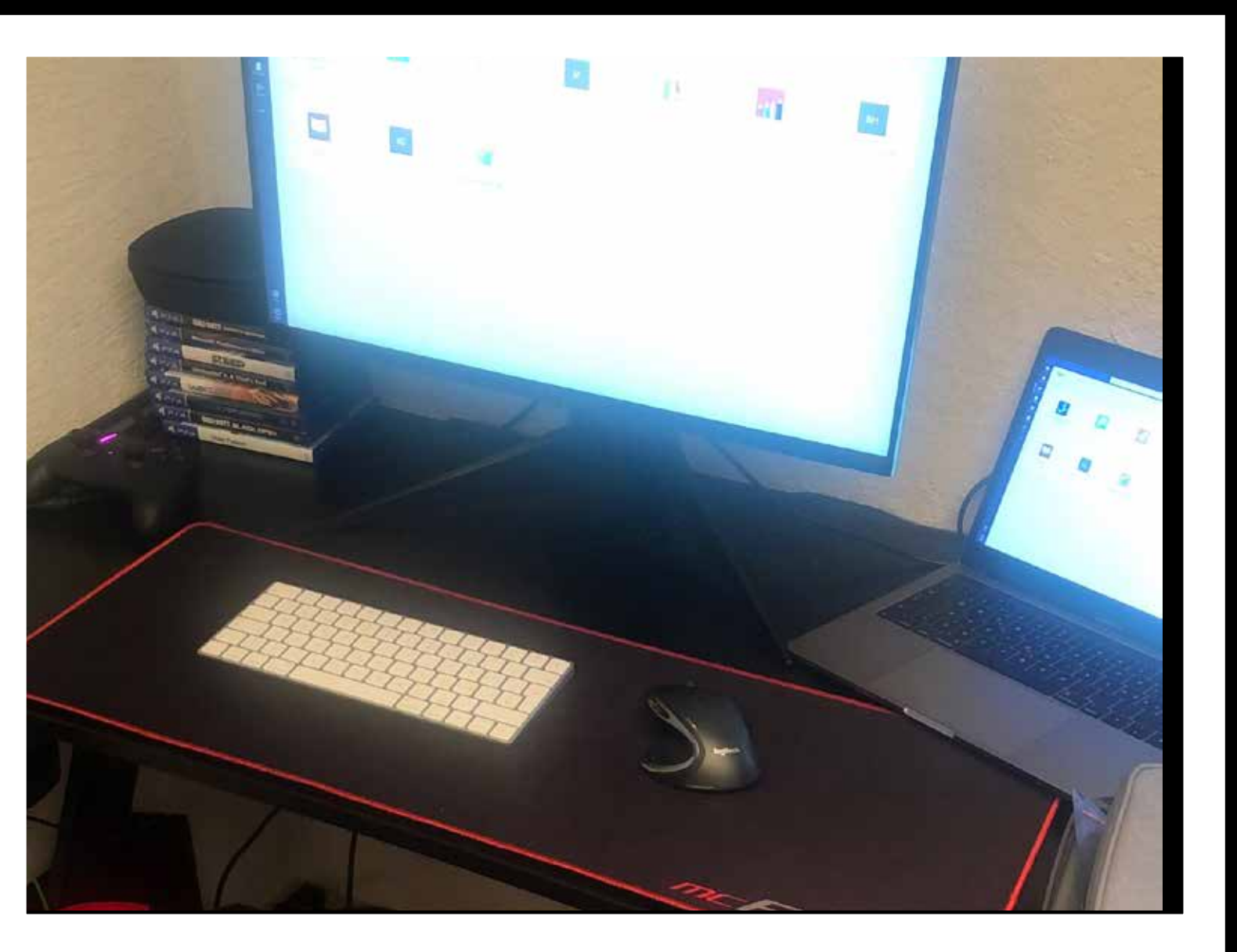
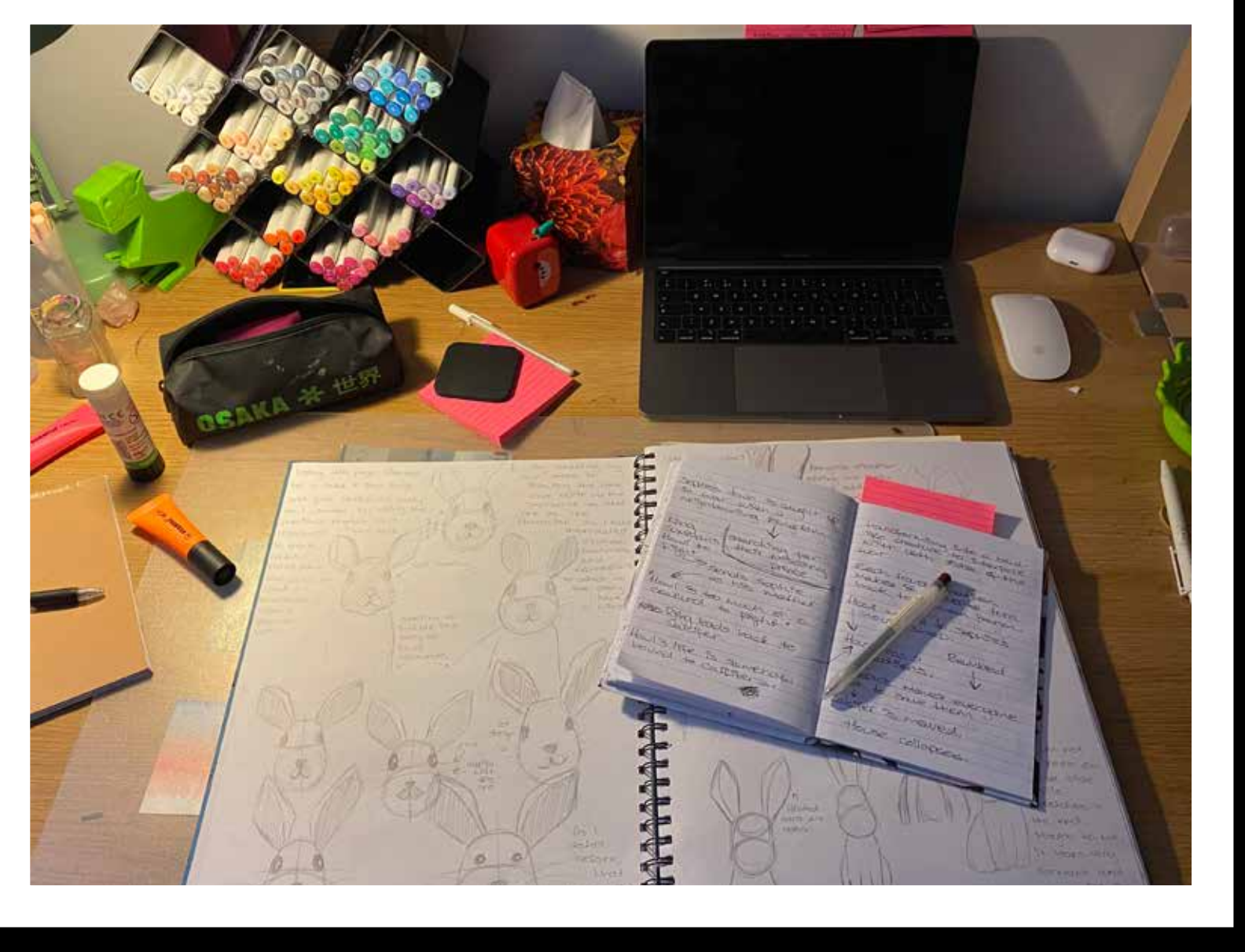
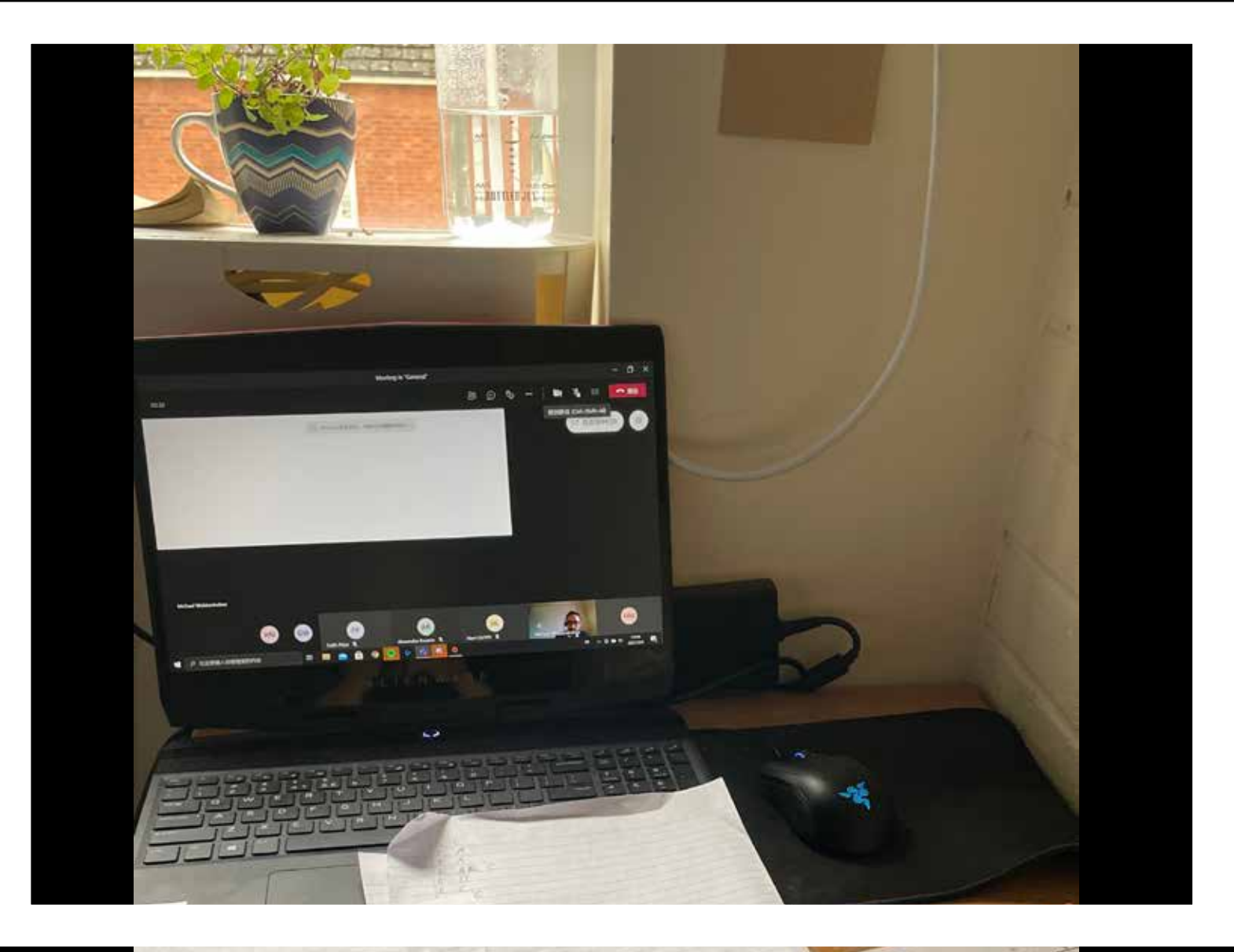
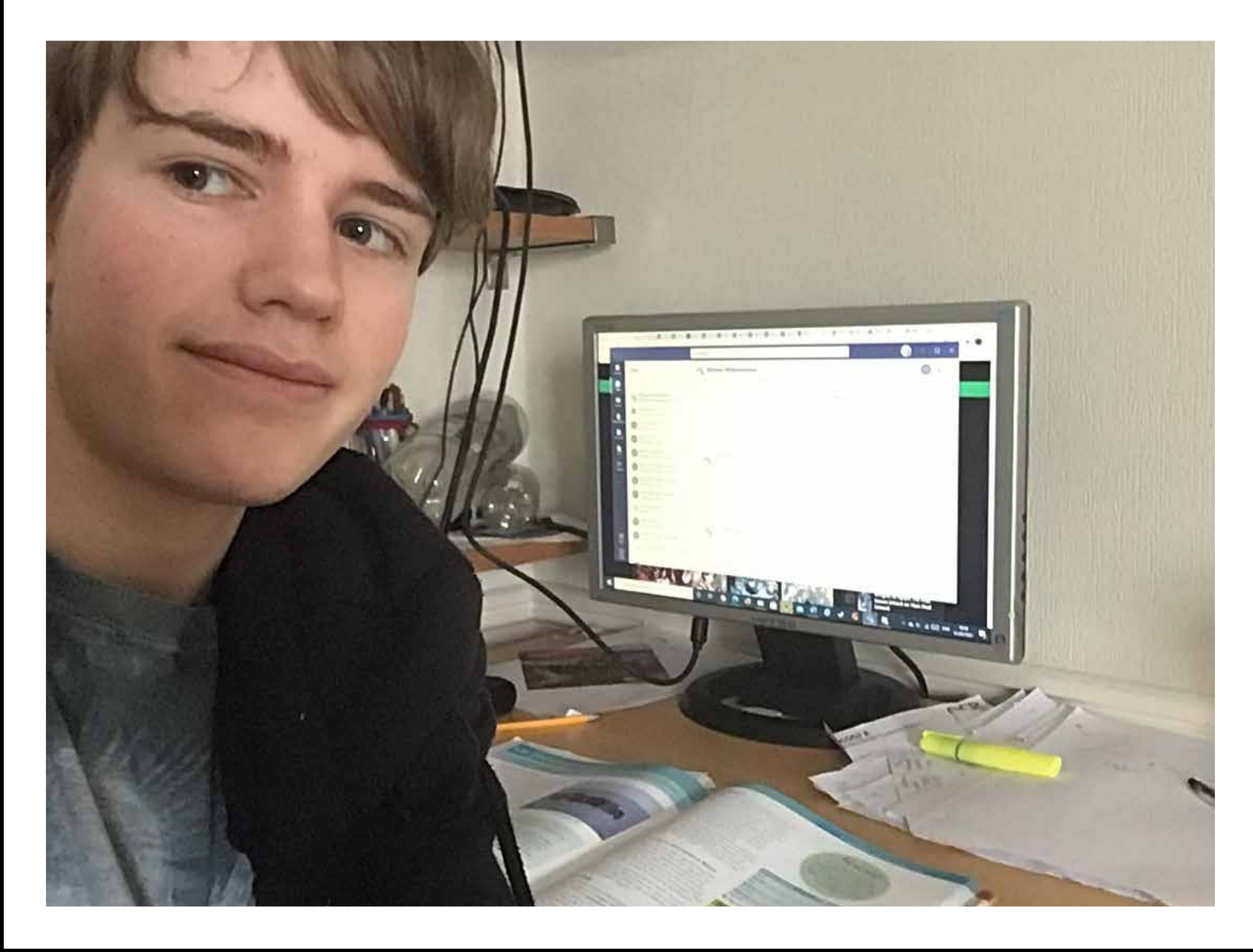
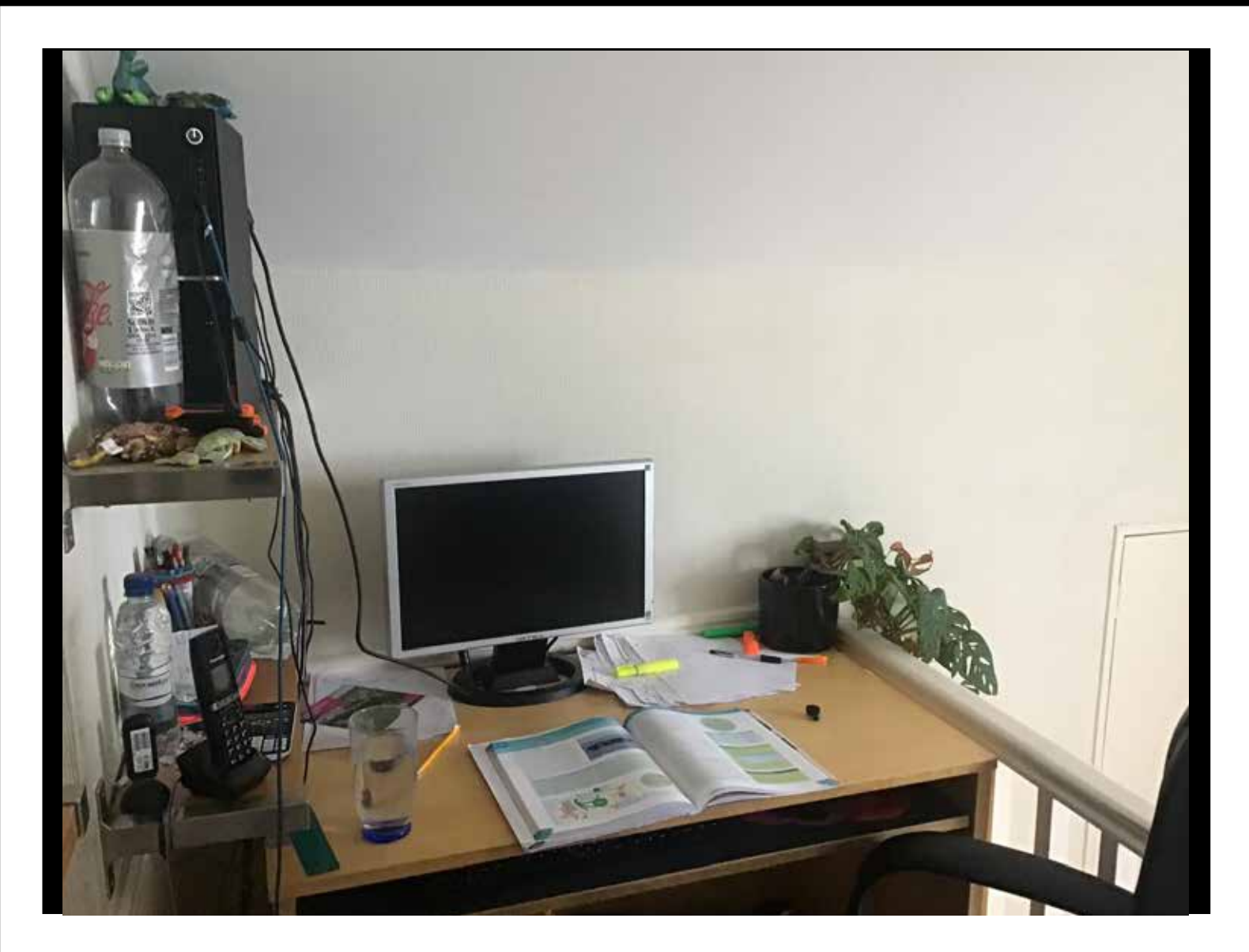
Stanley itself was then a very small town, comprising mostly small houses with wriggly tin roofs and very few buildings of note other than the governor's residence and Christ Church Cathedral, with its distinctive whalebone arch

