



The Crimson Cross
7th Publication
February 2026

The **Crimson** C r S S

A WARM AND WELCOMING START TO THE YEAR

New Year New Stories!

For a lot of people, the start of the year is usually a slow burner... but not here at Saint George! There has been lots going on, lots to look forward to and lots to report on.

With this, our 7th edition (and first of 2026) I just want to take the opportunity to thank all of the incredible young journalists who have created a variety of informative and entertaining articles for your reading pleasure to kick off the new year in style.

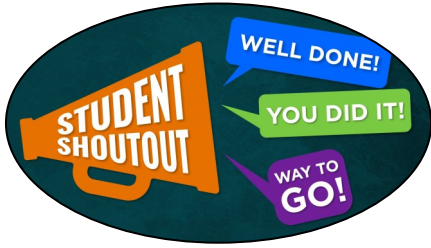
Best wishes,

Mr J Scott

INSIDE THIS ISSUE

Pupil Shout Out	2
School Sports.....	2
School Prayer.....	3
Lent.....	3
Drama Club.....	4
Food Recipe.....	5
Book Review.....	6
World Book Day Ad.....	6
Student Clubs	7
History Corner.....	8
Student Credits.....	9

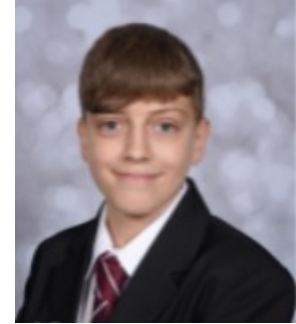
PUPIL SHOUT OUT



Pupil Shout out is a way to celebrate the kindness of other pupils and the way they use their talents to benefit others. This pupil has particularly impressed the Crimson Cross with a positive attitude on a daily basis.

The First Pupil Shout Out of 2026 is

Edward Brady (8JP)



Edward always arrives at school with a polite word to say. It is the small things that often can go unnoticed, but his daily 'Good Mornings' and well wishes to have a 'Pleasant rest of your day Sir' never do. He always puts the upmost effort in his English work and looks at how he can challenge himself further. He is a joy to have in Tutor and is a role model to his peers. Edward is the type of student that we should all Aspire to be at Saint George.

By Mr J Scott

YEAR 8 FOOTBALLERS BATTLE HARD ON THE PITCH

St George have had a strong start to 2026 with 3 wins out of 4!

St George have played well in all four games but sadly just lost out to the league leaders and their biggest rivals, Deer Park by 2 goals.

In the league, they strongly beat Bitterne Park 4-1 and Cantell 6-3 as well as beating Hounslow 2-1 in the Hampshire cup, progressing to the semi finals where they are eagerly waiting to see who their next opponents are.

The team are grateful to teachers and their friends for staying on at school to support the team at home games.

Finally, a massive thank you to all of the of the P.E staff for organising the fixtures and giving up their afternoons taking us to games. We appreciate all of your dedication!

By Adam Miell



LENT: A DISCUSSION

With Lent due to start on the 18th February, our writer Adaline Prakash thought that this was a good opportunity to share the facts behind the tradition.

Lent is a special season where Christians get ready for Easter (Jesus coming back to life). It lasts for 40 days to mirror the time that Jesus spent fasting and facing temptation in the desert. The number 40 symbolizes a significant period of testing, purification, and spiritual preparation in the Bible.

What do you do?

- Give up something you really enjoy (sweets, meat or fast food) so that you may learn self-control
- Be kind to people by doing little things like talking to them in a nice way
- Pray for those who you don't like or those who are suffering
- Learn to be thankful with what you have and do not compare with anything else

We asked the Saint George R.E Department what they would be giving up for lent:

Mrs Knight: I am giving up social media. I find this tricky as I get serious FOMO when I do this but it gives me a chance to be a better person because instead of wasting time scrolling through absolute rubbish, I have an opportunity to be more present at home around my family and have extra time for prayer - another bonus, especially during Lent. I should probably give up chocolate too but I don't think I could make it through 6 weeks without any Maltesers!

