

# THE STUDY TIMES

Welcome to The Study Prep's school newspaper. In this issue we have a wide selection of things for you to do, watch and bake. A special thank you to Henrietta Poulton, Riley Rosen, Rosie Henderson and Rania Payne for all their contributions to this Issue. Please read on and I hope you enjoy It.

Thank you, Alice Gillon {Editor}

## LONDON ZOO IS CLOSING DOWN!

**Breaking news! London Zoo says it could be forced to close for good as they are still struggling to find the £25 million needed to fund it.**

London Zoo has been open since 1826 and now our wonderful zoo is being threatened by loss of money and donations. This popular attraction is in its worst crisis in history, as it has been closed since March 20 due to Covid-19 and the lock down. As a frequent visitor I believe that all the staff take care of the animals and know it is most important that these animals have a good home and that home should be our beloved London Zoo.

As it is costing £2.3 million pounds per month, for proper feeding and taking care of the animal's, funds are running low and this means it will close for good if they don't get more donations. Closing the zoo will put more than 20,000 animals at risk and also risk the hard work being done at the zoological society of London. Riley in 6S says: 'I think it would be good for the animals, letting them back into the wild, however they might not be able to fend for themselves and could quickly perish as they were born in captivity.'

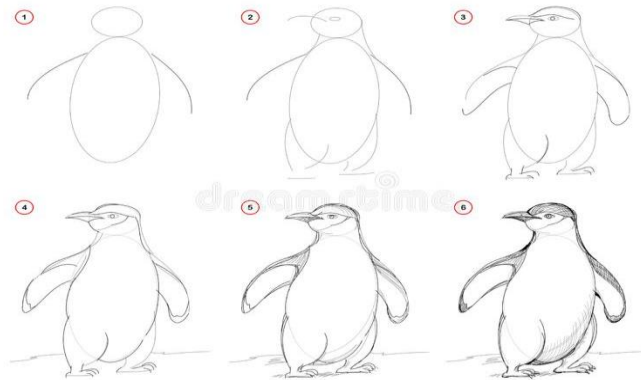
London Zoo is an iconic London landmark and also a historic building everyone needs it to stay for education and the well-being of the animals of London zoo. It is important to every single one of us including the animals big and small living a happy life amongst its gates.

### FUN FACT!!!

Right now, they are letting the Penguins of London Zoo roam around looking at the exhibits.



## HOW TO DRAW THE ROAMING PENGUINS!!!



By Henrietta Poulton

### [How to Properly Take Care of Yourself](#)

Hi, I'm Riley and I am the author of this article. As you can tell from the title, this page is all about self-care. At first, I was prepared to write all about running yourself a bubble-bath, applying a face mask, painting your nails and 'relaxing'.

As I thought more about this article, I realised that some people might not find the above very relaxing and could find it rather boring. Coming to this conclusion, I realised that self-care and relaxing is not just about eating salads and taking a bubble-bath, but properly taking time out for *yourself*, like reading a very good book, snuggling up with your pet, binging on Netflix or having a takeaway- whatever makes *you* happy. All these things, I believe, are properly relaxing and the best way to take care of *yourself*. Below I have listed some ideas to do to take care of yourself. But, by all means, if a bubble-bath is relaxing for you then feel free to have one for an hour, listening to spa music and applying a face mask! What I want you to take from this is that taking time out for yourself could be much more important than you think. I just hope that you understand that pampering yourself is more than a spa day.

## Ways to take care of yourself

- Go for a walk in nature
- Swim
- Dance
- Get a hug
- Play with your, or anybody else's, pet
- Clean and reorganise your room
- Take a bath
- **Read a book**
- **Learn a new skill**
- **Do a DIY project**
- **Bake something delicious**
- **Colour**
- **Turn all devices off**
- **Meditate**
- **Practice yoga**
- **Light a candle**
- **Talk with a friend**
- **Write down a list of things you are grateful for**
- **Play a board game with your family**
- **Do something that will make you laugh**

### **Do something nice for someone else**

Here Riley has talked about the productive side of self-care, but for others you might find applying a face mask relaxing. In fact, I just put one on to help me focus with editing this newspaper. I have found a few links to some very relaxing videos in my opinion.

Here are some videos I found - hope you like them!

- <https://youtu.be/4DBo8xSBUvo>
- <https://youtu.be/KTeSSxVD9k>
- <https://youtu.be/rn3qE2KqIbl>

If you are not into these videos here are some links to some channels which specialise in constant relaxation music, there are live streams you can watch or you can watch pre-recorded videos.

<https://youtu.be/CV8sMgkulds>

<https://youtu.be/AqmrcNrYTCo>

<https://youtu.be/wKEveDLm8eg>

Here are some fun puzzles to play with family or just by yourself!



