



MAGAZINE



CONTENTS PAGE

PAGE NO.

ARTICLE NAME AND WRITER

1	Front cover
2-3	Contents & editor's note - The Pulp team
4-5	Tim Burton - Lena Włodarczyk
6-9	The psychology of suppression: why censorship backfires
10-12	Bipolar disorder: breaking the stigma - Crisha Loayon
13	Chocolate chip cookie recipe - Grace Martin
14-15	Quarterly café review - Wiktoria Marszalek & Grace Martin
16-17	The Psychology Behind You Room - Wiktoria Marszalek
18-19	X-Mas Puzzles - Grace Martin
20	Last Minute Market - Grace Martin
21	Mince Pie Recipe From Scratch - Grace Martin
22-23	Vivienne Westwood - Lena Włodarczyk
24-25	Christmas Crafts - Lena Włodarczyk
26-27	X-Mas Puzzle Answers - Grace Martin
28	Back cover



EDITOR'S NOTE

Hello fellow students.

I hope you enjoy this Christmas edition of *Pulp*! Since it's the start of the academic year, we have a mix of the original *Pulp* team and the newer Year 12 members... and we have 2 new editors! Thank so you for reading the magazine! We appreciate your support and would love to hear from you through our 'Get involved!' section for the next edition of *Pulp*!!!

We wish you all a very merry Christmas and a Happy New year.

All the very best,

- The Pulp team

Now a word from our writers...

"This is the first edition us year 12s have joined in with the PULP process, so it was definitely not as smooth going as it would normal have been, but I'm very happy with what we've made, and I'm grateful to my friends for working so hard to get this out there in time. My article on the quarterly cafe review was incredibly fun to do and write about and I hope to do it again in a later addition with Wiki. Hope you enjoy and appreciate the amount of Christmas spirit we needed to muster in November. We really appreciate all your support, and we hope you have an amazing Christmas break. Good luck to all of you in the future."

- Grace Martin

"I'm very grateful to have the chance to contribute to this, to writing articles and helping out with the formatting. I study psychology so writing about the psychology behind such a common thing as a bedroom has been really enjoyable since I got to write about something I have a massive interest in! The café review was also fun to work on because it was an excuse to spend quality time with my friends and really enjoy the place we're in."

- Wiktoria Marszalek

"Writing my article on bipolar disorder was really interesting and I enjoyed researching people's different opinions on what was considered good and bad media representation of it and how varied the spectrum is. I hope when reading it you enjoy and learn as much as I did!"

- Crisha Loayon

"Pulp seems like an interconnected community with the new Year 12s' arrival and enthusiasm; the undeniable effort, immaculate presentation, and thought-filled articles shouldn't go unnoticed."

Dagmar said while talking about the quarterly café review:

"Uplifting narratives immerse readers into a realistic scope within the Norwich food world, truly SENSATIONAL, 11/10"

Dagmar Launde

"Hey reader!! Thank you for reading our newest edition of pulp, I really enjoyed writing and formatting my articles so I really appreciate your support. Have a merry Christmas and a happy new year!! And to all of the Y11 students, I hope you'll receive the results you wanted from your mocks!!! All the best..."

- Lena Włodarczyk :)

Directed by TIM BURTON

WRITTEN BY LENA WLODARCZEK

Get to know Tim Burton...

Burton's Style Summary

If you've ever watched a film that feels spooky but somehow sweet, creepy but full of heart, chances are you've just stepped into Tim Burton's world. Burton is a director with one of the most recognizable styles in cinema, his movies look like gothic fairy tales come to life. Think pointy rooftops, crooked trees, and characters who always seem a little out of place.

He's known for mixing dark, Halloween-style visuals with emotional

How to Spot a Burton Film

The Look: Expect lots of black and white stripes, curly trees, and shadowy skies. His sets often look like drawings straight out of a dark storybook.

Familiar Faces: Johnny Depp and Helena Bonham Carter are basically part of the Burton family. If they're in it, it's probably a Burton film.

The Music: Danny Elfman's soundtracks are magical, spooky, and slightly chaotic — like a haunted circus.

The Characters: Burton's heroes are always outsiders: quiet, misunderstood, and usually pale.

Whether it's Edward Scissorhands, Jack Skellington, or Lydia from *Beetlejuice*, they never quite fit in, which is the point and focus of all his films.



Weird Meets Wonderful: His stories might look dark, but they're surprisingly warm. Burton reminds us that even the strangest people can be the most human.

Top 3 Tim Burton Films

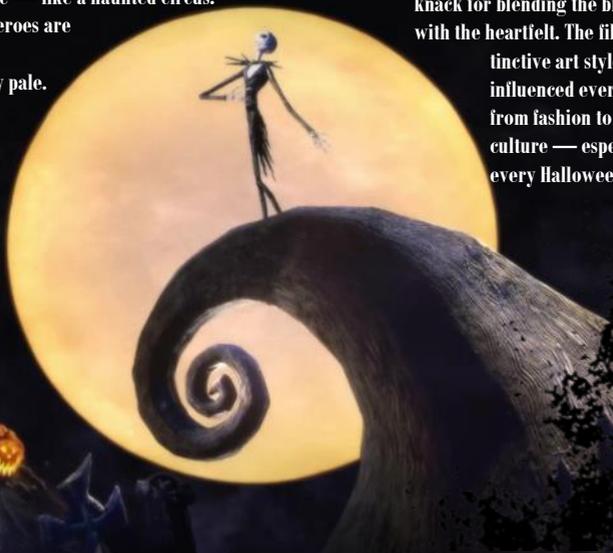
1. *Edward Scissorhands* (1990)

If you only ever watch one Tim Burton film, make it *Edward Scissorhands*. It tells the story of Edward, a quiet, gentle man with scissors for hands who's taken in by a suburban family. What starts off as a quirky fairytale

2. *The Nightmare Before Christmas* (1993)

Even if you've never seen it, you've definitely seen the merch. This stop-motion masterpiece, produced and co-written by Burton, has become a cultural classic. The film follows Jack Skellington, the Pumpkin King of Halloween Town, who tries to take over Christmas, with spooky results.

The mix of dark visuals and catchy songs (thanks to composer Danny Elfman) makes it unforgettable. It's both creepy and charming, showing Burton's knack for blending the bizarre with the heartfelt. The film's distinctive art style has influenced everything from fashion to pop culture — especially every Halloween since.



3. Beetlejuice (1988)

Before *Edward Scissorhands*, Burton made his name with *Beetlejuice*, a chaotic, hilarious ghost story like no other. When a recently deceased couple tries to scare away the new family living in their house, they accidentally summon Beetlejuice, a mischievous (and extremely inappropriate) bio-exorcist.