Mr Farrell: I keep asking myself what is keeping me away from God and from being the best version of myself? Is it greed and so need to give up sweets? Is it distractions, so perhaps I need to give up social media. Is it something else? I always try to take something up too, and this year I am going to give the Couch to 5k challenge a go. Striving for God in mind and body!

A PRAYER FOR THE SPRING TERM



Dear Lord,

Thank You for this new day and the chance to learn and grow.

Bless our minds with understanding,

our hearts with kindness,

and our actions with respect for one another.

Help our teachers teach with patience,

and help us learn with curiosity and courage.

Guide us to do our best,

to help those around us,

and to make choices that are good and right.

Keep our school a place of safety, friendship, and hope.

Amen.

By Caydan Chituh



PLAY: STRINGS AND SPRINGS

The school's afterschool drama club is getting ready to present an exciting new play. Anticipation is already building among students and staff. The performance will take place in the school hall, where families, teachers, and friends will be invited to come along and support the hardworking cast.

The play tells the story of a young girl who is asked by two magical candle keepers to go to a toyshop and save all the toys. She goes there with her sister, her brother and his best friend. They make friends with all the toys and at the end, defeat the evil owner of the shop.

The play was made so the audience could laugh, have a good time and watch their kid's hard work.

The upcoming production promises a fun and entertaining story filled with memorable characters, dramatic moments, and plenty of surprises. Drama club members have been rehearsing after school for several weeks, spending time learning lines, practising scenes, and working together to bring the play to life.

One student involved in the show shared, "We've been working really hard, and it's been fun seeing everything come together. I'm excited for everyone to watch it." The cast has also been developing their confidence on stage while improving teamwork and performance skills.

With the performance date approaching, the school community is encouraged to attend and cheer on the talented students. The afterschool drama club hopes the play will be an enjoyable evening for all and a chance to celebrate the creativity and dedication of its members.

By Leo Ascensao

WIZARD OF OZ TECH RUN

They say theatre is the art of the 'now', but for the cast of Wizard of Oz, the 'now' was a long day on Thursday 5th February of endless light cues and figuring out what props go in what scene, as we find our way across the Yellow Brick Road. In a world that prizes instant results, the Tech Run is a gruelling reminder that beauty requires friction. The flying monkeys finally learn their flight paths and Kansas finally tuns into technicolour. It is the day where ideas are forced into reality, and the results will be nothing short of miraculous.

We encourage everyone to come 'Somewhere Over The Rainbow' with us and watch our 2026 School Production of The Wizard of Oz (11th and 12th of February)!

By Zuzanna Tylec

RECIPE: THE 'BRAIN POWER' BOWL

Sameer Kassamali suggests a healthier option for breakfast to fuel your day without the crash.

You know the feeling: the alarm goes off, you are already running behind on schedule, and reaching for a sugary cereal or a packaged granola bar. By second period, the "sugar crash" hits, leaving you more tired than when you woke up.

If you want to maintain focus through work and lessons, staying full of energetic power, choosing what to eat for breakfast matters. The key is a balance of **slow-release carbohydrates** and **healthy fats** to keep energy levels steady.

Recipe for Overnight Oats.

- 1) **Soak:** Mix **1 tbsp of rolled oats** with **3 tbsp of water** and let them sit for 12 hours (or overnight).
- 2) **Mix:** Stir in **some milk or** fresh alternatives such as soya, lacto free milk, coconut milk, almond milk depending on dietary requirements.
- 3) **Grate:** Grate **one large apple** directly into the bowl. Can use a variety of preferred fruits.
- 4) **Crunch:** Top with **1 tbsp. of chopped nuts** (almonds or walnuts) **chia seeds, pumpkin seeds** but if allergy to nuts use alternative.
- 5) **Add :** superfood toppings such as Greek yoghurt, honey.



The oats provides carbohydrates which are steady in glucose and release energy slowly, high in both soluble and insoluble fibre, whilst grated apple offers vitamins. By using fresh grated apple—skin, core, and all—you get over 30 vitamins and minerals, whilst walnuts can boost brain function. Soaking oats overnight also aids digestion.

Start your day the right way!