I remember the Falkland posting mostly for the extraordinary wildlife there, from giant albatrosses to elephant seals and aggressive sea lions as well as the ubiquitous penguins. Perhaps my most vivid memory of the production of the Southern Star was that of 'putting it to bed' after a long and fairly celebratory lunch commemorating St Patrick's Day with the Royal Irish Rangers, which featured large quantities of both green champagne and curry dyed green. It was only the next day, pleased with our efforts from the previous afternoon, that we realised how much editing and correcting that edition truly needed if it were to make any sense!





**Badger
Forbes Wilson Y13**





Keeping Buzzy During Lockdown

The Lucton sixth-formers may be working hard for their A-levels, but most of them still find time for hobbies and pets. In the case of Will Wassink, he's combined the two with his fascinating interest of bee-keeping, which he told us all about in an exclusive interview.

Will has been beekeeping for about four to five years. He joined a beekeeping club at his old school, which sparked a long-lasting interest. At the club, he did more than just keep bees; he also learnt about them and even built his first hive. Now Will has his own swarm of bees, whose hive he keeps in the meadow by his house.

Although some of Will's relatives have kept bees in the past, it was he who introduced his household to the pastime. Will's parents have caught the interest from him, and are now capable beekeepers themselves. Indeed, it is they who will care for the bees when he goes off to university next year. Obviously Will shall have to take a break during uni, but he hopes to continue keeping bees in the future.

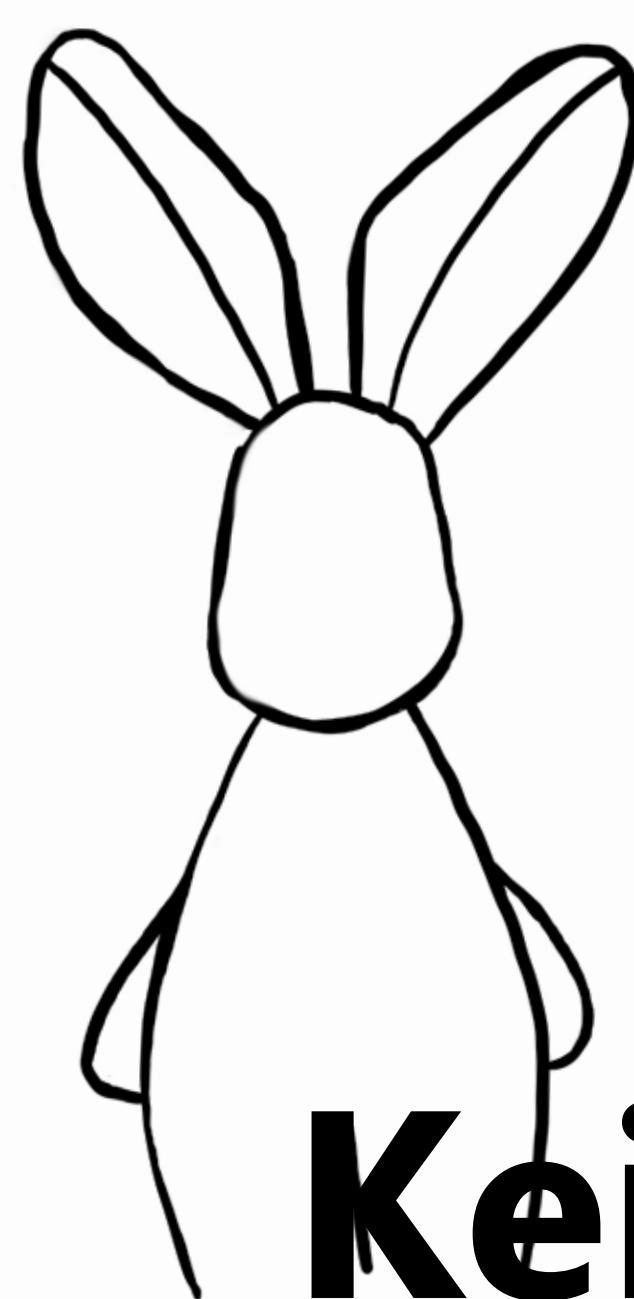
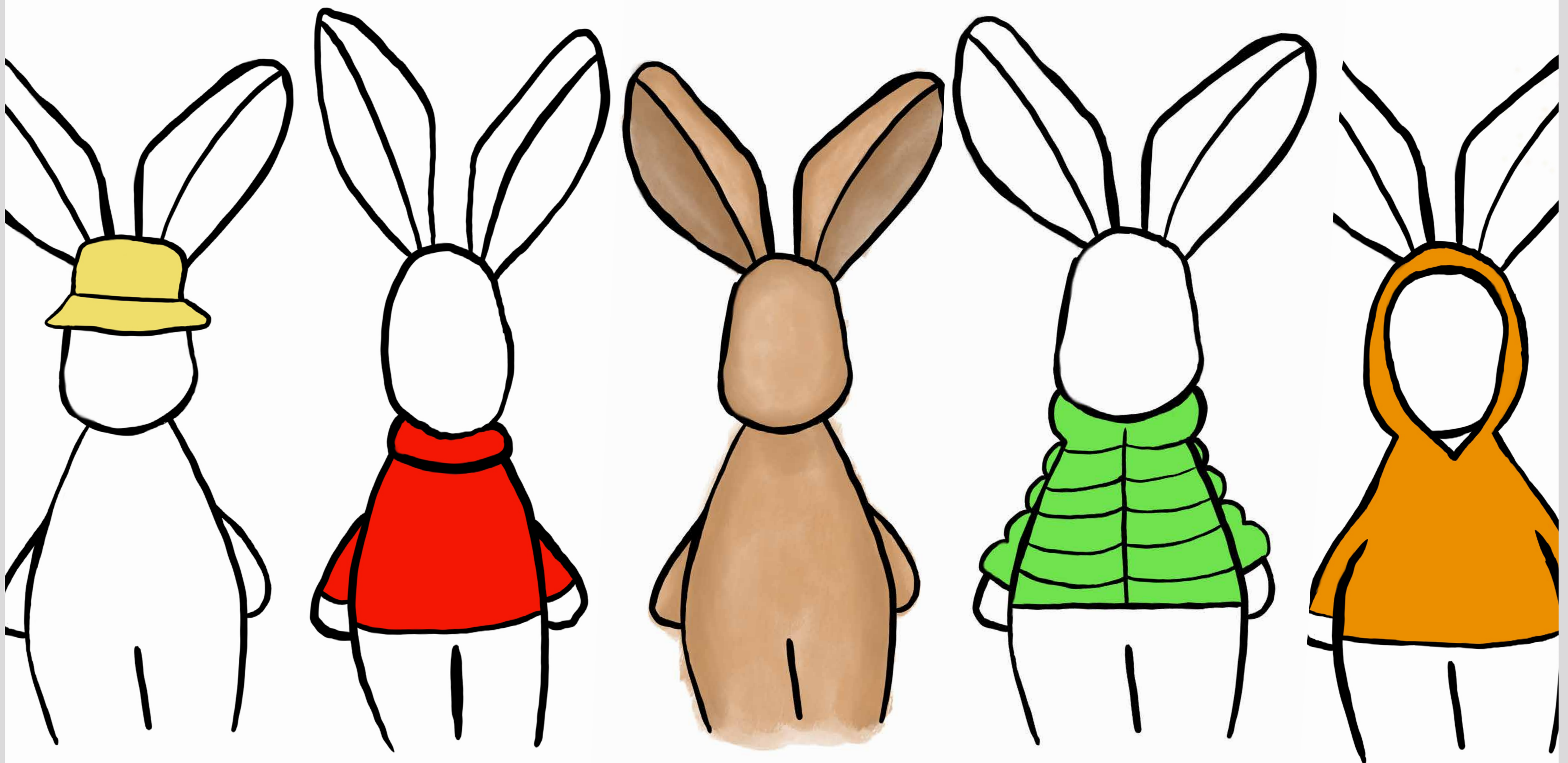
Will revealed that bees aren't the easiest creatures to get hold of: you have to wait until a call comes in saying that a swarm has been found. They could be anywhere from up a tree to in a hedge. Then you have to shake them into a special bag, with specialist equipment of course. Will has had a few swarms of bees over his beekeeping career, and his first one came from the underside of a bench at his old school! Since then, he's found them in more usual places, such as hedges. Will's bees are normal honey bees, and apparently that's fairly standard for British beekeepers. That said, some keepers select only the finest and strongest bees; and some specially breed them without stings!