The film is full of wild special effects, surreal sets, and over-the-top humour. Michael Keaton's performance as Beetlejuice is iconic: gross, funny, and completely unforgettable. *Beetlejuice* showed that Burton could take the weirdest ideas imaginable and make them work for a mainstream audience.

A Review: *Edward Scissorhands* (1990)

Out of all of *Scissorhands* the

Tim Burton's films, *Edward* might be his most iconic. It tells the story of Edward, a shy man with scissors for hands

(well, duh, it's in the name) who's taken in by a cheerful suburban

family. At first, everyone loves him; he trims hedges, cuts hair, and becomes the neighbourhood's favourite oddball. But soon, his difference makes people turn on him, and things take a heartbreaking turn.

The film is visually stunning, the pastel-coloured suburb contrasts beautifully with Edward's dark, gothic mansion. Johnny Depp plays Edward perfectly, making him innocent, kind, and a little tragic. He barely says a word, yet you completely feel his pain and confusion. *Edward Scissorhands* isn't just a film about a man with scissors for hands - it's about fitting in, standing out, and how society treats people who are "different." It's weird, emotional, and full of that classic Burton magic.

Honourable Mentions:

- ◆ *Corpse Bride* (2005) – A darkly romantic animated gem.
- ◆ *Big Fish* (2003) – A more emotional, story-telling-driven film that shows Burton's softer side.
- ◆ *Batman* (1989) – The movie that made superheroes dark and cool again.

THE PSYCHOLOGY OF SUPPRESSION:

Why Censorship Backfires By Eliza Shajan

Note to the reader:

This article is adapted from a longer version currently under review by Psych-Talk, the student magazine of the British Psychological Society. It has been revised and reformatted for our school magazine, with a younger academic audience in mind. I'm grateful for the opportunity to share it here and hope it resonates with anyone exploring psychology.

Introduction

Censorship is defined as the alteration, suppression, or prohibition of information deemed subversive to the common good. Censorship has such a profound impact on society: it surpasses pure restriction of information, shaping thought, memory, and perception of reality. As it has the power to shape societal attitudes and values, it often dictates what is considered socially acceptable, arguably reducing intellectual diversity and personal autonomy within society.

The concept of the “common good” refers to information that is considered beneficial to all members of a community. However, determining what constitutes the common good, and who decides it, remains a complex issue. While censorship is often seen as a tool of suppression, it can also serve protective functions. Content moderation online mitigates the spread of misleading narratives, and age restrictions on certain content ensure that young audiences are able to engage with material that is age-appropriate, raising an essential question: how can societies uphold the principle of free expression while sustaining the safeguards essential to public welfare?

Psychological Mechanisms for Censorship

Furthermore, in a world where information is precisely curated, meticulously filtered, and subsequently “forgotten,” can we ever be certain that our thoughts and beliefs are truly our own? The human brain is naturally driven to seek out information, yet information has always been suppressed, molding societies, altering memories, and influencing what is accepted as truth. Censorship has persisted throughout history, from the suppression of alchemical texts in ancient Egypt and book burnings in Rome to contemporary book bans. Paradoxically, attempts to suppress information often spark heightened curiosity. This is exemplified by the Streisand Effect, a psychological phenomenon named after an attempt to suppress aerial photographs that inadvertently drew more attention to them. In 2003, Barbara Streisand filed a lawsuit to remove an image of her home from a

public project documenting coastal erosion. Ironically, the legal action triggered widespread publicity, resulting in over 420,000 views of the photograph in just a month. This reveals how censorship can backfire, fueling curiosity and defiance, and triggering widespread attention to the very information it aimed to conceal. The Streisand Effect is closely linked to reactance theory, which suggests that when individuals perceive a threat to their autonomy, they instinctively resist by doing exactly what is being restricted, driven by an innate desire to reclaim their freedom. In addition, the human brain rejects imposed cognitive limits, driven by an intrinsic desire to learn. The learning impulse triggers the brain’s dopamine system, which reinforces curiosity and reward-seeking behaviour. Suppression of information leads to intensification of this neural response, causing the brain to perceive the restricted content as more valuable, heightening the desire to actively seek out and uncover it.

Historical and Literary Case Studies

We, written in the early 1920s by Yevgeny Zamyatin, was the first-ever dystopian novel to be censored. Its portrayal of a society devoid of individuality and privacy, where citizens live in transparent buildings and are identified only by numbers, was viewed as a direct affront to Soviet authority. Zamyatin’s refusal to conform to state-controlled narratives led to the banning of his work and ultimately his exile. As a result, the novel remained inaccessible in Russia for nearly 70 years.

Similarly, *The Giver* (1993), aimed at young adults, sparked controversy among parents and schools for its engagement with complex themes such as euthanasia, emotional repression, and social conformity. In states including California, Montana, and Florida, parental concern and institutional scrutiny led to temporary bans, restricted circulation, and the implementation of parental consent protocols. Controversy centered on the novel’s depiction of “release,” a euphemism for state-sanctioned euthanasia, and its unsettling portrayal of a society designed

to suppress feeling, memory, and choice. However, rather than reinforcing these constructs, *The Giver* actively challenges them, dismantling them through critical inquiry. Its core narrative warns against the erasure of individuality and emotional depth, the very liberties that censorship, by its nature, seeks to eradicate.

Orwell's *Animal Farm*, published in 1945, faced resistance from both the Soviet Union and Western publishers, who feared its critique of authoritarianism was too politically incendiary. Yet today, these books are widely studied and regarded as essential works for understanding the psychological and societal consequences of censorship and social conformity. Their influence stretches beyond the boundaries of literature, prompting critical reflection and a resolute defence of the fundamental freedoms that constitute the human experience. This illustrates how the boundaries of censorship evolve over time, adapting to prominent belief systems, yet persistently challenging the boundaries of acceptable expression.

