

Made every
term!

Happy
Valentines!

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Trips to Plas
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BE KIND | BE BRAVE | BE THE BEST YOU

MAHERS JOINS BEARS



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This term's news



What is rugby?



a team game played with an oval ball that may be kicked, carried, and passed from hand to hand. Points are scored by grounding the ball behind the opponents' goal line (thereby scoring a try) or by kicking it between the two posts and over the crossbar of the opponents' goal.

Ilona Maher joins Bristol Bears

Ilona Maher is an American rugby player and captain of the U.S. women's rugby sevens team; she is also a Olympic star, who has been in the Tokyo and Paris Olympics and won a bronze medal in the 2024 Paris Summer Olympics for the United States.

She gained public recognition when she went on *Dancing With The Stars*, then song *Surface Pressure* from the popular Disney movie *Encanto*. She came second place with her partner Alan Bersten who is a professional dancer.

Ilona has also recently joined the Bristol Bears. (A women's rugby team based in Bristol, England) She will be with them until the end of the season. She made quite the impression from helping the Bristol Bears win 43-31 to the Exeter Chiefs to breaking her nose in a match. Ilona Maher was recently asked about Impostor Syndrome in an interview, and she replied she does not suffer from it because "it's okay to be proud of what you've done, and it's okay to believe you deserve something because you've put in the work for it."



This term's news



Plas Pencelli

On the week from Sunday the 12th, to Friday 17th, a group of brave year 9's went to the Plas pencelli for the week and did lots of different activities. Some were during the day, and some were during the night such as swimming, a night walk and a scavenger hunt.

In the day they did lots of activities such as mountain walking, canoeing, rock-climbing, and my personal favourite, caving. If you are in year 8 and you are planning to attend next year, I would take much more clothes than they recommend because you'll be getting wet every day.

All about...

No, this Kandi isn't the American word for sweets, it's a type of bead and elastic.

The type of beads are called Pony beads which are made of plastic, and you can use any type of elastic. You can make stars, cuffs, flowers, bracelets and more!

Kandi evolved from Friendship bracelets, and the idea came from the edible necklaces, watches and bracelets. Like friendship bracelets, you can trade them. Initially a symbol of peace and connection within the rave culture of the 1990s, Kandi found its first major stage at music festivals. These festivals, characterized by their eclectic mix of electronic dance music (EDM), became the breeding ground for kandi culture. Kandi is normally traded at raves, and when you trade them you say Peace, Love, Unity and Respect.

Mollie Cooke

Kandi





Delicious Double Chocolate Cookies



By Ezme

Want a quick, easy, sweet snack to eliminate those Winter blues? Try these delicious cookies, tried and tested by the Newspaper Club team! The ingredients can probably be found lying around in your cupboards, so the only question is... What's stopping you?

Ingredients:

75g (3oz) butter at room temperature
175g (6oz) light brown sugar
1 egg
150g (5oz) plain flour
100g (3 ½ oz) white chocolate
100g (3 ½ oz) milk chocolate

Reviews from the team:

Kat- "They were very nice."

Ava- "Tasty."

Mollie- "They were very delicious."

Mr's Pickup- "Succulent and satisfying."

Judah- "They were very good. Become a chef."

The recipe:

- 1) Beat the butter and sugar in a bowl until pale and creamy.
- 2) Stir in the egg and flour, mixing until smooth.
- 3) Stir in the chopped chocolate/choc chips.
- 4) Spoon mounds of mixture onto a lined and greased baking tray (remembering the mixture spreads out as it bakes!) and cook for 8-10 minutes - you may have to repeat this step multiple times.
- 5) When the cookies are out of the oven, leave them to cool before transferring to a wire rack.
- 6) Enjoy your home-made cookies!! They are best eaten when fresh – be careful not to burn your mouth though!

Top tip: For triple chocolate cookies, add 2 tablespoons of cocoa powder with the flour and eggs.

(This recipe can be altered for allergies or intolerances.)

Enjoy!



Valentines day or Galentines day?

Coming away from the traditional valentines, is the new tradition: 'Galentines day!'

Here are five popular ideas of how people celebrate with their BFFs.

- 1) Going on a shopping spree- A great idea to do with your friends for Galentines day. For example, you could go into a charity shop and pick out some random outfits for them.
- 2) You could have lunch with them – from fast food to a fancy lunch at a restaurant.
- 3) A sleepover – An all time classic; to have all-night fun with the people you care about, while playing a bunch of fun games throughout the night.
- 4) A chocolate fondue – its tasty and easy, it is also adaptable for allergens.
- 5) Bring a board – you each bring a different colour board with food and drinks matching that colour. A great idea, plus it fills you up!



A chocolate fondue



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NEWSPAPER CLUB

The Sheldonian is our student publication run by the Sheldon Newspaper Club.

If you're a budding journalist and would like to join the club, sign up on epraise or speak to Mrs Pickup.

The club meets in E5 on Thursdays from 3pm-4pm.

There are many different roles for students in the Newspaper Club--from reporting and editing to creating comics. It's a great way to build your writing skills, learn how to interview and to find out more about what's happening in the school.



You can view/share the
online version at
Sheldonschool.co.uk/news

***Many thanks** to all the
current members of
newspaper club to help us
create the **Sheldonian**
student newspaper!*