As for maintenance and costs, these are not as much as you may think. Will says that bees are good at looking after themselves. In winter he only needs to check on them a few times a week, and a bit more often in summer. It's important to keep them fed as well. Bees have a diet of pollen and nectar, and also produce honey from which the baby bees are fed. Will's bees live in a hive which he built himself, by a hedge in his field. (They have to be kept away from the road, for the safety of both the bees and passing ramblers!) The equipment needed to keep bees amounts to a hive, a bee suit and a smoking gun. Although the initial cost can be quite high, running costs are fairly low. And of course, selling honey means that the bees pay for themselves!

Will doesn't generally collect honey from his bees, although he has in the past. One year saw an admirable twenty jars. Apparently it's better for the bees to leave their honey uncollected, as it gives them a better chance of survival, but a good beekeeper should be able to take some of their honey while keeping the bees healthy.

Will's interest can be accredited to a fondness for finding out about the bees and their biology. He enjoys learning first-hand about how they function and thrive. Indeed, Will admits that his favourite part of beekeeping is helping the bees to survive. Naturally, then, the worst part of beekeeping for Will is losing a hive of bees, which he says has happened a few times. But overall, there is something eminently satisfying about keeping this increasingly endangered species alive and well, year after year.

And finally, has Will ever been stung? Yes. Is the answer. Many times. But that's just part and parcel of beekeeping!



Digital Bunnies
Keira Shackleton Y13

Easter Cookies

To celebrate Easter,
at the conclusion of Lent, how about
trying these delicious cookies?

Easter Cookies (makes 14)

Ingredients:

Self-raising flour – 6 oz

Demerara sugar or any golden caster sugar – 4oz

Margarine – 4oz

Golden syrup – 2 tablespoons

Any chocolate you want (In this case I used – mini eggs and crushed twirls)

Method:

Before you do anything preheat the oven at 180 degrees c. Butter a flat baking tray or cover it with baking sheet.

1. Start by putting both the sugar and butter into a bowl and beat until creamy. Once reached that point mix in the golden syrup.
2. Next add the self-raising flour (not all at once as it will be easier to fold in if you add bits at a time).
3. Once you have a thicker clump of mixture add your chocolate or whatever you decide to put in. In this case I mixed in crushed Twirls and mini eggs.
4. Roll into balls, flatten slightly and bake for about 15 mins.

Faith Price

The Lost Dress

Herefordshire: Home of Elizabeth I's lost dress. By Felicity Aston

When I was asked to write an article on Tudor costume for the Sixth Form Magazine, I was absolutely delighted. I have always been fascinated by costume and historical fashion and influenced by my mother's large collection of costumes, we all enjoy dressing up! In recent months, especially during lockdown, I have rediscovered my love of historical fashion, so I could hardly think of anything I would enjoy more. On reflection, however, I have chosen to focus on one particular piece of Tudor dress, rather than the subject as a whole. This piece is the Bacton altar cloth, now believed to be part of a dress which once belonged to Queen Elizabeth I.

Think of Elizabeth and one usually imagines her dressed in the extravagant fashions of the late Tudor era. That image is rather accurate. On 1st January 1587, Elizabeth I is said to have received over 80 pieces of jewellery as gifts and at the time of her death, her wardrobe was recorded as containing 2000 dresses. Due to how expensive many of these gowns were, they were often given as gifts by the Queen, used as payment to those in her service, recycled to suit newer fashion trends or even reused as upholstery, for example on a cushion, when they ultimately became too worn out to wear. As a result, historians believed that none of these dresses had survived... until now.

In Herefordshire, only 29 miles from Lucton School, there is a small village called Bacton, whose church contained a beautiful altar cloth dating from the late Sixteenth Century. Bacton

was also the birthplace of Blanche Parry, trusted confidante of Queen Elizabeth I and Chief Gentlewoman of the Bedchamber. Held in high regard, Blanche dedicated her life to the Queen, never marrying or having children, and as a reward, the Queen bestowed many gifts on her, including items of clothing. Consequently,

a local legend evolved that the Bacton altar cloth was originally a gift to Blanche from Elizabeth I, which was subsequently donated to the parish church by Blanche or one of her family, although there was no proof of this until recently.

In 2016, Eleri Lynn, curator of Historic Royal Palaces' Royal Dress Collection, while carrying out research for her book on Tudor fashion, visited St Faith's Church in Bacton in order to investigate this remarkable altar cloth. She noticed evidence of pattern cutting, which suggested that it had been part of a dress,

but more importantly, she realised that the altar cloth was made of silk woven through with silver threads. In the Tudor era, fashion was a way of expressing social hierarchy, so to ensure that no one dressed above their station, Henry VIII and later Elizabeth I passed a series of Sumptuary Laws. For example, only Earls or those with higher titles were permitted to wear ermine or sable fur, and only the royal family could wear cloth of silver or cloth of gold. Therefore the presence of this material proved its provenance and pointed to one person: Elizabeth I.

The Bacton Altar Cloth was later taken to



Hampton Court Palace for conservation and analysis at the textile studio, where specialist conservation teams discovered that the silk embroidery threads used expensive indigo and red dyes from Mexico, again hinting at the status of the wearer. It is likely that most of the embroidery was done by professional embroiders, who would have been male, although some of the embroidery on lesser seen parts of the dress, such as under the arms and around the hem may have been done by women. Most intriguing is the resemblance the designs bear to the pattern on the dress Elizabeth I wears in the famous Rainbow Portrait, further linking the Bacton Altar Cloth to the Queen.

One of the most striking things about the Bacton Altar Cloth is how its treatment as a sacred object has enabled it to survive for over four hundred years. It was presumably used on the altar at first and then kept in storage until around 1909, when the vicar and parishioners managed to raise three pounds, eight shillings and a penny to get it framed so that people could see it and appreciate it. Luckily the inside of the church is quite dark, therefore the Altar Cloth faded very little in the century it hung there. The Bacton Altar Cloth now resides in Hampton Court Palace, where it is preserved for future generations to admire.

I would not have known about this extraordinary discovery if it had not been for my Grandma Claire, who first told me of its existence and who has taken me to Hampton Court Palace more times than I can count. She has definitely encouraged my love of history by taking me to historical places, museums and exhibitions around London. In addition, my aunt Tamsin has also helped to provide information and photos when I was researching this subject, as she attended the exhibition when the Bacton Altar Cloth was temporarily on display together with the Rainbow Portrait at Hampton Court.

Who would have thought, that almost 400 years later, a similar parallel would occur in my own family? My great grandmother on my mother's side, Rose, worked in service in London for a well to do family who were close friends of the Royal family. The King, Queen Mother and the two young Princesses would regularly visit and Rose soon became a favourite with the Queen Mother. So much so, that she was allowed to dress her and lace her in her corsets. As a sign of her gratitude, she gave Rose one of her hats to get married in. Sadly, there are no photos of the wedding and the hat has long since gone...





Silver Birch
Angus Wilson Y13

BOOKS THAT INFLUENCED US

The Infernal Devices by Cassandra Clare - A trilogy that follows a race called the Shadowhunters. This kindled a love for the Victorian Era, especially the fashion.

Felicity

The Day of the Triffids by John Wyndham: a dystopian novel which is at once terrifying, haunting and exciting. It made me realise that science fiction didn't have to be set in space and that terrors exist on earth! I then went on to read every Wyndham novel I could get my hands on!

Mrs Waters

The Periodic Table by Primo Levi - describes the elements and their characters as people Levi knows or met. Promotes a message of hope for the future, adversity and resilience.

Mr. Richmond

One Hundred Years of Solitude by Gabriel Garcia Marquez This was the first book I ever read that was set in South America. It has a magical otherworldliness about it which taught me that through literature you can discover new places and ways of existing which are so different from our own but which still speak universal truths about love, sadness and the beauty of the human spirit.

Mrs Bassett

Stoner by John Williams An unremarkable story about a university professor who has an often unhappy personal life but who is an honest, self-aware character. His love for literature is constant. The novel is written with beautiful clarity and insight. The quality of the writing is profoundly moving.

Mrs Mathie

The Hobbit by J.R.R. Tolkien - A well-mannered Hobbit named Bilbo Baggins, embarks upon a journey to take back a kingdom, and a very important jewel. This sparked a love for reading, learning, and fantasy that has been retained since.

Louise

Life on Earth by David Attenborough - how life has evolved from simple molecules to complex organisms. Started a love for the planet which is still felt today.

Mrs. Goode

The Black Fleet Trilogy by Joshua Dalzelle - it's the 25th century and humans have conquered space. Weapons and armed conflict have become obsolete, but what would happen if they are attacked by a new enemy? Tackles issues of racism and nationalism in an advanced society in a thoughtful way.

Matthew

Brave New World by Aldous Huxley
• A chilling insight into a hypothetical, dystopian future. I read this standing up in the library as a teenager one lunch time - it changed my world view.

Mr Wolstenholme

Book Review

wheel of Time Series

Wheel of Time Book One, *The Eye of the World*, by Robert Jordan

I have loved the fantasy genre since the age of seven and, like many bookworms, I am constantly searching for more books to add to my ever-growing reading list. So when Matthew mentioned that he had been reading a 14 book long fantasy series (called The Wheel of Time series) over the first lockdown, I was rather intrigued. Matthew very kindly bought me the first five books as a birthday present and, a few months on, I am utterly hooked and thoroughly enjoying the series.