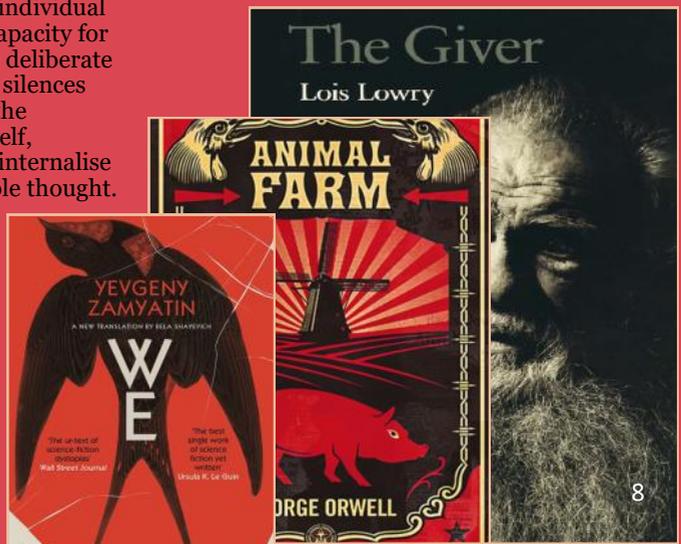
Such censorship was not incidental but intentional, a calculated effort to stifle dissenting thought. In totalitarian systems, silencing literature is not just suppression, it is strategic control. The exertion of controlling narratives marks the beginning of ideological domination as it shapes cognitive schemas, incrementally constraining individual autonomy as it erodes the capacity for independent reflection. The deliberate restriction of ideas not only silences opposition but also shapes the intellectual environment itself, conditioning individuals to internalise the boundaries of permissible thought. Ironically, the suppression of these books may have fueled greater curiosity, the Streisand Effect in action. For example, when *We* finally resurfaced during glasnost, the late 1980s Soviet policy promoting openness and transparency, it became

clear that its suppression had only magnified its significance, quickly gaining recognition as a foundational dystopian text. These literary examples demonstrate how censorship not only restricts access but also provokes psychological resistance, reinforcing the very ideas it seeks to suppress.

Self Censorship and Social Pressure

However, censorship doesn't always exist as a result of external forces, it can also be self-imposed. Self-censorship is the act of voluntarily suppressing one's own speech, thoughts, or actions, often motivated by a desire to avoid social discomfort, comply with legal or political expectations, or adhere to social norms. Though frequently nuanced and internalised, this can have detrimental effects, as it limits free expression, restricts knowledge, and strengthens external censorship by reinforcing conformity and cultivating a climate of compliance.

As individuals internalise the boundaries of permissible thought, speech and action, they inadvertently become complicit in their own suppression. This complicity does not arise from deliberate intent, but through psychological adaptation: an unconscious response conditioned by social norms, cognitive biases, and normative pressures, all of which



influence behaviour beneath the threshold of conscious awareness. Self-censorship is present in everyday life, even casual conversation, through the way people rephrase sentences or withhold opinions to avoid discomfort. These microcosms reflect how social pressure covertly shapes communication through subtle scrutiny, collectively shaping a culture in which the integrity of truth is gradually obscured, curiosity is suppressed and personal autonomy quietly undermined. Over time the persistent habit of self-silencing can erode mental well being, often resulting in elevated levels of anxiety, emotional depletion and a deepening sense of disconnection. This phenomenon is commonly attributed to cognitive dissonance: the fear of criticism or rejection gradually overshadows the instinct for honest communication. Such dissonance frequently manifests as chronic unease and sustained psychological strain. Recognition of these unconscious occurrences allow individuals to reflect and question whether their silence is chosen or conditioned, enabling them to reclaim autonomy. However, this does not imply that all restraint should be rejected; rather, it encourages a mindset rooted in honesty and curiosity, one that supports both psychological resilience and genuine human connection.

Consequences for Society and Cognition

The infamous destruction of the Library of Alexandria is often viewed as an early case of mass knowledge erasure. Unlike the deliberate censorship imposed by authoritarian regimes to suppress dissent and control public thought, the destruction of the Library of Alexandria stands as a tragic consequence of war, religious upheaval, and shifting political priorities. Over centuries, fires, invasions, and neglect gradually dismantled this vast repository of ancient knowledge. The loss of thousands of irreplaceable scrolls, many containing the sole copies of scientific, philosophical, and literary

works, led to cultural amnesia, the unintentional forgetting of collective knowledge within a society. Ideas with the potential to accelerate human progress were forgotten, forcing future generations to rediscover truths that may have already been known. For example, among the obliterated texts were foundational medical writings by Hippocrates, astronomical models by Aristarchus of Samos, who proposed a heliocentric cosmology centuries prior to Copernicus, and advanced mathematical theories by Archimedes and Euclid, whose work may have surpassed the limited remnants that remain today. The destruction of the Library of Alexandria illustrates how censorship, even when incidental, can result in intellectual stagnation, as the loss of countless ideas, discoveries, and historical records prevents future scholars from developing and building upon that knowledge.

Conclusion

Our understanding of reality is shaped by the lens through which we receive information, and when that lens is systematically curated, can we ever access an unfiltered, uncensored truth? Over time, incessant exposure to controlled narratives conditions us into blind acceptance of certain perspectives, making censorship not only invisible but deeply ingrained. Whether accidental or intentional, censorship inevitably distorts our perception of truth, highlighting the danger of complacency and the necessity of seeking perspectives beyond the ones we are given.



BIPOLAR DISORDER:

On breaking the stigma

WHAT IS BIPOLAR DISORDER?

In recent years, mental health awareness has skyrocketed, and knowledge and treatment has progressed greatly. However, stigmas pose a challenge to understanding certain conditions. Bipolar disorder is often misunderstood as a disorder which creates "crazy" people, who are villainized in the media or dismissed as having simple mood swings. People with BD are seen as dangerous or violent when in reality, they have a real medical condition. Although awareness of this disorder is being spread, the realities of it are still being blurred with stigmas in the public eye, and it's still not seen as the complex condition it truly is.

Contrary to popular belief, bipolar disorder isn't just ordinary mood swings: it's a mental health condition that can cause extreme mood swings from emotional highs (mania or hypomania) to lows (depressions). The cause of it isn't known exactly but research reveals it can stem from many different sources such as brain structure and chemistry, family history, and environmental factors (such as stressful life events). However, like many conditions, BD doesn't

consistently present itself in the same way in every single individual. To differentiate these differences, there are three different established types of bipolar disorder: Bipolar I, Bipolar II, and Cyclothymic Disorder, with each of them having varying severities and durations of episodes.

THE STIGMA OF BIPOLAR DISORDER

Although the condition is a challenge for those with bipolar disorder in itself, one of the greatest hurdles



people with BD can face is the stigma that surrounds the whole condition. The stigma surrounding BD is fuelled by ignorance, prejudice, and discrimination: people with BD are assumed to be violent, 'crazy' or unstable, which absolutely isn't the case. The oversimplification or assumption of what living with BD is like disregards the difficulties people face, or mocks their struggles, both ends which are unjustifiable. The stigma of BD (and all other mental disorders in general) is dangerous because it can not only worsen people's self-esteem but also prevent people from getting checked or diagnosed (or worse, refusing to accept their diagnosis), with 50-60% of people refusing treatment or care.

