



# **+** The Crimson C r o s s

## EASTER EDITION

### Spring is upon us!

The term may have been a short one, but it was just as busy as ever here at Saint George. With Easter just around the corner, there has been lots to report on.

With this, our 8th edition, 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 end the term on.

From all of us here at Saint George, we wish you a restful, joyous Easter break.

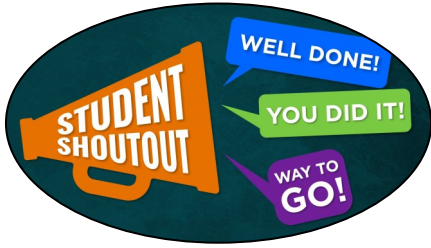
Best wishes,

*Mr J Scott*

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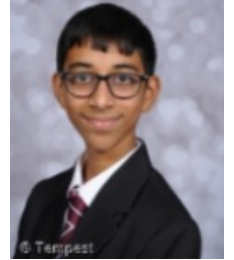
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## PUPIL SHOUT OUT



Pupil Shout out is a way to reward and celebrate people's good works and deeds around the school. This pupil in particular is usually under the radar but he is always behaving well both in and out of lesson.

This Terms Pupil Shout Out is... **Reon Roche (8FR)**



Since his time here at St George, Reon is seen as a model Student. When someone's upset, he won't ignore, he will ask if they are okay. If you're feeling down and something's wrong, Reon's can do attitude could pick you right up. If there is someone that you should be like in the school today, it's Reon!

*By Caydan Chituh*

## LENT: A CONTINUED DISCUSSION

In the special season of Lent, we remember the harrowing forty days and forty nights that Jesus spent in the desert; facing the temptation of the devil to test the faith Jesus had in God's limits. Between Ash Wednesday and Easter Sunday, we pray to the brim of our minds, hearts and souls, fast to the threshold of our cravings, and give alms to those in our communities who need it most. It goes without saying that we should be doing this all year round, however; it is a significant period to appreciate Jesus for his sacrifice on the cross to give us salvation.

***Some ways of preparing for this time of year include:***

- Having a serious debate within yourself about what you will choose to give up for Lent. So you may learn self-control, you should give up something that will be a challenge to test the durability of your faith and the firmness of your belief.
- Try extending your daily prayers to offer more time with God, and talking to Him more openly because He loves and accepts you just the way you are, so when you are with Him don't wear the mask, allow Him to spend time with the real you.



Offer kindness to everyone, especially those who may need it. This could be little things like saying 'Good Morning' to teachers and peers. It is imperative to remember that we can have a real impact on someone's day, even if only through a smile.

During Lent, we prepare for Easter when the ultimate sacrifice was made. Jesus gave his life for us, in order for our sins to be forgiven and for us being able to receive eternal life in Heaven with God. It is a time when we can be spiritually-renewed and show repentance for our sins. If you choose not to give up anything for Lent then you can try to form spiritual habits, such as daily prayer or giving money to charity. We must remember that Lent is a meaningful journey we take with ourselves and God not just an exercise in self-denial.

*By Keira Channell*



**£1 NON UNIFORM DAY THE FINAL FRIDAY OF TERM— TO RAISE MONEY FOR CHRON'S & COLITUS**



## A PRAYER TO REFLECT ON THE SPRING TERM



Dear Lord,

Thank You for guiding us through this term, for the lessons we've learned, the challenges we have faced, and the friendships we have made.

As we look ahead, help us to stay kind, patient, and curious. Remind us to do our best, even when things get tough, and to support one another with understanding and care.

Bless our school community, that it may continue to be a place of growth, friendship, and opportunity for everyone. May the next term bring new experiences, moments of learning and the courage to try new things.

Amen.

*By Jonah Tomy*

## FROM DNA TO HEART: YEAR 8 GOES INSIDE THE LAB

**Year 8 students are trading their classrooms for a professional hospital laboratory to get a hands-on look at science.**

Based in a laboratory environment within Southampton General Hospital, the trip gave students the chance to explore science and health in a practical way. While the sessions were structured similarly to classroom lessons, the hands-on activities made the day feel more engaging and relevant.