The first book mainly focuses on Rand al'Thor, a boy from the village of the Two Rivers. After his home is attacked by servants of The Dark One, Rand and two other boys from the village, Mat Cauthon and Perrin Aybara are whisked away by an Aes Sedai (a magic wielder) on an adventure to find out why this happened. They are also joined by a Warder (a warrior bonded to an Aes Sedai), a gleeman (a travelling storyteller) and Egwene al'Vere (a girl from the village). For those who, like me, struggle with the pronunciation of fantasy words and names, there is an invaluable pronunciation guide and glossary in the back of the book.

While, at first glance, this may seem like the generic "farmboy goes on a quest to save the world", be prepared for an enthralling plot, the threads of which Robert Jordan weaves as seamlessly as the threads of the "Great Pattern". I understand that Robert Jordan took great care in planning the series, such that when he died in 2007, he had prepared extensive notes so that another author, Brandon Sanderson, could finish the series according to his wishes. One of the things which really impressed me about this book is the sheer amount of creativity which has gone in to building the world. Arguably reminiscent of Tolkien's Middle Earth from *The Lord of the Rings*, yet also fresh and distinct. Right from the beginning, Robert Jordan plunges the reader into a world which is not only rich with culture and history, but in which the diverse places have a unique feel and one can tell that they have been creatively and thoughtfully designed. There are also constant references to the stories and legends which have been passed down through the generations, which serve to provide an insight into the ways the main characters view their situation. Similar amounts of care and thought have gone into the characters. They are not intrinsically "good" or "bad", but instead are deeply human with understandable motives, cares and interests. Consequently, they are all believable and relatable and it is intriguing to watch their personalities develop over the course of the book.

In summary, I would highly recommend this book to all lovers of fantasy who enjoy reading unique, beautifully crafted novels. The intricate world which Robert Jordan creates, the well-plotted story which rarely drags and the lovable characters all combine to construct a captivating novel which leaves one eager to read on.

Felicity Aston, Y12



Rabbits

Keira Shackleton Y13

Hoarfrost rolls back slowly
As the winter winds recede
Once more, the land blooms verdant
Nature's rhythmic creed.

As the sun brings forth the day
And the skies, the gift of rain
The soil grows brown and supple
Rearing life again.

The songbirds sing to heaven
Returning home to hearth
To roost and live and love
In dwelling on the earth.

Then the sun flares up and passes
Its gift of life bequeathed
Then follows autumn's ripe palette
By which the trees are wreathed.

Finally, the close
As the sun departs to burn
And the earth soars easy to rest
In sure faith, if the lights return.

Matthew Darwood



Rainbow Six Siege

Rainbow Six Siege is a realistic first person shooter, which consists of two teams with five players on each team, with one team attacking and the other defending. Each player on either team has the option to pick their desired operator in that group from a range of special forces from around the world, such as the SAS and Navy Seals. However, the group of operators you have to pick from depends on whether you are attacking or defending as there are different operators for both. Every operator has a unique ability that is specific to them. Some abilities help the entire team, e.g Rook's armour, which gives every one of the defenders the option to pick up an armour plate which gives them more health. Some abilities only help the one operator, such as Sledge who has a hammer that can break through soft walls, creating a sizeable hole that anyone can walk through.

At the start of each game a random map is selected. Each map is different in size and layout and it's the defenders job to protect a site within that map that they have selected. Within that site there are two bombs, bomb

A and bomb B and one of the attackers has a defuser and is trying to defuse either of the bombs. The aim of the game then is for the attackers to either defuse bomb B or bomb A, or kill all of the defenders. The aim for the defenders is to prevent the attackers from defusing the bomb by killing the attackers. If either the attackers or the defenders win a round they get 1 point and then the game ends when one team gets to 4 points. However matches can go into overtime and last much longer. An average game is estimated to be 20-40 minutes.

In my opinion Rainbow Six Siege is a strategic, high difficulty and tactical game. It has many different levels so is open to all abilities, although to get up in the higher ranks it requires a high level of skill and practice. It is great to play with friends, with groups of up to 5 people, but you can queue up for games on your own. Like all games Rainbow Six Siege has its problems, however the development team is constantly working hard and listening to the community to make the game more balanced, fair and overall more fun to play.



ReubensColeman



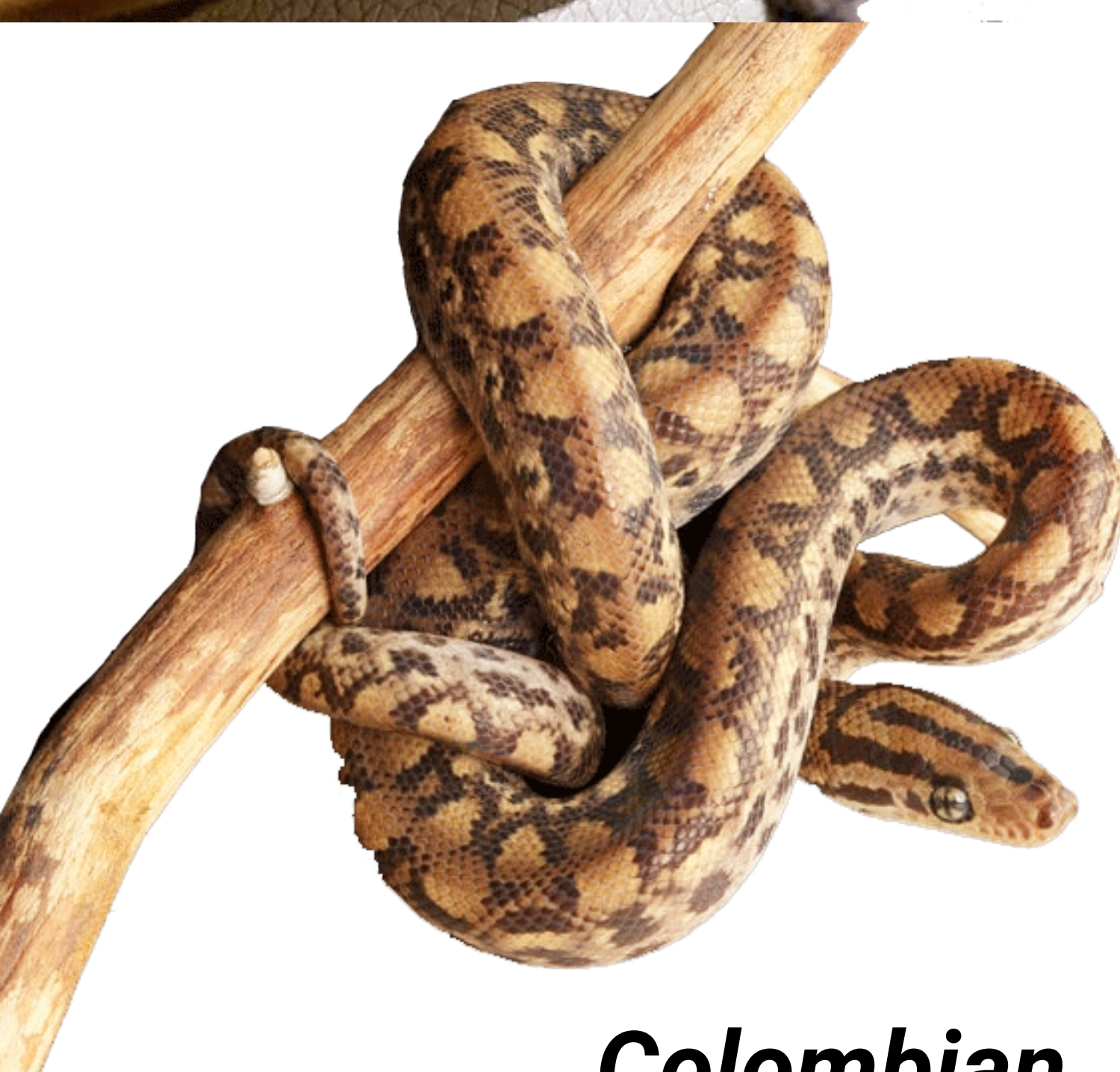
Green Lady
Keira Shackleton Y13

Snake Charm

A Guide to Keeping Snakes by Louise Preston

Most children at some point beg for a puppy or a kitten or a hamster. However, not everyone is that keen on fluff. And by the time we get to Sixth Form, you may be on the quest for a different type of pet. If that is the case, read on...

