

SPRING 1 2025

ISSUE #3

DAILY DANEBURY

Picture taken by Violet H-S



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Volume Three!

Welcome to a new edition of Daily Danebury. This time, released by a new set of students with a new set of views.

Creating this publication is my favourite time of the week, what appears to be chaos comes together like magic in such a short amount of time. The students are wonderful and insightful, and many pupils across the school are beginning

to look forward to reading our publication. I am so proud of every thought process and decision that goes into making this.

Well done TEAM DANEBURY.

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The benefits of a healthy lifestyle

By Margot D and Amelie T

Eating unhealthily can lead to several disadvantages, including weight gain, which increases the risk of obesity and chronic diseases like heart diseases and diabetes. It often results in poor nutritional intake, leading to vitamin and mineral deficiencies that can affect energy levels and immune function. Moreover, an unhealthy diet can increase anxiety levels, depression and other mental health issues. Below are the benefits of a healthy lifestyle!

Improved physical health; Regular exercise and a balanced diet can be maintained with a healthy weight. This can also reduce the risk of disease such as heart disease and some cancers. Additionally, it can improve physical fitness and help to provide essential nutrients like vitamins, minerals, proteins, fats and carbohydrates which are vital for your body, brain health, immune system - basically all health.

Mental wellbeing: physical activity releases endorphins, which help boost your mood, reduce anxiety, depression and stress. Furthermore, nutrients like omega 3, in fish, are found to promote cognitive function.

Better sleep quality: A healthy lifestyle can lead to improved sleep patterns. Regular exercise you sleep cycle, making it easier to fall asleep and stay asleep.

Increased energy level: Eating a balanced diet and staying active can enhance your energy levels, making you feel more alert and ready for your day.

Stronger immune system: A healthy lifestyle can contribute to a longer life by reducing the risk of serious health conditions.

Longer lifespan: Maintain a healthy lifestyle can contribute to a longer life by reducing the risk of serious health conditions.

Beter self-esteem: achieving fitness goals can make you feel more confident, and a healthy weight can help improve your self-image.

FREE FIRE

By Saugat

Free fire is a free to play battle royale game developed and published by Gerena for all smart phones. It was in 2017 and became the most downloaded mobile game globally in 2019 and has over 1 billion downloads on google play store. In 2021, Free Fire had surpassed 150 million daily active users. In September 2021, Gerena released free fire max a graphically enhanced version of the game with improved textures, lighting, and sound effects.

Benefits of Free Fire

- Developing strategy skills
- Increasing concentration and accuracy
- Improving team skills
- Encouraging effective communication
- Improving reaction time
- Developing analytical skills
- Improving social skills



Why you should watch Gravity Falls...

By Lily and Aimee

To start, Gravity falls has extremely unique lore and storylines. Whether it be secret twin brothers, or evil, antagonistic yellow triangles with top hats and bowties, this show has it all. It takes place in Roadkill County, Oregon, America, and follows the story of twins Mabel and Dipper who stay over at their Great Uncle Stans tourist trap of a business venture (aptly named The Mystery Shack).



Soooo, who are the characters????

Dipper Pines-Voiced by Jason Ritter
Mabel Pines-Voiced by Kristen Schaal
Soos Ramirez-Voiced by Alex Hirsh
Wendy Corduroy-Voiced by Linda Cardellini
Great Uncle Stan-Voiced by Alex Hirsch

Over the series, the twins go on a variety of anomaly-filled adventures while attempting to uncover the unsolved mysteries of the town, aided only by each other and a peculiar journal, that is not all as it seems. The show consists of two series (series 1- 20 episodes, season 2- 21 episodes).



SAFETY NOTICE:

You should not illegally drink alcohol under any circumstances if you are under the legal drinking age then you can only drink on private property, under adult supervision and the amount you drink must be safe.

THE LITTLE WHISKY SHOP

By Noah R

The Little Whisky Shop is a small independent retailer that specialises in Whisky along with other craft spirits, including Gin, Rum, Brandy, Vodka and Liqueurs. It also stocks local Wines and Beers.



They also offer premium tasting sessions that you can experience in person or on a zoom call. They not only have formal tasting sessions they also have casual tasting sessions where the staff talk about what drinks you have picked.

Their prices go down to £1 at the lowest and the highest priced item in stock is £1495.



As this emblem says this is a Veteran-Owned-Business

Is the education system out of date?