Throughout the day, students carried out a range of practical activities, including measuring heart rate, blood pressure, and aspects of physical performance such as flexibility and jumping ability. They also learned how the lungs function and looked at risk factors for conditions such as diabetes.



One of the highlights of the trip was extracting DNA, giving students a hands-on insight into the biological processes they study in science lessons. Seeing the concepts in action made them easier to understand and remember.

Overall, the trip offered a good balance between practical work and learning, giving students the opportunity to experience science and health topics outside the classroom. Many students commented on how interesting and informative the day was, and it provided a unique experience that extended their knowledge beyond normal lessons.

*By Leo Ascensao*

## ROMERO DAY 2026

**This year's Romero Day held on Friday 20<sup>th</sup> March was a huge success raising over £4000!**

Everyone put in so much effort in hosting numerous stalls and donating generously to raffles, ice cream and hot dog stalls. The staff basketball match and 'Sponge the teacher' were real highlights!

All money raised will be donated to Hope Now, a Southampton based charity helping people in Ukraine. We look forward to hearing the final total of money raised.

You can read further information on 'Hope Now' here: <https://hopenow.org.uk/>

Thank you to all the staff for organising our big charity fundraiser of the year. It was great fun!

*By Adam Miell*



## RECIPE: MANGO AND CUSTARD TART

Sameer Kassamali suggests a mouth watering March concoction.

As the frost finally retreats, shaking off the winter chill, we find ourselves in that magical "in-between" season. Winter is fading. The air feels softer, the light stays a little longer, days get longer and there is a quiet, persistent energy humming just beneath the surface.

The days get longer and the weather begins to turn, just as nature starts to bloom a bloom of spring and we are simply enjoying more sunshine. March is all about embracing new beginnings.

March is a month of transition where we see important things taking place from cultural to sporting events. It is the perfect time to try a new recipe!



### Ingredients

- Plain flour, for dusting
- 320g pack ready-rolled shortcrust pastry
- 2 tbsp desiccated coconut, plus extra to serve

### Mango Filling

- 2 No.1 Speciality Mangoes
- ¼ tsp salt
- 300ml double cream
- 160ml can coconut cream
- 1 vanilla pod, seeds scraped
- 5 medium free range eggs, 3 whole, 2 yolks
- 50g caster sugar

### Method

- 1) Preheat the oven to 190°C, gas mark 5. Lightly flour a work surface and unroll the pastry on it, then sprinkle over the coconut. Use a rolling pin to roll the pastry out so that the coconut sticks to it and it is 0.2-0.3cm thick. Use to line a 22cm fluted tart tin, leaving a 1cm overhang, and prick the base all over with a fork. Line with baking parchment, fill with baking beans and bake for 10 minutes. Remove the parchment and beans, then return the tart to the oven for another 10 minutes. Reduce the oven temperature to 140°C, gas mark 2.
- 2) Meanwhile, chop the mangoes. Put  $\frac{3}{4}$  in a blender with the salt; whizz until smooth, then set aside. In a pan, mix the cream, coconut cream and vanilla until smooth, then cook over a medium-high heat until bubbles start to appear; take off the heat.
- 3) Whisk the eggs, yolks and sugar in a bowl with a balloon whisk. Continuing to whisk constantly, gradually add the warm coconut cream mix. Stir through the mango purée, then strain the mixture through a sieve into a jug. Put the pastry case (in the tin) on a baking tray, then pour in the mango custard mixture and bake for hour, or until the custard is set but still has a wobble in the middle.
- 4) Set aside to cool to room temperature, then trim away the excess pastry. Chill for at least 2 hours (up to 24 hours). Sprinkle with the extra coconut and serve at room temperature with the remaining mango.