So, what is bipolar disorder *not*? First and foremost, BD is a real mental condition, therefore, it's not simply being moody, having bad mood swings and it cannot be healed with a day out or a distraction. BD consists of distinct episodes of varying severity of mania and depression.

Bipolar disorder is also not short lived or sudden. Although episode durations vary and medication such as mood stabilizers exist, there isn't a real cure for BD so people live with it chronically for the rest of their lives. Just because someone snaps at you, doesn't mean they're bipolar. Similarly, just because someone's episode extends for a longer pe-



riod, it doesn't mean they should be dismissed as normal emotions.

Another misconception is that people with BD are violent and dangerous. This is potentially the most harmful stigma of this disorder. Although not all people with BD have violent tendencies, the media and everyday language perpetuate these ideas. Casual comments like 'Oh they're just being bipolar' or 'I can be a bit bipolar sometimes' only add to the misunderstandings of



These misconceptions all come from somewhere: TV shows and the media contribute to the public's perception of bipolar disorder.



Of course, no piece of media is perfect, but there are many accurate depictions of BD. However, some roles are more criticised than others, receiving many mixed reviews, such as *Shameless* (2011-2021) and the

Silver Linings Playbook (2012). Although they're both praised for having realistic and well-handled depictions of BD (with some exceptions), both, like many other TV shows and movies, tend to depict more severe forms of BD.

Although many people will relate to this, the constant portrayal of BD as something that's always detrimental, even if it's for dramatisation, will mould the public's view of BD as less of a spectrum and hyper fixate on BD's severe forms.



BREAKING THE STIGMA

After everything, it's easy to assume that bipolar disorder is only surrounded by misinformation and negativity- but this isn't the whole story. Just like there are poor depictions of BD, there are also many good ones. One of the most outstanding is from the show *DAVE* (2020-2023) which includes the American rapper GaTa's fictionalised version of himself (who is also named GaTa). With the actor/rapper having BD

in real life, this portrayal is authentic and shows how people with BD and others see their condition, not romanticising BD like other movies and shows tend to do. Several fans of the series have said how touching and real GaTa's performance was and this is exactly why accurate representation of mental disorders are



important, so people feel more seen.

With all this, it's not just social perception of bipolar disorder that's improving; scientific understanding of BD is progressing too! As of the beginning of 2025, a new global study was launched to explore and map out the physical changes in the brain and brain signatures of people with BD. The goal is to better understand the disorder in hopes of developing more effective treatment and improving diagnosis for the future.

Because BD shares many symptoms with other conditions, such as major depression,

this study could revolutionise the treatment of mood disorders to be more individualised and therefore massively help people with BD!



Chocolate-chip Cookie Recipe



Ingredients:

- * ½ cup Butter (112g)
- * ½ cup White Granulated Sugar(100g)
- * ½ cup Light Brown Sugar (100g)
- * 1 teaspoon Vanilla Extract
- * 1 cup All Purpose Flour (125g)
- * ⅔ cup Unsweetened Cocoa Powder (56g)
- * 1 teaspoon Baking Soda^{SEP}
- * ¼ teaspoon Salt
- * 1 Tablespoon Milk
- * 1 cup Chocolate chips (175g)

Method

Preheat the oven to 350°F (180°C).

Add the butter and brown and white sugar to the bowl of your stand mixer and cream them together. Add the vanilla extract and mix in.

Sift the flour and cocoa powder into a separate mixing bowl and mix in the baking soda and salt.

Add the dry ingredients to the wet, mixing in by hand until crumbly.

Add the 1 Tablespoon of milk and mix into a thick cookie dough.

Add the chocolate chips and mix in. Your cookie dough will be very thick, but sticky enough to easily roll into balls.

Roll into balls and space them evenly on a parchment lined baking tray. Press a fork down on the top to flatten them slightly, Aim to get 20 cookies from the batch.

Bake for 10 minutes. The edges will be firm but the cookies will still be soft in the middle. This is fine, they will firm up as they cool.

Press in a few more chocolate chips to the top of the cookies as they come out of the oven.

QUARTERLY CAFÉ REVIEW:

BY WIKTORIA MARSZALEK AND GRACE MARTIN

Cafe breaks are a medium for connection. They bring you and a loved one together for a shared moment of closeness over a favoured drink and some food, or if you prefer to go alone, they can provide a perfect space for peace. Whether you're into coffee or tea, cake or savoury treats, the first step is to choose a good cafe! We have picked four cafes to present an honest review to you, so that you can feel more comfortable trying somewhere new out, and taking part in supporting your local community. If you disagree with our rankings don't hesitate to tell us why.

We'd love to hear your take; If you have any recommendations of somewhere you might like us to try next, contact us! We hope to make this a regular feature (which is solely dependent on how quickly our wallets run dry)

"7 SURREY STREET"

7 Surrey St, Norwich NR1 3NX

The Seven Surrey Street Cafe is located on Surrey street (who would've guessed??), right next to Norfolk news, so chances are you walk past it every day. We went there during lunch on a school day, so it was filled with seniors, since most people would be either in school or at work. It was a quiet atmosphere, and calm as long as I didn't mind a mild lack of gen z, a whatever it is now.

Affordability: 7/10

In Grace's professional opinion, well priced tea is necessary for a good cafe to have well priced tea, with a pot of tea that gave us two cups each being only £2.40 for the total 4 cups of tea. The price was reasonable by Grace's standards at least.

Location: 6/10

Being only 0.2 Miles away from school, it's a 4 minute (slow) walk. Very good for a quick snack after school maybe. Brilliant for people watching by too. Slightly busy though.

Food review:

6/10

We bought 2 (well priced) cake slices (more like slabs; they were largeeee), both tasting delicious! There were hot food options too so a good range. Portions were a bit funky but the bright side is you get well worth your money.

Drinks review: 7/10

Good tea is always a hallmark of a good cafe. They had a wide selection of coffees and teas so is well worth a look if you get the time.



Vibe Review: 5/10

Solid people watching spit and a quiet environment. Not the best for decor but they've done well working with the space they have.

Overall score: 31/50

"THE YARD COFFEE"

6 Pottergate, Norwich NR2 1DS

The Yard cafe is a hidden gem down Rampant Horse St. The bright ambience tends itself to be a rejuvenating experience, allowing you to decompress after a hard day, with brilliant staff and drinks that do not disappoint. Perfect place to discuss secret government documents with an old friend if you are so inclined. We went there at the end of the day for a cuppa, and felt thoroughly refuelled afterwards.

Affordability: 6/10

Less affordable compared to number 7 but definitely still a good candidate. At one point I got a student discount while wearing my 6th form lanyard so definitely worth a try.