Written by Ellie O

The way we learn in school today feels very outdated. The education system in England and Wales was originally made during the Industrial Revolution, when factory owners wanted workers who could read, write, and follow instructions. The 1870 Education Act made school a requirement, but the main goal was not to help children to become independent thinkers, but it was to create efficient workers. Now, almost 200 years later, our world has changed massively, yet the way we are taught, has barely changed at all.

Of course, subjects like Maths, Science, and English are important, but the education system does not really prepare us for real life. We're expected to know how to do taxes, manage money, use credit cards, or even handle adult responsibilities - but we are never actually taught these things. Instead, we spend years memorising things that most of us will never use again after exams.

It also feels like the education system cares more about exams and grades rather than about making sure we actually understand things that will help us in the future. We spend so much time revising and stressing over tests, but we do not learn skills that will help us manage our emotions, build strong relationships, or figure out how to make good decisions in life. Shouldn't school and the education system be about preparing us for the real world, not just about who can pass a test?

Most adults barely remember half the things they learned in school because they never needed to use them again. So, why are we still being taught the same way? Instead of having so many lessons focused on exams, why not have classes on things we will definitely need such as how to handle money, how to take care of our mental health, or even how to cook healthy meals?

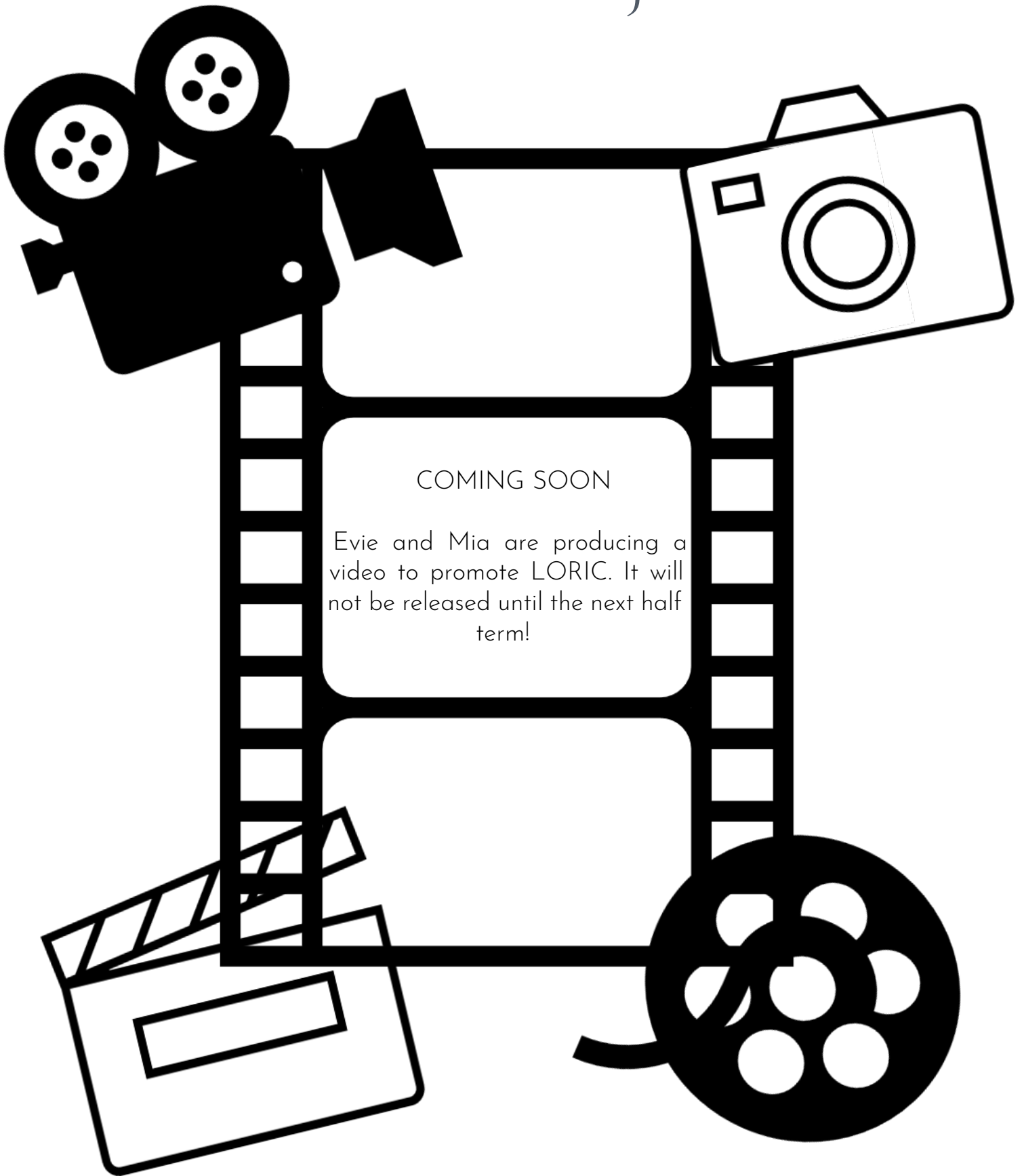
If school is supposed to prepare us for the future, then it should actually teach us things that matter in the future. It is time to update the system so that students leave school feeling ready for life, not just ready for the next test.

