

PULP

JULY 2022

References and links

Vaccination:



Sustainability on a budget

Tofurei



New-U



Ernie's



Rainbow



Amnesty



Photo credit:

BBC

Poppy Chapman

Emily Graham

Erica Miller

Editorial

Hello reader,

First of all, sincerely thank you for picking up (or clicking on) and then actually reading this magazine. You have made a good decision.

Those of you who went to Notre Dame for high school may remember Pulp existing a few years ago before COVID. I am not one of these people; I'm relatively new here, having only joined at the beginning of year 12 after going to high school in a small town called Aylsham. But the school has been so welcoming that I now feel like I've been here forever. So I am extremely pleased to present to you the new era of Pulp magazine.

The first question you may have is why we've gone to the effort to make this. The obvious answer is that it's very good for our personal statements (which it is). But there is far more to it than that. It's so easy to just live in our individual bubbles and forget about what's going on in the world, or perhaps to keep informed but only find out the information without really thinking about its significance and the deeper meaning behind it, or even decide to just not think about it when we make choices. Particularly with the weight of A levels, I'm sure I'm not the only one finding myself falling into this more often than I would like. The main point of Pulp is for our team of writers to present to you issues we view as important and worth being considered more thoroughly by other young people; these are things we are passionate about and believe you should be too, so we're working to give you a new perspective to consider on them.

The theme for the articles in this issue is 'Taking Control'; in a world where it feels like our situation is deteriorating so quickly while those with power don't do enough, it is vital that we ourselves take what little power we have and do whatever is possible, be that individual choices or collective action, we can no longer wait and trust others will do it or hope it will sort itself out, we have to do something to take control of the situation. The fact you can probably think of more than one thing I could be describing here highlights the gravity of the issues we face. And on a smaller scale, it's exceedingly sensible to ensure you are in the best position you can be by making the most of and improving the education opportunities we are all lucky to have. But it should come as a surprise to no one that, given this prompt, most of our writers chose to discuss climate change.

I hope you enjoy reading as much as we enjoyed writing.

Your editor,
Noah Crane.

Meet the team

(Left to right, back to front)
Bruno Annison Lagos, Noah
Crane, Phoebe Aldred, Poppy
Chapman, Darcey Robson,
Melissa Crumpton



Why is vaccination controversial? by Phoebe Aldred

Vaccines contain dead or attenuated forms of pathogens, proteins or toxins, or mRNA (a form of genetic information), all of which induce an immune response. This leads to the production of memory cells, which provide protection from future infection from the same pathogen. Mass vaccination can lead to herd immunity, which protects those who are not vaccinated or have compromised immune systems. However, vaccination is becoming an increasingly controversial topic as its benefits and risks are put under the spotlight.

One reason that some people oppose vaccination is the risk of side effects. Common side effects for most vaccines include soreness, swelling or redness at the site of injection shortly afterwards, and sometimes aching, fatigue and nausea a few hours afterwards. These side effects usually last no more than 2-3 days, at most. While allergic reactions to vaccines are possible, they are rare, and usually arise minutes after vaccination. If this occurs, the person administering the vaccine will be trained to manage such reactions and will immediately provide treatment.

However, some people are concerned about long-term side effects of vaccination. 10 years after the MMR (combined



measles, mumps and rubella) vaccine was introduced in the UK, a study was published in a well-respected scientific journal suggesting that there was a higher incidence of autism among children who had received the vaccine. As well as this, the MMR vaccine is typically administered when children are around 14 months old, which is when potential autism symptoms can occur. As a result, many parents decided to vaccinate their children separately, or not at all – this led to rising cases of measles, mumps and rubella. Many scientists now believe that the MMR vaccine is safe, and many further studies have found no link between autism and the MMR vaccine. In addition, it has emerged that the sample size of the original study was small, the author of the research was biased, and the journal that published the study declared that, had all the facts been known, it would not have. Despite this, many parents still fear long-term side-effects from vaccines.

Another reason that some people oppose vaccination is the ingredients in vaccines. Some people have concerns that they are being administered with the pathogen itself. While some vaccines do contain pathogens, they are dead or attenuated so that they do not cause an infection, but do stimulate an immune response. Other vaccines contain parts of pathogens such as antigens – the proteins on the surface of pathogen that identify them as ‘nonself’ – or sections of mRNA – genetic information from the pathogen. Again, these are capable of inducing an immune response but do not cause infection. Other people have concerns regarding the other ingredients in vaccines which are predominantly used to stabilise them, increase shelf life or boost the immune response. These can include squalene oil (fish oil), pork gelatine, human serum albumin (from human blood) and egg protein. People may have concerns about these ingredients due to personal or religious beliefs, or allergies. However, not all vaccines con-

tain these ingredients, and if they do there may be a suitable alternative. Additionally, any vaccines that do contain these ingredients contain them in very small amounts.

Some people are opposed to vaccination due to concerns regarding the testing of vaccines. Vaccines undergo rigorous testing, which can take at least 10 years, before they are approved and the trials used to test them must also meet strict regulations. The first stage of testing is laboratory testing which consists of in vitro testing on individual cells and in vivo testing, which is often performed using mice. While there are strict laws in the UK regarding animal testing and welfare, many people are opposed to it; unfortunately, until newer technology becomes more affordable and widely available, animal testing remains an important part of the testing of vaccines and many other medical treatments. Vaccine testing then moves on to phase I trials, where a small number of healthy individuals (usually around 100) are given the vaccine to ensure there are no major safety concerns. Phase II trials involve several hundred people and check that the vaccine works consistently, produces an immune response, and begins to look at side effects. Phase III trials involve several thousand people and gather statistically significant information regarding safety and efficacy; it may also help gather information on any rarer side effects. The vaccine then has to be licensed, and

this is where regulators ensure that it meets safety and efficacy levels and that its benefits outweigh any risks. Once the vaccine is out on the market, phase IV studies continue to monitor the effects after it has been used in a population. Therefore, if a vaccine is on the market, it is guaranteed to have been thoroughly tested.