Answers: 1. HUMPTY DUMPTY 2. 3 BLIND MICE 3. TWINKLE TWINKLE LITTLE STAR 4. ITSY BITSY SPIDER 5. HICKORY DICKORY DOCK 6. OLD McDONALD HAD A FARM 7. WHEELS ON THE BUS 8. THIS OLD MAN 9. RING A RING A ROSES 10. ROCKABYE BABY

## Fruity word search

O	R	A	N	G	E	F	Y	T	M	K	L	F	G	R	A	P	E	S	G	D	S	G	F	B
Z	C	Z	B	X	G	L	Z	F	D	H	S	G	S	S	H	F	T	D	G	S	G	R	D	F
A	V	O	C	A	D	O	D	M	D	H	X	D	V	F	G	D	F	S	T	X	H	A	D	N
S	S	F	G	B	N	M	F	F	E	Z	E	R	V	N	B	F	V	F	B	V	O	P	P	P
R	D	B	D	C	G	N	J	S	Y	L	V	R	H	C	L	F	A	C	P	O	Q	E	Q	H
H	O	A	A	C	V	R	V	A	H	F	O	H	F	F	U	S	I	L	A	N	V	F	Z	X
S	X	G	P	H	L	D	S	K	V	K	G	N	X	P	E	A	C	H	S	C	H	R	H	P
T	S	C	S	P	S	O	I	B	Q	W	E	R	T	Y	B	U	I	O	S	P	A	U	S	D
R	F	R	G	H	L	J	K	L	A	Z	X	C	V	B	E	N	M	C	I	C	G	I	D	G
A	C	A	V	H	M	E	G	J	N	N	V	H	N	H	R	H	J	F	O	H	B	T	N	F
W	S	N	D	G	H	F	G	V	D	F	A	D	G	C	R	Q	W	E	N	T	Y	U	I	O
B	P	B	A	S	D	F	G	H	J	K	L	N	L	Z	Y	Z	C	V	F	N	M	Q	W	E
E	S	E	D	H	L	D	F	U	S	D	F	D	A	F	F	B	F	F	R	D	G	B	C	X
R	Z	R	N	M	H	S	I	R	C	A	F	U	D	J	U	R	X	V	U	D	G	E	R	C
R	G	R	K	P	D	H	G	G	K	K	T	S	L	E	M	O	N	D	I	G	K	S	V	F
Y	D	Y	D	E	E	R	R	G	B	F	B	S	F	F	F	F	M	V	T	X	P	C	C	C
B	F	G	F	V	F	A	N	F	M	D	D	D	U	D	D	D	D	F	C	S	C	L	S	C
S	F	K	I	W	I	V	R	R	A	H	K	G	D	M	D	B	D	G	D	H	F	G	U	D
F	G	S	F	S	T	G	J	W	N	Z	Q	W	E	R	A	F	G	S	G	N	E	D	H	M
R	D	S	G	X	G	S	F	H	G	A	D	A	F	A	G	A	F	A	F	Z	C	R	Z	C
D	H	D	R	F	G	O	F	F	O	L	I	V	E	G	G	J	C	K	R	J	C	R	R	F
T	O	M	A	T	O	S	F	H	E	G	S	R	A	S	P	B	E	R	R	Y	M	F	H	Y

### FIND THESE FRUITS!

Banana

Passion fruit

Avocado

Grape

Strawberry

Cranberry

Watermelon

Raspberry

Lemon

Kiwi

Fig

Olive

Orange

Melon

Cherry

Satsuma

Apple

Peach

Pear

Blueberry

Grapefruit

Tomato

Plum

Mango



**Spot the differences**  
**(there are five)**

**ANAGRAMS**

Rearrange these letters to form a word

Tensecrow

Gainpint

# Cooking Sushi

Imagine the lovely taste of lush sushi, everyone loves sushi. The taste and making it is so fun too and in this recipe, you can make it and enjoy it.

Below is a link of how to make sushi rice with ordinary rice

<https://www.youtube.com/watch?v=xDcoM00QwF0>

What you need:

- Short grain rice
- Seaweed
- Rice Vinegar

Below is a link of how to make sushi

<https://www.youtube.com/watch?v=yGG01tj9wi4>

You will need:

- Saucepan
- Sushi rolling mat
- White wine vinegar
- Sugar
- Salt
- Sushi fillings (carrots, cucumber, avocado)

## Read this step by step guide

- 1) First leave the sushi rice to cool down and while that is cooling down, get out your sushi rolling mat and cover it with cling film.
- 2) Once your rice has cooled down, get your seaweed and place it on the mat then get your hands wet with cold water and handle the rice and start making it into a square shape on top of the seaweed (not too thick).



- 3) Then get the things you want inside your sushi and cut it into thin strips. Then place them inside the sushi.
- 4) You need quite a lot inside otherwise it is lots of rice and nothing inside. Then roll the sushi as hard as you can there is a clip below on how to roll sushi since it is really hard.