**Enjoy the tasty treat!**

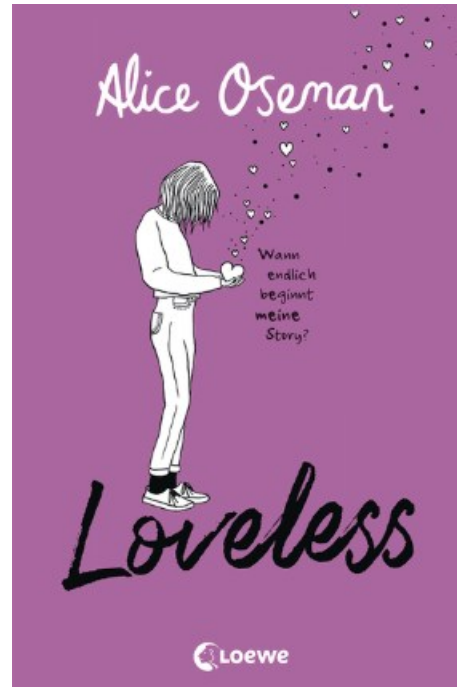
## BOOK REVIEW

### Book review: Loveless

Author: Alice Oseman

Few books capture the confusion and beauty of self-discovery as genuinely as *Loveless* by Alice Oseman. This book tells a thoughtful, coming-of-age story about Georgia's university life, and the many forms love can take. I personally really enjoyed this book because of the character development from each character, for example how the main character grows more confident throughout the book. It tells a wonderful story about how in a world that often assumes romance is everything, Georgia finds herself not necessarily with a partner but surrounded by good people with good opportunities. I really recommend picking up this book as it tells the reader beautiful things about love and keeps you wanting to read it again!

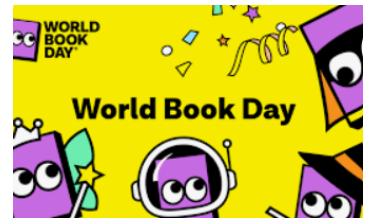
Read and reviewed by Zuzanna Tylec



## WORLD BOOK DAY

What if a single book could transport you to another world, introduce you to unforgettable characters, and change the way you see life? Every year, World Book Day celebrates the pure magic of storytelling and reading for all ages to enjoy! Organised by UNESCO, the main aim of the event is to encourage young readers to discover the joy of books and the creativity that can be found within those books. At St George, World Book Day is typically celebrated by literacy assemblies, themed English lessons, a scavenger hunt and the staff dressing up as different characters from different books (which is always great to see!).

Reading is important because it shapes the mind, improves vocabulary, strengthens imagination and develops critical thinking skills. Books also help us understand the history of our world, different cultures and traditions and overall what happens in the world around us. In a society full of digital distractions and hours of doomscrolling, World Book Day reminds us that sometimes we need to put down our device and read a good book. Whether it's a manga, novel or biography, the universe of reading has something for everyone!



*The possibilities are endless!*

For this occasion, *Zuzanna Tylec* asked Saint George English teachers Mr Rogers, Mrs Cameron and Ms Templeman a few questions related to their experiences with books.

### What is your favourite book and why?

**Mr Rogers:** My favourite book is *The Da Vinci Code* by Dan Brown because it is full of twists and turns, it is so cleverly written and there are plenty of those moments you absolutely need in a book where you literally gasp!

**Mrs Cameron:** It is so hard to pick just one book but one of my favourites is *Wonder* by R J Palacio. I love this book because it tells a heartfelt story that teaches readers to choose kindness and to understand others.

**Ms Templeman:** My comfort read is *Harry Potter*, there's something about escaping to Hogwarts that's very nostalgic for me. But my favourite book is *Frankenstein*. It's so well written and I love to hate the main character, that's not something you see every day! Victor Frankenstein is the real monster of that book, not the creature he creates.

### What would you tell a student who wants to read more but is struggling?

**Mr Rogers:** If a student is struggling to read but I would want to encourage them, then I would say, firstly, not to put any pressure on themselves to read anything challenging - read something that you know you'll enjoy. It doesn't have to be equivalent to their Reading Age; it can even be something that they know they enjoyed when they were younger; just pick something up that you know is going to be accessible and you are going to enjoy. It also doesn't have to be a lengthy fictional book; it can be non-fiction articles found online or even comics.

**Mrs Cameron:** I would tell a student who wants to read more but is struggling to keep going and persevere. Just like a film, you might not like every one you put on, much like a book. Look for something that aligns with your hobbies. I would also tell them to set time a day to read to ensure you are sticking to it. I think the best time is 30 mins before bed. Put away your phone and get out your book!