Location: 8/10

Nice location. Gives off backstreet vibes in its little alleyway. Very ambient. Although there are few people who walk past outside there is always a nice crowd inside. A bright and warm place to go, only 0.3 miles away, which is a 6 minute slow walk from school.

Drinks review: 8/10

Again brilliant tea and a wide range of drink selection. They have specials often like festive drinks fitting the season. Across the board all sound and so far taste brilliant.

Food review: 5/10

Only one occasion was good tried. Not a particularly wide variety as they seem to mostly deal in drinks. Still looked inviting and tasty from the selection they had.

Vibe Review: 9.5/19

Beautiful ambience everywhere you go in there. The glass roof main ages to frame rain, sun or cloud. Truly a welcoming and peaceful atmosphere, with kind and quick staff and many evening events posted about on their notice board. And of course free Wi-Fi!

Overall score: 36.5/50

“TWO MAGPIES BAKERY”

27-29 Timberhill, Norwich NR1 3LA

The Magpie Bakery is an old favourite of Grace's so she's a tad biased, so we asked some friends to come along and rate this cafe with us.



This beautiful bakery attracts what has been described as an eclectic crowd of pastry hungry passers by.

Often rammed full of people, and for good reason, the magpie bakery is up the hill from the John Lewis next to school, so well within range of a ravenous student in need of a quick bite.

Affordability: 5/10

Definitely not the most affordable place to go, but for good reason. Their massive demand lends itself to the 'finder dining' of cafe experiences. Well worth it.

Location: 8/10

Another very local cafe, just up the road from school, (again only 0.3 miles away), regularly visited by student and staff alike. Beautiful views of the orange trees though their window this time of year and prime again for people watching, especially I'm the window or outside seating.

Drinks review: 7/10

Reasonable selection of drinks but their tea presentation is chef's kiss (we love a god plant off loose leaf tea, if you couldn't tell) massive mugs and warm beverages all the way.

Food review: 7.5/10

We got a wide range of parties, of which were beautifully presented in their window. It's an enjoyable experience just looking at them.

They range from healthy to honeyed treats, all are mouth-wateringly filling. They deal mostly with cold foods like parties but at the moment have served some hearty soups.

Vibe Review: 8/10

Another great people watching opportunity.

Perfect for in cafe studying if that's what your looking for. The big window lets loads of natural light, combined with the golden ambient hanging lamps really boosts the aesthetics of this place.

Overall score: 35.5/50

“THE GREEN GROCERS”

2 Earlam House Earlam Road, Norwich NR2 3PE

Grace decided to venture out, lone wolf style, if you will. The green grocers is definitely a trek from school, but well worth the walk, and more than a convenient snacking spot if you're in the area, located up recreation road off of Earlam road. They put a sustainable spin on mid morning brunch sourcing exclusively local produce in their adjacent shop and cooking only the best organic specials in their Lil' kitchen. Awesome music was heard on not one, but two occasions when visiting, skyrocketing its ambience beyond human comprehension (or at least beyond Grace's old timey taste)...

Affordability: 6.5/10

For the quality and amount of food and drink you get in a simple order, it is a fairly priced brunch opportunity if I ever saw it. You can buy a range of locally or organic meals that fill your cup both literally and figuratively.

Location: 6/10

Only given due to the distant nature of the cafe. Another backstreet vibes cafe, a real hidden gem. Definitely worth a try if you're in the area. Less people pass it but many people shop near it. It has both indoor and outdoor seating depending on the season submits. 1.5 miles and 33 minute walk from school, so quite walk.

Drinks review: 7/10

Another good selection of drinks with the option of fresh pressed orange juice that you can you yourself. Delicious tea and coffee (especially).

Food review: 8/10

Grace tried one of their brunch options and a pasty both were reportable delicious! They had a large variety and served brunch (obviously the best meal in the day) for the majority of the day. Rich and more importantly morally enriching food.

Vibe Review: 8/10

Very cosy ambient cafe, with purposeful rustic decoration and a mixture of natural light and warm overhead bulbs. The staff were fast and polite and, to top it off, free wi-fi! I would recommend a visit!

Overall score: 35.5/50

THE PSYCHOLOGY BEHIND YOUR ROOM

BY WIKORIA MASZALEK

While we can't control much of anything in this world, we can control what our spaces do for our psyche and our time spent with ourselves. Environmental psychology explores how colour, lighting, sound, scent and layout quietly shape behaviour. The way your desk faces can influence focus, while the placement of your bed determines how relaxed you feel. Something as simple as natural light regulates mood and your body clock. Your room is your environment, so you better customise it to suit your needs.



When you were young, your bedroom was most likely the only place you would call your own. It was the only place you could start customising, picking out your duvet covers, wallpaper, and plushies. Now, your teenage collections, posters and clothes are displayed around a space you call your own, making a stamp on it, letting you express your personality.

It's very important not to spend too much time there. If you're able to, spend some time doing schoolwork and revision in your dining room, or a public library. That way, you can separate feelings of stress from your place of comfort. However, we all know that this isn't always easy or possible, you're going to end up doing schoolwork in your room some way or another, so we might as well optimise your room for this.

Getting the light in your bedroom just right is vital for balancing your wellbeing and sleep quality. Exposure to natural light, for example, is essential for your mental health and mood, while those horrible min bright lights, commonly known as the "big light", are proven to induce stress. During this gloomy British winter season, you have to take advantage of all the natural light you can get, so keep that sunlight (or what's left of it) shining through. Similarly to this, temperature is another thing to factor in. The temperature off your room tends to be a goldilocks situation. You can't have it too warm, this makes you irritable, or too cold, since this makes waking up in the morning hard; you have to get it just right. The best temperature for sleep tends to be between 15C and 19C, though this of course can vary from person to person, so if you have a way to measure temperature in your room, do try and find out which suits you best.



Messiness affect people in different ways, it's not always the case that "tidy = good" . For some, this Visual clutter increases cognitive load, while others find a bit of chaos comforting because it shows that their space is for living, not performing the role of a perfect room. After all, while removing clutter is a huge part of caring for your space, it won't necessarily reveal the home you need, just the one you want. The real goal isn't achieving a spotless room, but understanding what works for you, meaning what level of order improves your focus, function, and wellbeing.



Messiness affect people in different ways, it's not always the case that "tidy = good" . For some, this visual clutter increases cognitive load, while others find a bit of chaos comforting because it shows that their space is for living, not performing the role of a perfect room. After all, while removing clutter is a huge part of caring for your space, it won't necessarily reveal the home you need, just the one you want. The real goal isn't achieving a spotless room, but understanding what works for you, meaning what level of order improves your focus, function, and wellbeing.