<https://www.youtube.com/watch?v=hfNhgawvSr8>

## Enjoy making sushi!

### by Rosie Henderson

If sushi is not your thing, we have Riley's recipe to make cookies

## Chocolate Chip Cookies

Imagine the perfect cookie: gooey in the middle, slightly crisp round the edges, the chocolate melting in your mouth, the thought of sheer heaven as you take a long bite and chew slowly, relishing the textures and rich buttery flavours. This is the goal that you can achieve if you pull off this chocolate chip cookie recipe, also known as the angel in the baking world. Get baking and enjoy!

**Makes 12**

### INGREDIENTS

64g sugar

96g cup brown sugar, packed

1 teaspoon salt

113g butter, melted

1 egg

1 teaspoon vanilla extract

284g plain flour





½ teaspoon baking soda

113g milk or semi-sweet chocolate chunks

113g dark chocolate chunks (or your preference)

## PREPARATION

Preheat oven to 350°F/180°C.

In a large bowl, whisk together the sugars, salt, and butter until a paste has formed with no lumps.

Whisk in the egg and vanilla, beating until light ribbons fall off the whisk.

Sift in the flour and baking soda, then fold the mixture with a spatula, being careful not to overmix too much. This will cause the gluten in the flour to toughen which will result in cakier cookies.

Fold in the chocolate chunks evenly, then chill the dough for at least 30 minutes. For a more intense toffee-like flavour and deeper colour, chill the dough overnight. The longer the dough rests, the more complex its flavour will be.

Scoop the dough with an ice-cream scoop onto a parchment paper-lined baking sheet, leaving at least 4 inches of space between cookies and 2 inches of space from the edges of the pan so that the cookies can spread evenly.

Bake for 12-15 minutes, or until the edges have started to barely brown.

Cool completely and enjoy!

Funny Things to Cheer You Up 

[https://www.youtube.com/watch?v=eI47Q\\_pfqSQ](https://www.youtube.com/watch?v=eI47Q_pfqSQ)

<https://www.youtube.com/watch?v=ygdB-ZE0daY>

[https://www.youtube.com/watch?v=D78i8NhZg\\_w](https://www.youtube.com/watch?v=D78i8NhZg_w)

[https://www.youtube.com/watch?v=boB1x2P3W\\_g](https://www.youtube.com/watch?v=boB1x2P3W_g)

<https://www.youtube.com/watch?v=X7LCFo9Ojel->

Suitable for all ages

selected by Riley Rosen

## Book recommendations

### Northern Lights

Lyra Belaqua lives at Jordan College with her best friend Roger. They take trips along the riverside, leap from rooftop to rooftop and explore the tombs of old Masters. But when her Uncle comes to stay and Lyra sneaks into a secret meeting, she finds herself being dragged into a story of stolen children, armoured bears and the mysterious Dust...

### The boy with the butterfly mind

Jamie's mind is like a butterfly. It is constantly awake, moving ten times as fast. Elin strives to be perfect, so that her Dad will want to come home. When the two meet, Jamie just wants to be friends, but Elin is immediately against him for his messy, wild ways. Could this end in friendship, or could it destroy Elin's tidy, ordered life?

### A girl called Owl

Owl has always dreamt of the father she has never known, but her mother only tells her folk stories. But when mysterious frost patterns start creeping up her arms, Owl demands the truth. However, the answer is not what she expects, and as she struggles to find her father, hold onto friendships and have impossible things expected of her, could she be lost in her wintry world... forever?

### The Murder Most Unladylike series

Hazel Wong is constantly overshadowed by her best friend, the Honourable Daisy Wells. They both have extremely good detective skills, but it isn't until a murder happens that they finally get the chance to use them. But murder isn't a pleasant business, and Hazel is always worried that the murderer could be teaching them in that very classroom. This is a story of bunbreak, best friends and brutal murder.

### The London Eye Mystery

Ted likes statistics and routine, but when his hurricane of an Aunt Gloria and cousin Salim come to stay, his life is thrown into disarray. They take Salim to see the London Eye and watch him go up up up. But he never comes down. Their cousin is missing in London. Teds analytical mind quickly works on all the possibilities, and slowly the London Eye Mystery unrolls...

### The Austen girls

Anna and Fanny Austen are under pressure to find a rich suitor to marry. Anna is poorer than Fanny, and desperate to leave her parents forever. She is slightly envious of her cousin's riches, and knows because of that, Fanny has more choice. But Fanny feels differently. How could anyone love her? She loves books and was quiet. Anna chattered and laughed and was far prettier than her. Who would win the race to marry first? Their Aunt Jane always said they would become heroines of their own stories. Could she be right?

By Rania Payne

Hope you enjoyed this issue and are excited to read the next one I know I am.

Thank you, Alice Gillon.