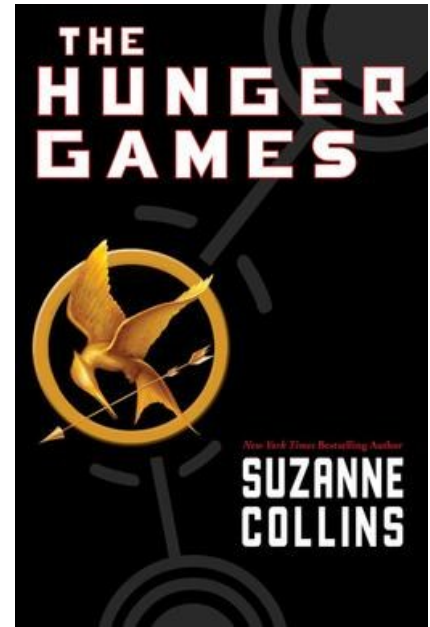
Saint George is looking forward to celebrating **International Women's Day**. In our next issue we will bring you more information on this!

BOOK REVIEW

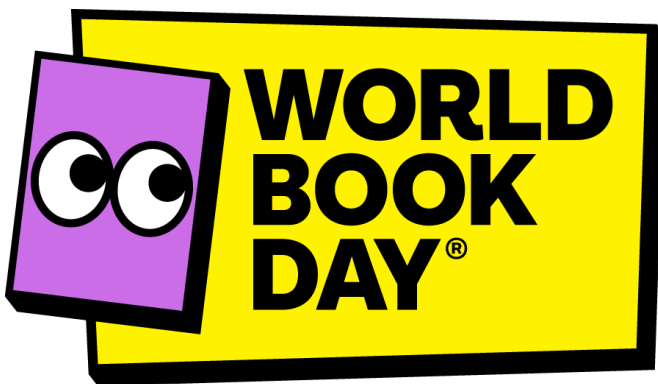
Book review: The Hunger Games

Author: Suzanne Collins

This is a gripping and entertaining novel that I found very enjoyable to read. The story takes place in a dystopian future where the government forces teenagers to take part in a deadly competition for entertainment. The main character, Katniss Everdeen, volunteers to take her sister's place in the Games, which immediately shows her bravery and makes the reader care about her. One of the strongest parts of the book is its tension. Suzanne Collins uses short chapters and cliff-hangers to keep the reader interested, which made it hard for me to put the book down. Katniss is a realistic and strong character who shows both physical strength and emotional depth. Through her experiences, the book explores themes such as survival, sacrifice, and the abuse of power. I also liked how the book makes you think about society and fairness while still being exciting and easy to understand. Overall, The Hunger Games is a well-written novel that combines action with meaningful ideas. I would recommend this book to people who enjoy adventure, drama, and stories with strong characters.



Read and reviewed by Jonah Tomy



Saint George School is looking forward to celebrating **World Book Day** on Thursday 5th March!

An annual favourite amongst staff and students, the themed costumes that each Department of teachers dresses up as are the perfect excuse to celebrate our school's love for reading!

Some memorable costumes in the past have been Harry Potter, Jurassic Park and Peter Pan.

CLUBS AT SAINT GEORGE

Are you interested in joining a club? Or are you just looking for something fun and new?

Here at Saint George, our school offers a vast number of fun activities and clubs to join, even if you just wanted to give something a try.

Participating in at least one club is a great opportunity to get involved, have fun and broaden your interests. There are a variety of games clubs, and a chance to go into the multigym but there are limited spaces for this club. Contact the teachers to find out more!

Monday lunchtime: This year, there are some new clubs like **Science club** on a Monday lunchtime in G9 for years 7 and 8. One of the popular clubs is **History club** in L8 with Ms Lefevre where you have the chance to present your own PowerPoints on anything historical. This year there is also the chance to meet some History Professors from Southampton University.

Tuesday after school: Drama club runs from the end of the school day till 4 pm, if you are interested in drama then you have hit the jackpot! This is a fun and friendly environment. This is a place where you do acting, theatre games and make new friends! Occasionally, you do a show/play which hold auditions and also provides an opportunity to also get involved behind the scenes! This year will be the Wizard of Oz! How fun does that sound?