So, you want a snake. Good choice. There are many types of snakes which make good pets, but here are some common ones:



Colombian Rainbow Boa:

The Brazilian Boa's more boringly coloured cousin

Brazilian Rainbow Boa:

Good if you want something quite big
Friendlier than most other species
Easy first pet

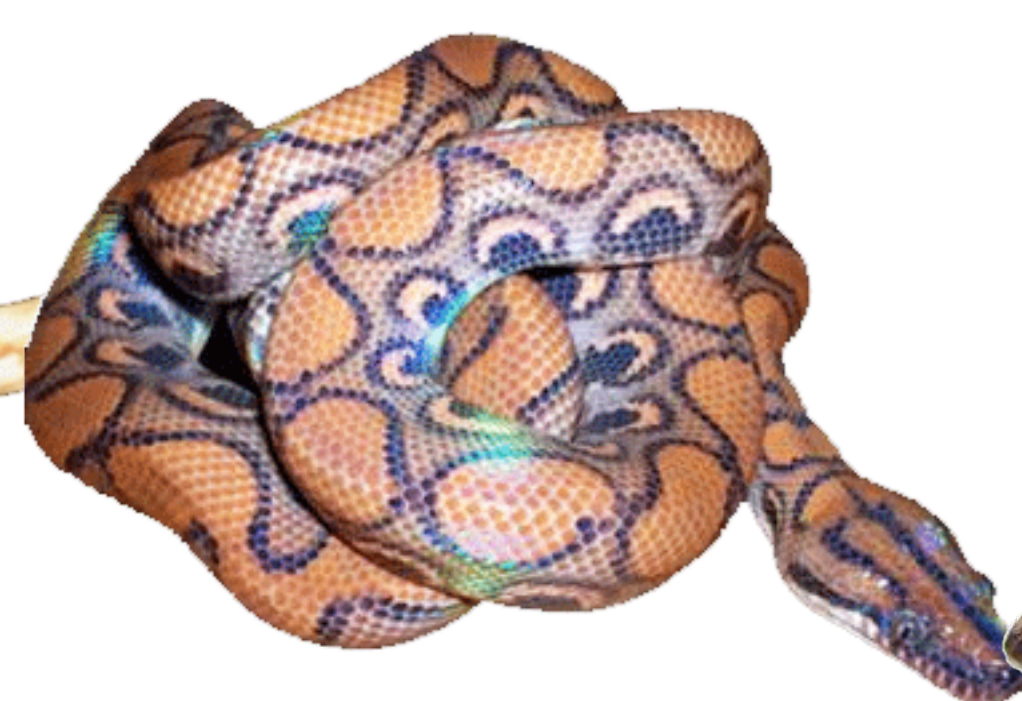
PROS

Snakes are cool. Don't even try to say otherwise
They don't leave hair everywhere or scratch the furniture
They're surprisingly low-maintenance
They make a good focal point on your living room
You don't need to take them for walks in horrid weather

BREED: Which snake breed you choose depends entirely on personal preference. Even larger species aren't ginormous and they all eat the same sort of thing. Do some research and see what colours or patterns appeal.

AGE: Snakes live quite a long time. In captivity, they can live up to 45 years, depending on species. Most snakes available to buy are only a few months to a few years old. If you buy a hatchling, they're very small and have to live in a special pot for a few months. Buying a snake around one years old or more means they can move straight into a full-sized vivarium.

GENDER: It's not that easy to tell males and females apart, but a reliable dealers should do that for you. Unless you're planning on owning more than one snake, it shouldn't matter too much what you have, although the males of most species tend to be a bit friendlier.



Pythons:

Bigger and heavier than other pet species
Quite picky eaters
Lots of different pretty patterns
Slightly more challenging than other starter snakes



Kingsnake:

Essentially just cornsnakes with attitude
Big colour variety

CONS

They have a tendency to escape
Setting up a vivarium is a bit of a faff.
They're not the easiest pets to source.
Some of your friends will refuse to visit your house
Some of your friends will never leave your house
If you are a mouse-lover... A snake isn't for you.



Corn Snakes:

Good starter snake
Really easy to look after
Not too big or heavy
Come in a large range of colours and patterns

Selecting your snake & Equipment

ALWAYS find a registered reptile dealer, who breeds their own snakes and has well-informed staff. Phone up and ask to visit before you even think about buying. If you are allowed to see all the snakes and they look healthy, well-kept and clean, you're on the right track. Ideally, you should be able to buy all the snake equipment from the same place.

Pay a visit to your chosen dealer and look at everything on offer. If you know exactly what you want, bear in mind that it might have to be specially procured or bred for you, if it's not in stock. This is quite easily done and doesn't cost any extra, but it does mean waiting a bit

Here's an initial list:

- **Vivarium:** I once knew of a person who let their pet python sleep on their bed. That's not advisable. At all. Instead, you'll need a vivarium; ready-built or one built to your specifications. Make sure your viv is made for reptiles, not fish.
- **Heat Lamp:** Exactly what sort of lamp you'll need depends on your snake, but having one is VERY IMPORTANT for your cold-blooded pet.
- **Thermostat:** This links up to the heat lamp to keep the viv at a safe temperature.
- **Vivarium flooring:** Bags of what resemble bark chippings go in the bottom of your vivarium to resemble a forest floor
- **Hides and foliage:** Two wooden hides (one for each end of the vivarium), some imitation plants and a couple of large sticks are a good place to start.
- **Water dish:** Quite large; big enough for your snake to bathe in.
- **Spray bottle:** You'll need to use this to keep the vivarium moist every day.
- **Vivarium cleaner:** Not normal bleach because it'll harm the snake; buy a non-harmful animal specific cleanser.
- **Snake food:** In other words, frozen rodents! The size of mouse or rat depends on your snake's age and size, as does how often you need to feed him. Keep them in the freezer.

Setting Up

1. Make sure that your chosen location has some power sockets nearby, for Step 2.
2. Connect up all the cables. Depending on your setup, there should be a lead coming from the heat lamp, as well as one for the probe.
3. Link up the thermostat. This needs to connect to the heat lamp, and should be kept somewhere easily accessible,
4. Put down the flooring and set up your sticks, hides and plants. There'll be a hot end of your viv (where the heat lamp is) and a cool end.
5. Fill up the water dish.
6. Give the vivarium a good spray. There is no such thing as too humid, so get busy with that spray bottle! Begin by spraying the hot end of the viv very vigorously, then spray the cool end, then do the hot end again. Avoid spraying the lightbulb or it may blow.
7. Move you snake in! During your journey home, your new snake will probably have been in a ventilated box or bag, so he'll be cold and not very active. Now is not the time to begin handling him. Instead, place him in the cold vivarium, somewhere dark and quiet, turn on the lamp and increase the thermostat to the right temperature and let him settle in.