**Ms Templeman:** I would say, don't put pressure on yourself to read a certain book or in a certain way. Build reading into a routine that works for you. I sometimes find it helpful to pick up a book if I've seen the film or maybe I listen to an audiobook and then read the sequel. Ask your friends for some recommendations. A cup of tea and a snack always helps me to get comfy!

**All of our staff and students at St George hope you enjoyed this years World Book Day!**

## INTERNATIONAL WOMEN'S DAY

On Sunday 8<sup>th</sup> March, the world celebrated International Women's Day! This was a day of celebration and empowering women worldwide reminding the world of the global significance of the journey and achievements that shaped society today. *Ry-Lee Jones* interviewed her history teacher, Ms. Ouvry, with a series of 5 questions on the topic. Here is what she had to share:

### What is International Women's Day and why is it so important?

"International Women's Day is a yearly event that **celebrates the social, economic, political and cultural achievements of women**. It is also a day to call action for accelerating gender equality. It's an important day because it highlights how far gender equality has come but also it recognizes how far it is yet to go. Whilst we are fortunate enough in this county to be protected by the Equality Act, and many discrimination laws, **women still face injustice, prejudice and societal inequalities**. It is also a day for reminding ourselves that whilst Britain is relatively progressive, there are many countries around the world where women are not treated with dignity or respect with many women and girls being subjected to unimaginable violence and prejudice."

### What is one "unspoken" barrier you think young women still face today?

"I think there is a lot of unspoken barriers that young women must face but the biggest one's **centers around child-care and looking after children**. It is often an expectation that women are to provide or organize, most of the child-care and it often means women are at a disadvantage financially."

### Which women in history inspires you the most, or is your favorite and why?

"So many, I can't pick just one! **I always admire Queen Elizabeth 1** who was **the first Queen of England to rule the country in her own right, without a man**. She was one of the most successful monarchs and did it all without a husband by her side. Another lady who really inspires me is **Ruth Bader Ginsburg**. She was a **US Supreme Court Justice** and legal icon who **revolutionized gender equality law**. She also co-founded the ACLU Women's Rights Project and argued landmark cases in the 1970s that established precedent against gender-based discrimination."

### Given the steps taken towards equality, why do you think we still need a day to champion woman?

"I want my daughter to grow up knowing she can do and be whatever she wants without constraints and I don't think we are there yet, so International Women's Day is so vital in the fight for equality. **It's important to show other girls and women what can be achieved.**"

### If you had one message for everyone, men and women alike, what would it be?

**To girls and women - Never apologize for or feel bad about challenging or reporting misogyny. Be kinder to other women – stop tearing each other down!**

**To boys and men – Challenge misogyny when you see and hear it. Listen and validate the experiences of women and don't minimize what they are saying.**



## 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*

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## THROWBACK TIME

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

The Polish–Soviet War was a pivotal conflict that shaped the borders of Eastern Europe in the aftermath of World War I. Fought between the newly re-established Poland and Soviet Russia, the war was driven by competing visions of territorial control and political influence. Poland sought to secure its independence and secure lands, such as Polish Lviv and Białystok, while the Soviets aimed to spread revolution into Europe, aiming to turn Europe red.

One of the most decisive moments came during the Battle of Warsaw, often called the “Miracle on the Vistula.” Polish forces, led by Józef Piłsudski, successfully repelled the advancing Red Army, halting the spread of Soviet influence westward, surrounding an army group. This unexpected victory not only preserved Poland’s sovereignty but also had wider implications for the future of Europe, presenting that the Soviet Union was much weaker than expected, weakening trust in the Bolshevik government.

The war officially ended with the signing of the Treaty of Riga in 1921 after the miracle. This agreement established borders between Poland and Soviet Russia that lasted until World War II. Today, the Polish–Soviet War is remembered as a key moment in European history, demonstrating the resilience of the Polish spirit.

### Jeszcze Polska nie zginęła! (Poland is not yet lost).



*Above Left: Józef Piłsudski in white*

*Above Right : Polish troops marching through Kiev, at the peak of the counter offensive, close to the end of the war*

*Right: a Polish division manning a machine gun during the Battle Of Warsaw)*





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

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



**SAINT GEORGE  
CATHOLIC COLLEGE**

Leaside Way, Southampton, SO16 3DQ  
Tel: 02380 322603 www.stgcc.co.uk

*"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