Your comfort items, whether that's your printed photos, trinkets or decorations, serve as a sort of emotional anchor. They hold memories and feelings of safety, unconsciously comforting you at all times. Psychologists call this transitional attachment, and it is when objects provide comfort, and according to Wikipedia, a sentimental object "helps with one's 'capacity to be alone" . This all may sound patronising because of the use of the word "attachment", usually associated with children or poor mental health, but it really isn't, since these objects are not just decorations, they're reminding you of who you are and all that you've been through.



In conclusion, your room is a pretty powerful ally for overall wellness. It doesn't just reflect your internal world, it shapes it. A supportive space becomes a tool for motivation, comfort, creativity and emotional balance. By choosing how your room looks and functions, you actively design the mind-set you want to live with.





X-MAS

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

Find the following words in the puzzle.
Words are hidden →, ↓, and ↘.

BAUBLES
CANDLES
CAROLS
CRACKER
EVERGREEN
FESTIVE
GINGERBREAD

HOLLY
JINGLES
MISTLETOE
PRESENTS
REINDEER
SLEIGH
SNOWFALL

SNOWMAN
STAR
STOCKING
TINSEL
TOYS
WREATH





PUZZLE

Across

[2] Week long celebration honouring African heritage.

[4] A terrifying creature who punishes naughty children on Christmas in Austria.

[5] Giant hand crafted lanterns used in the Filipino celebration, The Great Lantern Festival.

[6] The Jewish Festival of Lights.

[9] Spanish tradition involving a wooden log.

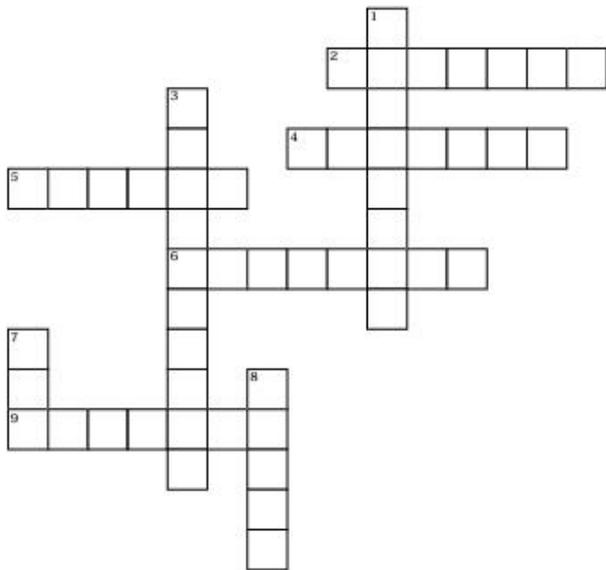
Down

[1] Meaning 'little star', but also a Polish word for Christmas.

[3] Name of Danish heart hung on trees to store sweets for Christmas day.

[7] The brand of food eaten during the Japanese celebration of Christmas.

[8] The type of skull mounted on a poll during the Welsh celebration of Mari Lwyd.



LAST MINUTE MARKET

Christmas Shed at the Goat Shed 24 October – 24 December, FREE At the Goat Shed's Christmas Shed, step inside a festive wonderland. Found on the farm shop's second floor the Christmas Shed is filled with twinkling decorations, cosy candles and thoughtful gifts.



Hunstanton swim Christmas day 25 December 2025 - 11am Hunstanton Promenade, by the Oasis Leisure Centre. Do you fancy a bracing dip in the sea to wake you up on Christmas morning? We have just the sug-



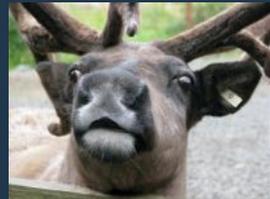
Jabbawocky Crafts Christmas Market at The Forum 7 November – 20 December, FREE Explore stalls filled with handmade jewellery, photographic prints, calendars and more with Jabbawocky Crafts'.



gestion. Join in and work up an appetite for your Christmas dinner.

Castle Quarter: Meet real-life reindeer 22 December 2025 - 12pm to 4pm FREE 100 Castle Mdw, Norwich NR1 3DD Keep the magic alive

and visit the reindeer prior to their big night working for Santa!



Roudolph may even be there.

Christmas Crown Trail 20 November - 5 January FREE Inspired by the re-opening of Norwich Castle Keep and Henry I celebrating Christmas 1121 at Norwich Castle, The Christmas Crown Trail will be a free family-friendly festive treasure hunt across Norwich. Follow the map with your younger siblings for a fun day out

You know where to head for those last-minute stocking fillers.

Norfolk Creations Christmas Arts and Crafts Market at The Forum 12 – 23 December, FREE Arts and crafts from Norfolk-based artists, Norfolk Creations' Christmas Market has handmade gifts for all- making it ideal for those last minute presents!

Grove Lights 29 November - 1 January, FREE Grove Way, Newton Flotman NR15 1QE Come and see the Christmas lights along Grove way. A spectacular show at 6pm in the evening, there is an extra show at 5pm on Christmas eve.

BY GRACE MARTIN

Mince Pie Recipe

From Scratch



Ingredients For the pastry

- * 225g Cold butter diced
- * 350g plain flour
- * 100g golden caster sugar
- * Milk or melted butter for the glaze
- * White sugar to sprinkle on the top.
- * For the mincemeat...
- * 150g currents
- * 150g sultanas
- * 100g raisins
- * 75g mixed peel 1 lemon zested and juiced
- * 75g vegetarian suet
- * 1 small cooking apple
- * 1 1/2 tsp mixed spice
- * 1tsp ground cinnamon
- * 200g brown sugar

100ml Fruit juice of choice, apple or orange are good.

Method

1. Put all the ingredients, except the fruit juice, in a large saucepan.

Cook over a low heat for 10 mins, stirring occasionally, until the sugar and suet have completely dissolved.

2. Remove from the heat and leave to cool to room temperature before stirring in the fruit juice. The mincemeat may look loose at this stage, but it will continue to thicken.

3. To make the pastry, rub the butter into the flour, then mix in the caster sugar and a pinch of salt.

4. Combine the pastry into a ball - don't add liquid - and knead it briefly. The dough will be fairly firm, like shortbread dough. You can use the dough immediately, or chill for later.

5. Heat the oven to 200C/180C fan/gas

6. Roll out the pastry on to a floured surface so that it is about 3mm thick, with a circular cookie cutter cut out 24 circles.