WORDSEARCH

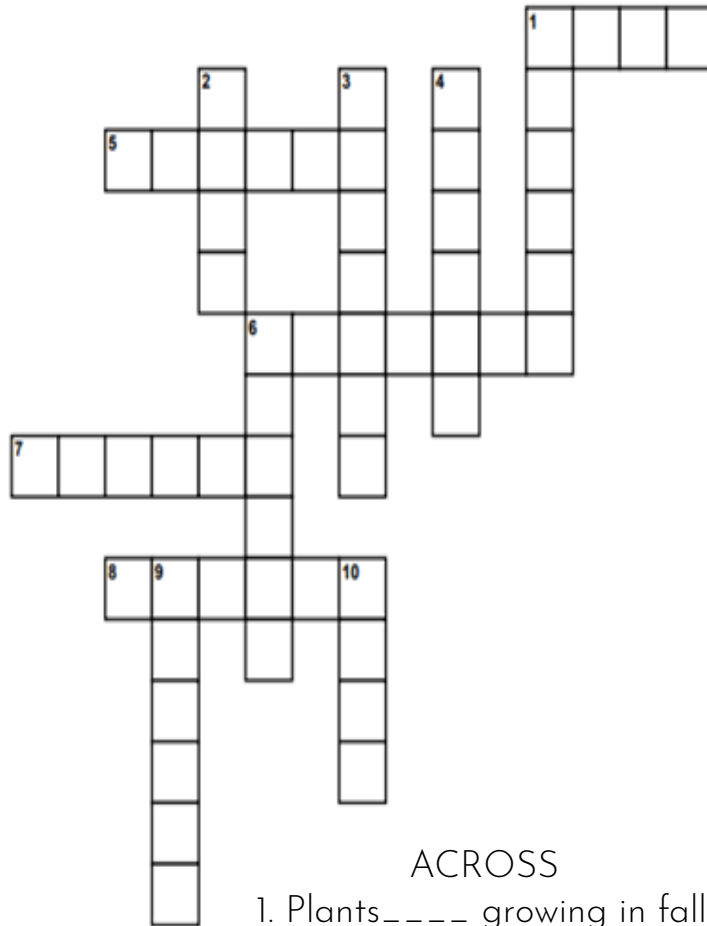


Flowers
Lamb
Blooming
Easter
EasterEgg
Chocolate
Rabbit
Spring
Chick
Colour

Video Project



CROSSWORD



ACROSS

1. Plants_____ growing in fall
5. _____ comes with every season
6. In the fall, days get _____
7. The weather begins to get cold in this season
8. Begins to grow in spring

DOWN

1. The weather is hot
2. The weather gets cooler in the _____ season
3. There are four in a year
4. In summer, _____ are short
6. When the snow melts
9. In the spring, days get _____
10. _____ falls in the winter

Britain's Latest Epidemic

By Beth B and Delia R

Vaping is not for children and young people.

Those under the age of 18 still have developing lungs, brains and other organs. Leaving them much more susceptible and sensitive to its effects. Nicotine vaping is substantially less harmful than smoking, but it is not risk-free. This is only part of the reason why there's a minimum age of sale for vaping products in the UK. It is illegal to sell nicotine vaping products to anyone under 18 or for adults to buy them on behalf of under 18s.

Our school campaigns for reasons students should not vape. Many reasons are suggested such as having a happy healthy lifestyle and informing students of the negatives attached to vaping and smoking. Vaping causes many bad side effects such as addiction, strokes, lung damage, disease, irritated mouth and airways, persistent coughing and nausea. Therefore, Danbury would not want any of the community experiencing anything that can cause harm to their body.