INTERVIEWING ALUMINI

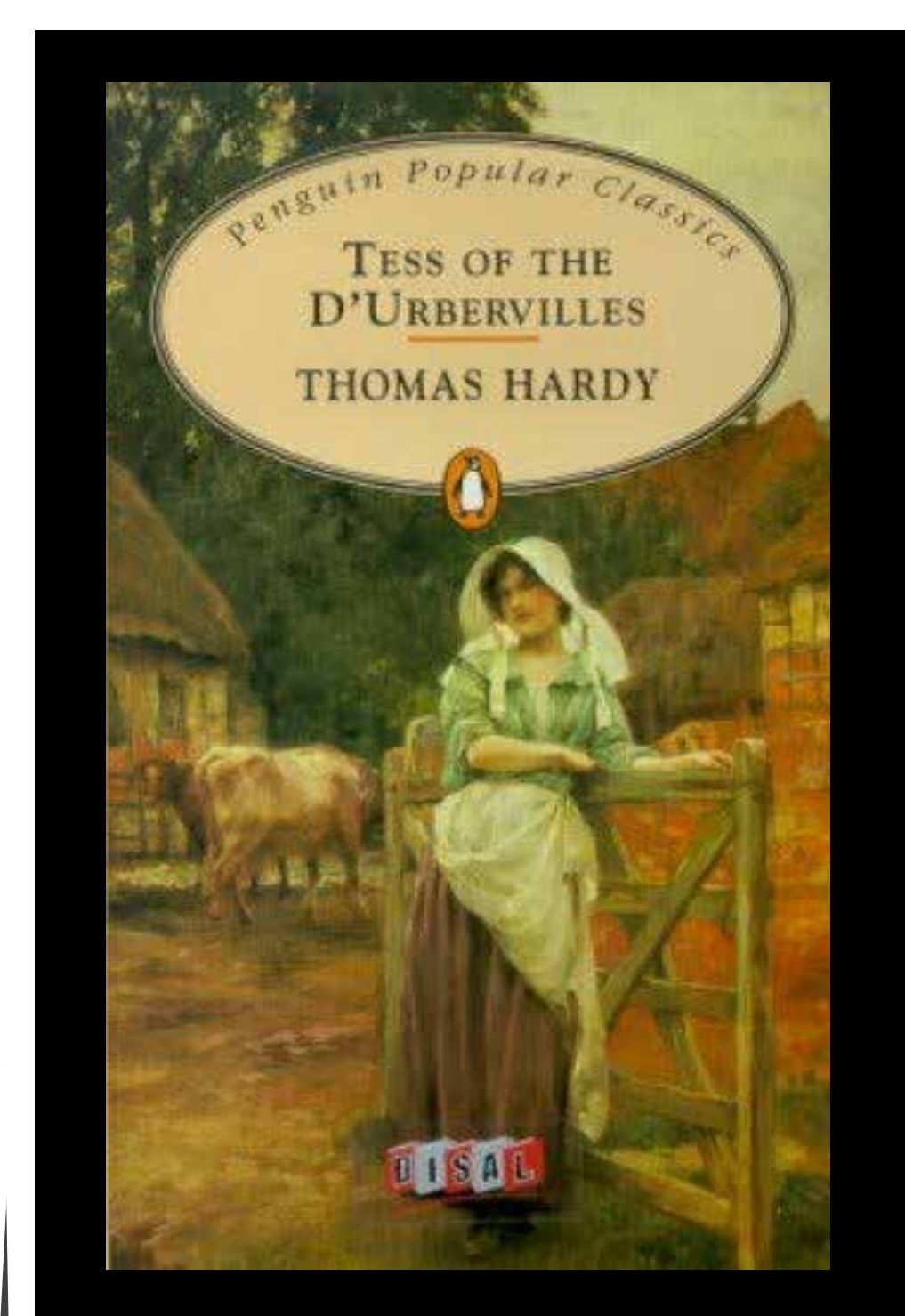
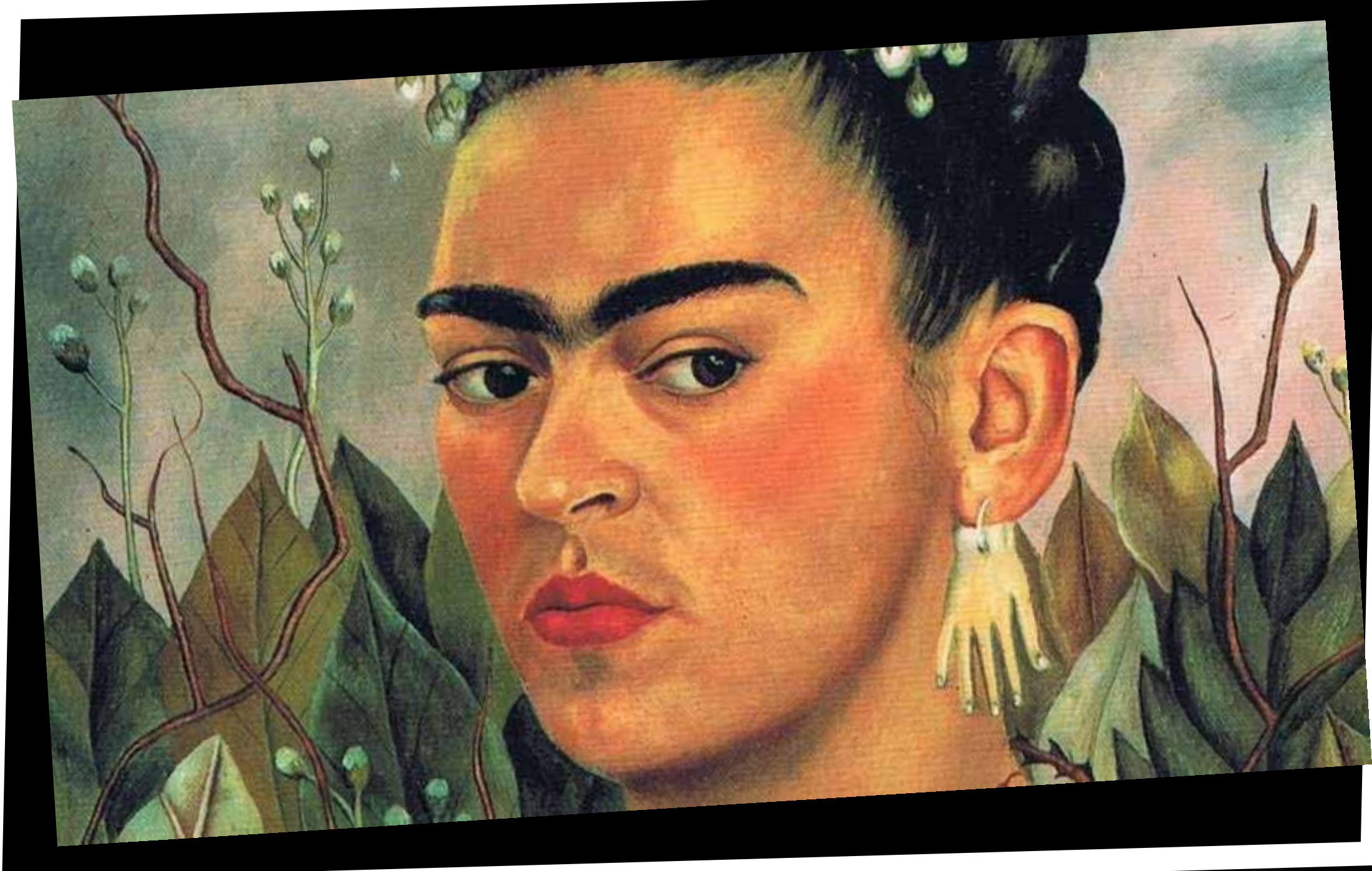
Former Head Girl, Ellie-Mae Davies-Buften has recently completed a work placement in school, having gained a First Class honours degree in Psychology at Bangor University last summer.. She is planning to begin post-graduate study at Bangor but came to talk to the Year 13 Psychology students, giving them a comprehensive insight into the undergraduate course. We took the opportunity to interview her here separately, for the Sixth Sense.

If you could have a superpower, what would it be and why?

"I've always thought about mind-reading, but that might be potentially dangerous? It would be useful for my job, anyway!"

What is your motto?

"An arrow can only be shot by pulling it backward. When life is dragging you back with difficulties, it means it's going to launch you into something great. So just focus and keep going."



If you could live in a book or film, which would you choose?

"Tess of the D'ubervilles. I love Thomas Hardy and the landscapes he creates."

What is your ambition?

"To be a clinical psychologist and help people"

Who is your favourite person in the entire world?

"Frida Kahlo. I'm completely obsessed."

What do you feel is your greatest achievement?

"Conquering my anxiety. It's not easy, but I'm getting there."



What is your favourite smell?

"Lavender or rosemary. I use them while I'm studying and they're very relaxing."

What is your earliest memory?

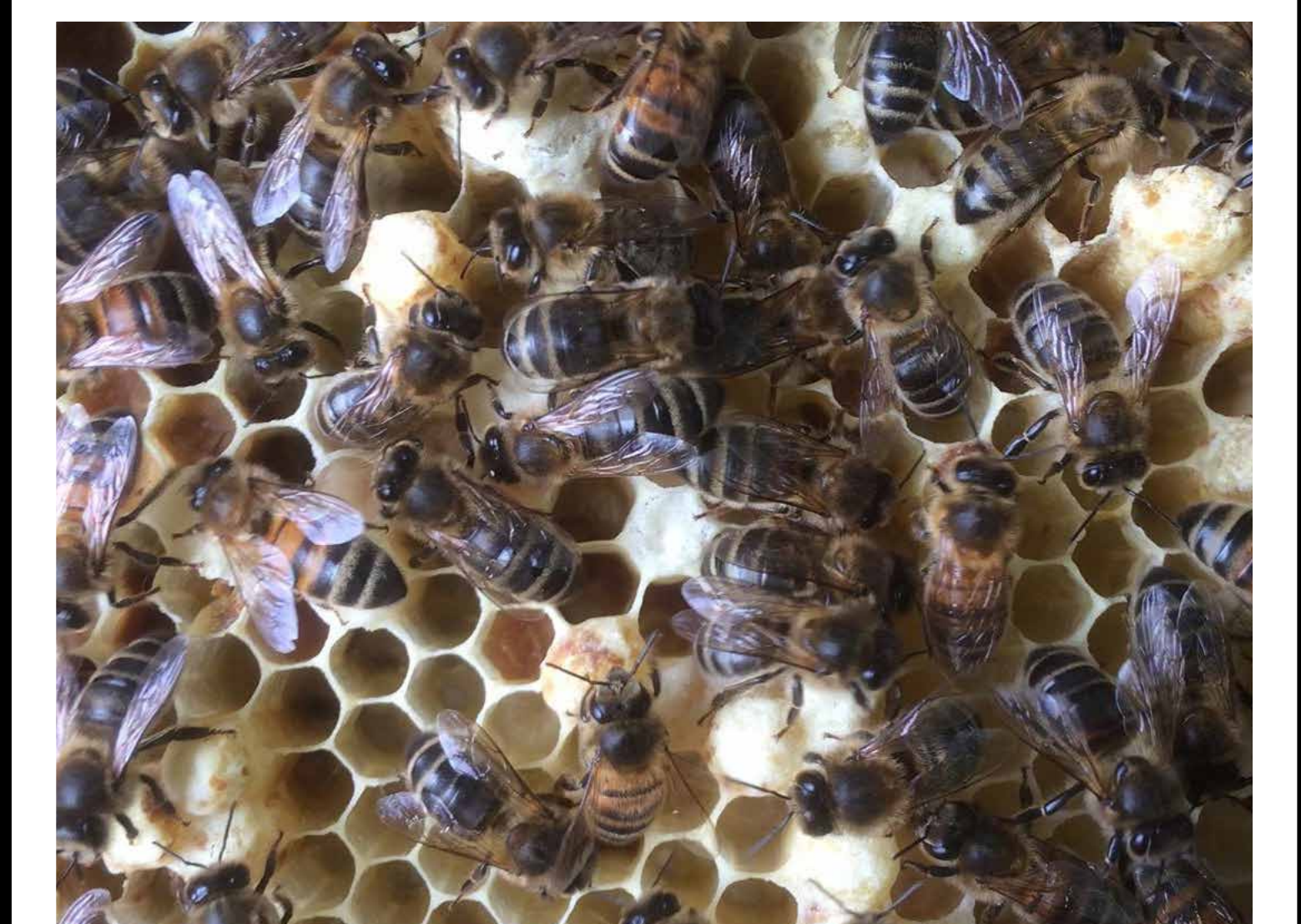
"I bit someone on the hand when I was three. He went to bite my new dress, so I got in first! We are still friends though..."