6. Grease two, 12-hole patty tins, and place a circle of pastry into each hole.

7. Spoon 1 heaped teaspoon the mincemeat into the pies.

8. Cut slightly smaller circles or stars with a cookie cutter to make lids, big enough to cover the pies. Top the pies with their lids, pressing the edges gently together to seal.

9. Brush the tops with some milk or melted butter and sprinkle with white sugar

10. Bake for 20 mins until golden. Leave to cool in the tin for 5 mins, then remove to a wire rack



VIVIENNE WESTWOOD

BY LENA
WŁODARCZYK

*Tartan and Plaid
Everywhere*

Westwood loved bold Scottish prints, using them in skirts, suits, and even wedding dresses.

Punk Accessories:

Think safety pins, spikes, chokers, and oversized pearls – she made rebellion fashionable.

*Historical Meets
Modern*

She often took inspiration from the past, like 18th-century corsets and puffy sleeves, but gave them a modern, rebellious twist.

The Orb Logo

Her iconic globe-and-cross logo represents taking tradition (the royal orb) and reimagining it for a new world.

*Attitude Over
Perfection*

Westwood's looks were never about being neat or "pretty." They were about confidence, individuality, and making a statement.





Westwood's Style Summary

Vivienne Westwood wasn't just a fashion designer, she was a full-blown cultural rebel. Known for her wild creativity and fearless attitude, Westwood turned the fashion world upside down by mixing punk, politics, and high style. Her designs shouted where others whispered, blending safety pins with corsets, tartan with tulle, and attitude with artistry.

Coming from a modest background in England, Westwood rose to fame in the 1970s when she started creating outrageous clothing for the punk scene in London. She believed fashion wasn't just about looking good; to Westwood, fashion was about expressing who you are and what you believe in.

Her designs challenged society's rules, making her one of the most influential figures in modern fashion.

Top 3 Vivienne Westwood Designs

1. The Pirate Collection (1981)

Westwood's "Pirate" collection marked her official entry into high fashion and it's one of her most influential works. Inspired by historical clothing, the collection featured oversized shirts, sashes, boots, and bold stripes that looked like they belonged to swashbuckling rebels rather than runway models. It introduced her idea of "romantic rebellion": clothes that looked like costumes but carried a strong message of individuality and freedom. The loose silhouettes and historical flair still influence designers today.

2. The Mini-Crini (1985-87)

The Mini-Crini was Westwood's playful fusion of a 19th-century crinoline (a hoop skirt) and the modern mini skirt. It captured her love of historical shapes but twisted them into something provocative and powerful. Made from stiff tulle, the skirt flared out dramatically, a mix of punk attitude and Victorian structure. It became a symbol of female empowerment, combining sex appeal with satire of old-fashioned femininity.

3. The Orb Jewellery (1990s-Today)

If you've ever seen a silver or pearl necklace with a little planet-and-cross symbol, you've spotted one of Vivienne Westwood's most recognisable creations: the Orb logo jewellery. It first appeared in the early 1990s and quickly became a fashion statement, blending royal imagery (the British crown orb) with a futuristic twist. Over the years, the Orb has become a symbol of individuality and creativity, worn by everyone from runway models to pop stars



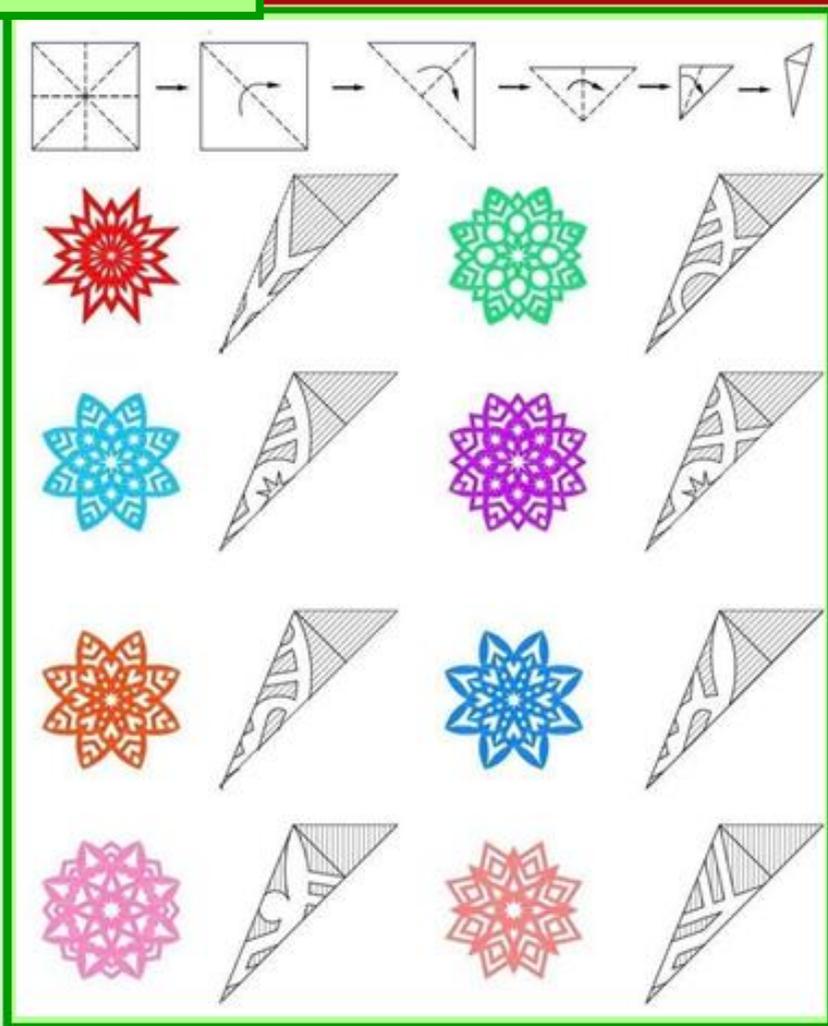
Ike Duga Lipa and Rihanna. It's proof that Westwood's rebellious