Wednesday after school: Football club. It starts right after the end of the school day and finishes 4:15pm. Whether you are a football pro, or just fancy trying something new, this club is perfect for anyone who enjoys doing some physical activities and having a good time with friends

Sound fun!

Friday lunchtime: Philosophy club is a place where you answer out of the box questions and answer them as if you were a philosopher! Philosophy club is all about exploring interesting questions and sharing your ideas in a friendly environment

You could even join the **Newspaper club** and practice your journalist skills. Mr Scott is always on the lookout for new writers!

These clubs are open to everyone, and you make such cool and fun friends along the way. Who knows, maybe one of the friends you meet here could be someone you stay close with for years! Further information about clubs can be found on the school website via the [Clubs & Activities](#) page.

Have fun and get clubbing!

Written by Adam Miell and Leo Ascensao



THROWBACK TIME

The Crimson Cross history enthusiast Maciej Lulek takes a speedy step back in time...

In 1926, Malcolm Campbell, a British racing driver and speed enthusiast, set the land speed record in Wales on Pendine Sands, a long, flat stretch of beach famous for hosting speed records.

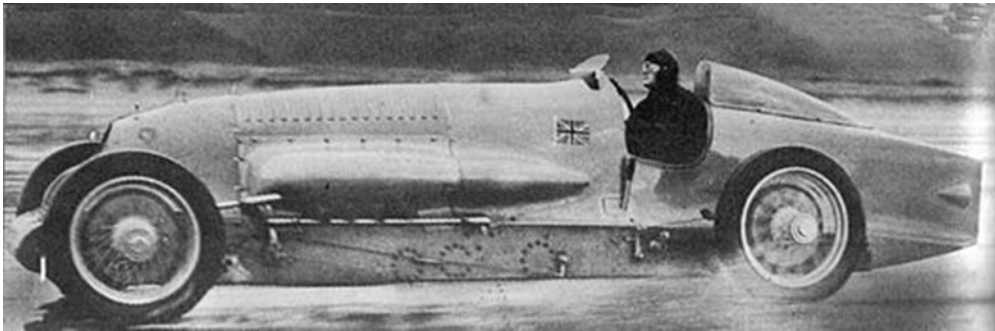
Campbell's record run took place on September 3, 1926, where he drove his Blue Bird car, a specially designed vehicle for breaking speed records. On that day, he achieved a remarkable 146.16 mph (235.22 km/h), making him the fastest man on land at the time.

This feat was a significant milestone in the pursuit of speed records. Pendine Sands, located on the coast of South Wales, was often used for such attempts because of its smooth, hard surface that provided ideal conditions for high-speed runs. The beach had already witnessed several record-breaking attempts, but Campbell's success was one of the most celebrated.

What made Campbell's achievement so notable was his precision in car design and his ability to extract maximum performance from the Blue Bird. The car itself was a masterpiece of engineering, with its streamlined body and powerful engine, built specifically to break speed barriers.

This success would eventually pave the way for more of Campbell's record-breaking achievements. He would go on to break the land speed record multiple times and also set a water speed record, making him one of the most famous figures in the history of speed records.

Malcolm Campbell's achievements on Pendine Sands in 1926 remain a significant chapter in the history of motorsport, and his name continues to be synonymous with speed and daring ambition.



Above: Campbell in his record breaking car

Right: News Chronicle reporting the feat





THANKS TO THE FOLLOWING PUPILS FOR ALL THEIR HARD-
WORK IN THIS EDITION

- Leo Ascensao
- Caydan Chituh
- Ry-Lee Jones
- Sameer Kassamali
- Maciej Lulek
- Adam Miell
- Adaline Prakash
- Jonah Tomy
- Zuzanna Tylec



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*"There is a highly aspirational culture where
pupils want to work hard and achieve well"*

*"Expectations for behaviour
are extremely high and pupils
live up to these"*

"The school is 'one big family'"

*"This is a truly inclusive and
welcoming school"*



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At St George we Aspire to become all that God created us to be