What were your best and worst school subjects?

"My best were psychology (obviously!), history and English. My worst was definitely maths."

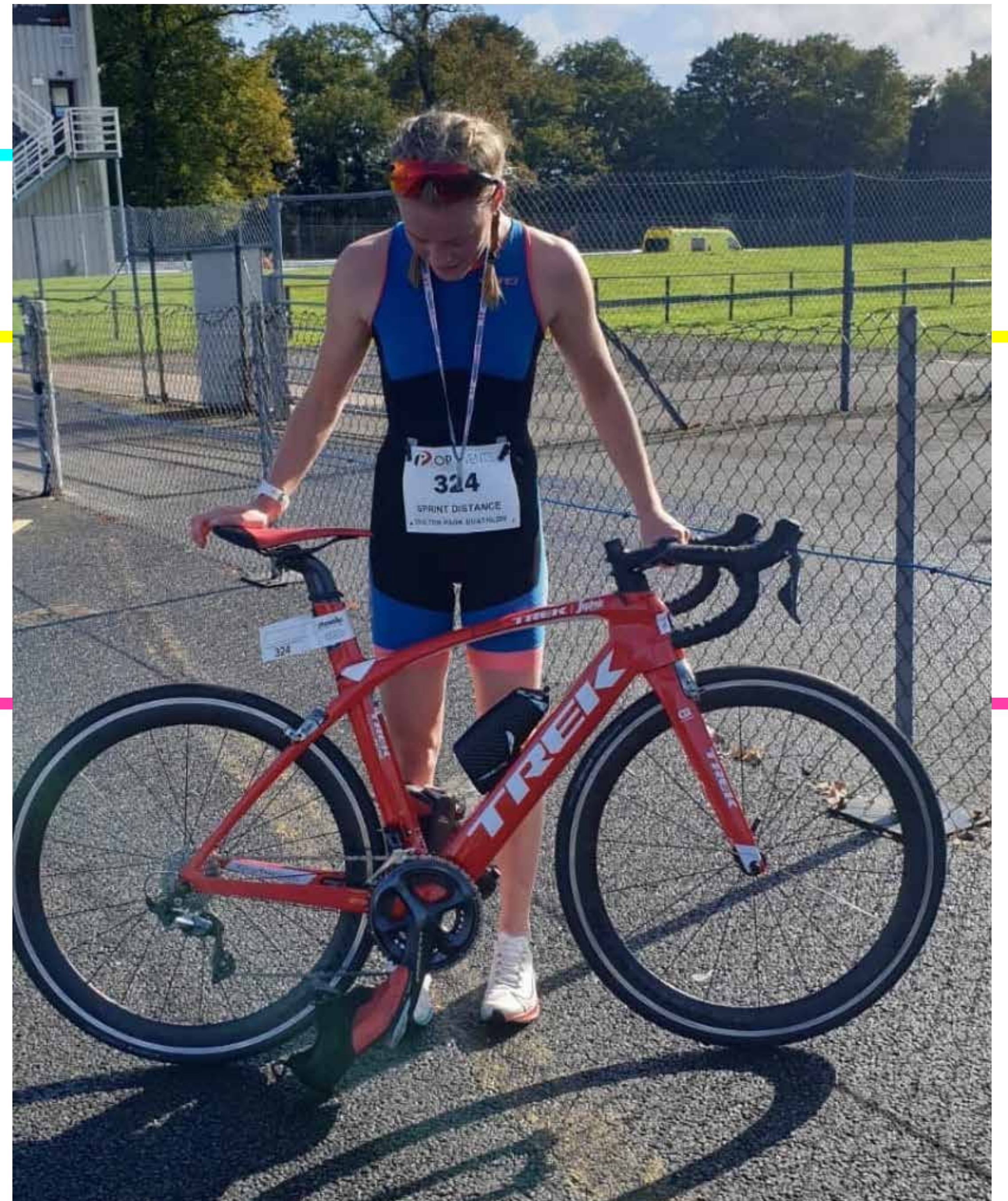
What is your favourite word and why?

"Onomatopoeia. I just love the sound of it, and I find it ironic that I love the sound of a word that means 'the sound of a word!'"



Athlete

Aoibh Clarke



While many of us are bleary eyed and semi-consciously reaching for our Coco Pops in the morning, Aoibh may well have already been pounding the pavements or even, from her previous home, cycling the 17kms to school. This self-motivation is part of Aoibh's training as a triathlete, for which discipline Aoibh was regularly putting in 16 to 20 hours a week training, before her current injury forced her to reduce that. She would swim every day in either Leominster or Hereford Pools, do track work in Hereford, run up the hill next to her house 100 times and was generally running 4-13 kms, four times a week.

Amazingly, however, Aoibh has only been competing in high level triathlon events for about a year and says that her interest in the sport was only kindled when she first came to Lucton in Year 10 and joined the Lucton triathlon club, run by Mr Warren. Prior to that Aoibh's sporting interests were in horse riding and hockey and swimming was something she came to late and is now her least favourite of the triathlon events. She has been told that in order to be a successful triathlete, you need to start swimming at a very young age and yet Aoibh consistently wins the events she enters, as her list of recent awards (left) show! Each triathlon requires a 750m swim, a 20 Km cycle and a 5k m run in that order but, as if that isn't exhausting enough, Aoibh may have her sights set on the IronMan events which include a 2 mile swim, a 112 cycle and a marathon to finish off! Aoibh says that her best experience has been not in winning

a particular event (perhaps because she often wins the majority of the events she enters) but in competing alongside the best triathletes in the country. That said, one of her proudest achievements was coming third out of 3,000 triathletes in the Blenheim Triathlon in 2020.

And her worst experience? Swimming into a wall during one triathlon because, keeping her eyes closed as she swam, she didn't realise that she had reached the end of her lap!

The logistics of moving from one event to another in a triathlon is made easier by modifications such as elastic laces on her running shoes and a full length zip on her wetsuit which enables swimmers to remove the suit in one movement, with their tri-suit underneath, ready for the cycle. In addition, the cycling shoes are already attached to the bike. Aoibh says that saving as much time as possible in the transitions from one event to the next is critical in giving competitors an edge over the other athletes. She can currently do the transition from lake (or pool) onto her bike in under 30 seconds.

Her bike itself is a TREK MADONE with upgrades such as power pedals) and zipp 808 carbon wheels and a gold chain! The bike is currently the most aero road bike as well as the fastest on the market so Aoibh is very lucky to ride it.

Running has now become very much a family activity and in the last 2/3 years, Aoibh's siblings as well as her parents have all begun running competitively, with her younger sister, Darcy, now representing English Schools.

And the next step for Aoibh? Currently she is applying to read Psychology at several universities with triathlon reputations, including Nottingham, Stirling and Loughborough. With her current level of commitment and drive, we are sure Aoibh will go a long way ahead and, of course, at great speed!

Recent Awards

- **1st** (age cat) - Birmingham triathlon
- **1st** - Oulton park duathlon
- **3rd** overall / **1st** (age cat) - Blenheim palace triathlon
- **1st** - Shropshire triathlon
- **1st** - Halesowen triathlon
- **1st** - Bishampton duathlon
- **2nd** - Castle Combe TT (cycling)



Kicked into Tough



This term we asked Harri Lloyd to reflect on his experiences playing rugby both for Luctonians and previously in Australia.

Playing rugby this year has been a challenge due to COVID; I had been to 5 training sessions at Lucs before everything was all cancelled. After playing rugby while I lived in Australia, I was excited to see how club rugby differs over here. I have yet to play a game or even have a real intense training session however.

The rugby in Australia was very enjoyable, I created many unforgettable bonds with people from all walks of life. We had a diverse team with people from the UK, Ireland, Tonga, New Zealand, South Africa, and even a few Australians! Our competitiveness and desire to win brought us all together and allowed us to win the finals at the end of the season. We faced hardships and all of us learnt and improved how we play rugby in some way shape or form. I can honestly say I was friends with everyone on that team, there wasn't a single person left out. I'm so grateful to have had the experience to play on the other side of the world and I will never forget my club - Box Hill - in Australia.

I hope that I can form the same bonds with the boys down at Lucs, they all seem like a good laugh and passionate players. I'm excited to see the types of teams we'll be facing in the future. In Australia, the opposition was almost always a team of Tongan giants, who most certainly didn't look under 16.

I don't know how much longer I'll be able to play rugby with exams coming up, so I'm hoping and praying that things will open up soon. I don't want to miss another second. Not being able to play with a team has made it really hard to stay motivated and train, but with the friendships I've made at school I've been able to keep up some level of fitness with their encouragement. I think if COVID has taught me anything, it is that it is important to have people in your life that will support and look after you - exactly the sort of things teammates in rugby do.





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