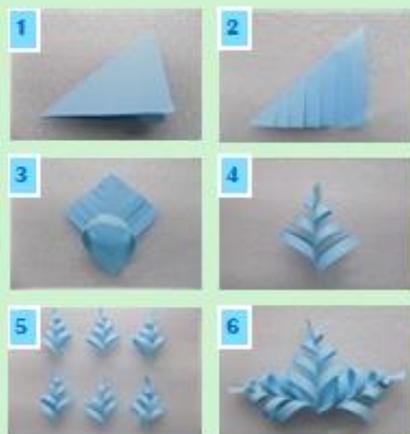
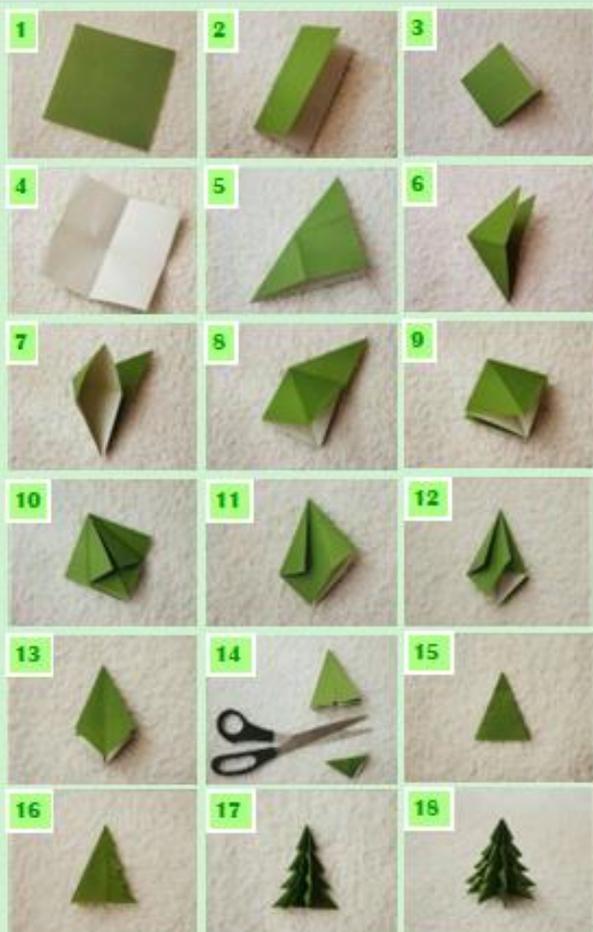
CHRISTMAS

CRAFTS!

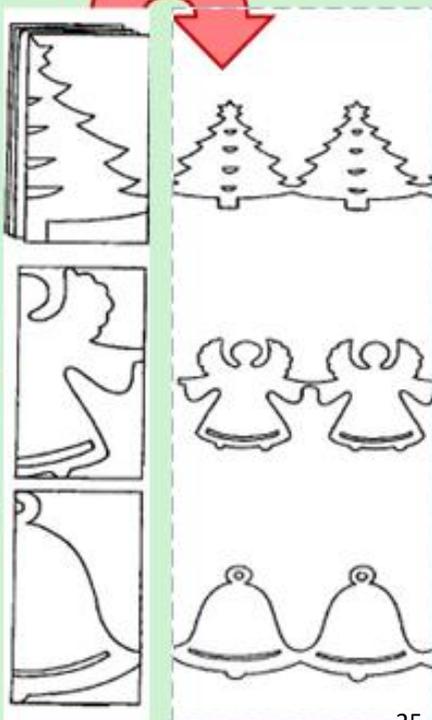
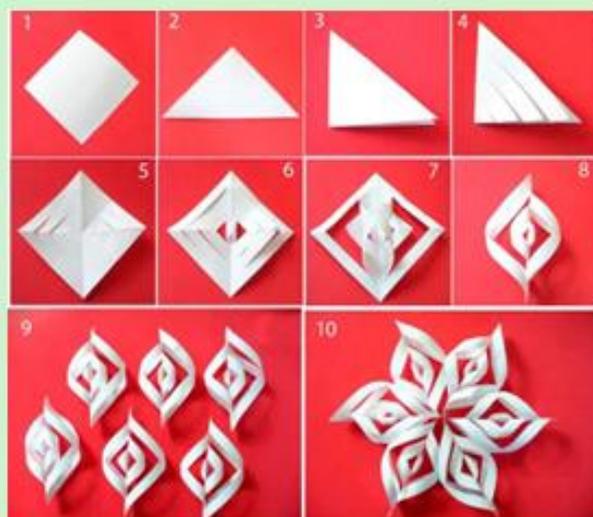
DIY CHRISTMAS DECORATIONS YOU CAN MAKE WITH PAPER TO GET IN THE FESTIVE MOOD, RATHER THAN HAVING TO BUY NEW ORNAMENTS!!

By Lena Włodarczyk





7 – Final product!!



X-MAS

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

Word directions and start points are formatted: (Direction, X, Y)

BAUBLES (S,4,3)

CANDLES (S,15,1)

CAROLS (S,18,2)

CRACKER (S,17,5)

EVERGREEN (S,7,2)

FESTIVE (S,6,1)

GINGERBREAD (S,3,1)

HOLLY (S,2,2)

JINGLES (S,12,3)

MISTLETOE (S,1,3)

PRESENTS (S,8,4)

REINDEER (S,9,4)

SLEIGH (S,16,6)

SNOWFALL (S,11,3)

SNOWMAN (S,14,5)

STAR (E,8,1)

STOCKING (S,10,3)

TINSEL (E,11,12)

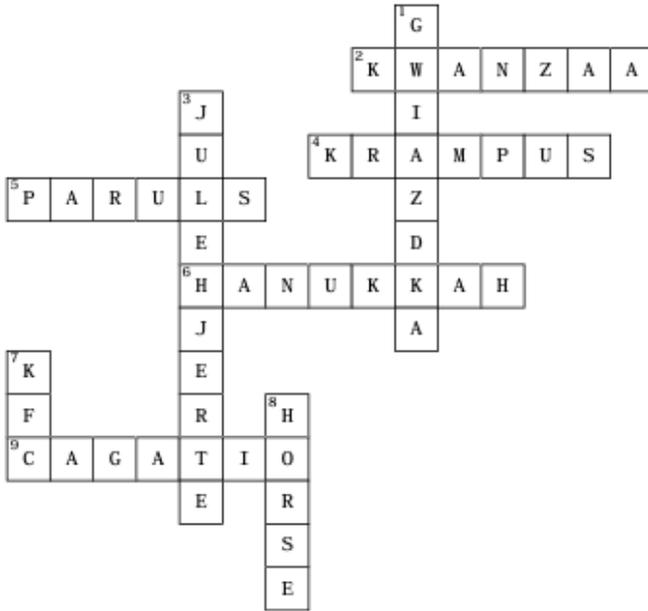
TOYS (E,4,11)

WREATH (S,5,5)



ANSWERS

Solution



GET INVOLVED



SCAN ME!!!

We want to have your opinions and ideas in the next copy of *Pulp*! If you'd like to take part, scan the QR code on the next page and complete the form! You get one response and our favourites will be featured in the Valentines edition of *Pulp*, in the February half term!!!

The more responses the better so share with others and enjoy!

Thanks a lot,

Love from the *Pulp* team! :)

THANK YOU FOR READING!!!