If any of the Danbury students are struggling with any kind of addiction the school is more than happy to help you to overcome it. They will provide you a professional nurse to come in to the school help you overcome your bad habits. Danbury will prove you with pastoral support with these kinds of things as well.

The Late 1990's and Early 2000's Music

By Aimee W

The 1990s and early 2000s was an amazing era for the music industry. With many diverse styles of groups and songs it was certainly a time to be alive. Groups such as Take That, Westlife, Boyz II men, Boyzone, New Kids on the Block, Green Day, My Chemical Romance, East 17 and Oasis dominated the late 90s with songs such as: Back For Good, My Love, End of the Road, Just my Imagination, Dance With You, Good Riddance (Time of your Life), Welcome to the Black Parade, Someone to Love and Don't Look Back in Anger. (All songs are in order of the artists previously mentioned).



The early 2000s was led by artists such as O-Town, McFly, Busted and Arctic Monkeys. Their most popular songs being: All or Nothing, All about You, Year 3000 and Do I Wanna Know. Artists in this period have changed the way the music industry is seen today. Through making more people produce their own songs without being under a label or establishment, meaning singers get more money and credit for their own songs. They also get more freedom with what they are writing and don't have to stick to a theme.

Also, during this time, we had some amazing song writers and producers: Such as Gary Barlow (Take That), Robbie Williams (ex. Take That, solo artist) and Ronan Keating (Boyzone, solo artist). During this era some amazing and iconic albums were being produced such as: The Circus by Take That, The Black Parade by My Chemical Romance, Coast to Coast by Westlife and O2 by O-town.

The effects of Social Media



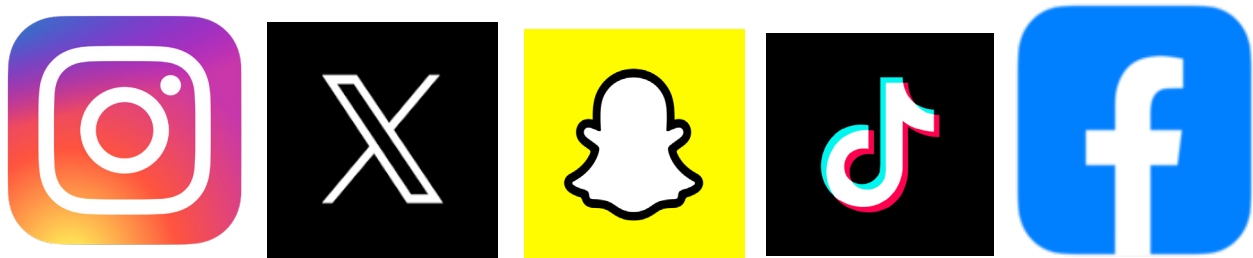
Social media is a platform where we can all communicate with a large number of people, make connections, and interact with many people. A user normally creates an account on such a platform and allows interaction with the millions of other users available on it, according to their preferences and choices. Apart from the interaction, it also allows users to share information, chat with other people, share their opinions, create content, and embrace their differences.

In today's world, social media is an important part of young people's lives, determining and shaping their perspectives. The youth typically adopt and pursue social media trends; for example, in dressing styles that are promoted as trends by social media.

Social media use has skyrocketed over the past decade and a half. Whereas only five percent of adults in the United States reported using a social media platform in 2005, that number is now around seventy percent. Growth in the number of people who use Facebook, Instagram, Twitter, Snapchat and the other social media platforms has garnered interests and concern among many people about social media's impacts on our lives and psychological well-being.

Social media has become a part of daily life for many of us, and young specifically or. Research indicates that 97% of youths aged between thirteen and seventeen use at least one major social media platform. Almost half of these teenagers say they are online almost constantly.

Research shows that 59% of American teens have been bullied or harassed online – and it can happen to adults, too. All states have laws requiring schools to respond to bullying. As cyberbullying has become more prevalent with technology, many states now include cyberbullying specifically or mention cyberbullying offenses under these laws.



Photography Competition

We had some really beautiful entries this half term into our competition.

As you can see on the cover - Violet H S won this half term! Well done Violet.

Below are some close runners up! Well done to all of those who entered!

Frankie B



Violet H S



Charlee E



THANK YOU

We hope you enjoyed reading.
Any contributions are welcome.