Another reason that some people may be opposed to vaccination is that they do not want other people or organisations deciding what substances enter their body. Autonomy is one of the 4 pillars of medical ethics, and means that a patient can decide what treatment they receive – if any – unless they do not have the capacity. If it is decided that the patient does not have the capacity to make their own informed decisions, then medical professionals will make a decision based on the patient's best interests. It is for this reason that some people disagree with childhood vaccination, as infants cannot make informed choices; however, childhood vaccination is encouraged because it is in the child's best interests. The MMR vaccine, as mentioned above, is usually given to children aged 1 and 3 years and 4 months and provides protection against measles, mumps and rubella – this is important as measles can lead to life-threatening complications such as meningitis, and mumps can lead to loss of hearing.

Overall, despite the many concerns about vaccination including side effects, ingredients, testing and autonomy, the benefits of vaccines far outweigh the risks. Vaccination not only protects those who are vaccinated, but also those who are not, if herd immunity is reached. This is because if more people are protected against a pathogen, it is less likely to infect them, and so less likely to be passed on to those who are not protected. Additionally, the World Health Organisation has listed vaccine hesitancy as one of the biggest threats to global health. One of the factors that has contributed to vaccine hesitancy in recent years is the rise of social media, and subsequent access to potential misinformation. Therefore, if you are questioning whether vaccination is right for you, ensure that any information you use to inform your decision is from a reliable source.

Sustainability on a Budget by Darcey Robson

At the moment, coming across new bleak facts and statistics about climate change seems unavoidable, whenever you open a newspaper, check social media or watch the news - it's there. Of course, this media focus has had many positive effects, it's encouraged countless people to take action and make changes - both small and large - in their own lives in order to protect our planet but more work still has to be done. By now, we all know there is a very real problem surrounding our environment, and, while individual changes do count, the solution is for companies to alter their business models and start using sustainable practices. We can help make this happen, by taking back control, deciding where we spend and creating more demand for the ethical option.

However, the main issue with this is often financial. In fact, a Beyond the Box survey discovered ~23% of people living in the UK think that environmentally friendly produce is unaffordable for most people. For students, working part-time for minimum wage or not at all, it's even less likely that we can afford to pay extra for sustainable goods and often have no choice but to save money and disregard the environmental repercussions.

Despite the premium often placed on 'green' products, there are ways to make an impact without spending an extortionate amount of money. Below is a list of Norwich based independent businesses which are helping to pave the way to a sustainable future and may even help you save money in the long-run.

1. Tofurei

This vegan cafe recently moved to a larger premises in St. Gregory's Alley so is a short walk from Notre Dame and, from first hand experience, the cakes are definitely worth it. There's a reason they have a 5* TripAdvisor rating. In 2018, scientists from the University of Oxford determined that cutting meat and dairy out of your diet would be 'the single biggest way to reduce your impact on planet earth' and so even swapping one lunch a week to a vegan alternative can help make a difference. Tofurei goes one step further than this, they also only use locally grown soya beans, make all their food from scratch and use compostable packaging for take away orders. For the chefs among you, if you bring your own container they're more than happy to sell you their famous tofu to cook with at home.

2. New-U

As mentioned in the article overleaf, limiting fast fashion consumption is key to mitigating climate change and while high-end sustainable brands do exist, buying second-hand is much more accessible. Although Norwich is home to countless charity shops, Castle Mall based New-U is unique. As well as taking cash and card, when you donate the clothes you no longer wear to New-U, you gain points

which can then be spent in store, meaning you can effectively swap out your wardrobe for free (and there's no time limit on points so you can wait and redeem them when you see something you love). As well as this, the shop is revolutionary when it comes to formal wear, more often than not, people spend a lot on smart attire for a job interview or similar event and only end up wearing it once. To combat this, New-U offers a free rental service where those in need can borrow clothing and return it after the event for no charge.

3. Ernie's Zero Waste Shop

Open Tuesday to Saturday in Anglia Square, Ernie's doesn't just stock an extensive range of packaging free groceries - simply bring your own container and buy anything from coffee, tea, pasta and other cupboard essentials by weight - but they're also known for bath and homeware. You can choose from a wide range of ethical soaps and lip balms, reusable nail polish and makeup remover wipes, bamboo toothbrushes and a variety of different shampoo, conditioner and cleaning liquid refills that you can use with your own existing containers or one of their amber glass bottles. A small selection of plastic free children's gifts is also available.

4. Rainbow Wholefoods

Rainbow has been selling vegetarian, GM-free and organic produce in Norwich since 1976 and, like Ernie's, offers both food and eco-friendly cosmetics. So, if you're by Davey Place it's worth having a look through their bargain bins to find a good deal or, you can always order online.

5. The Amnesty Bookshop

Buying used books can result in less than 20% of the carbon emissions than buying them new and saves a lot of money so it's worth browsing in one of Norwich's many second-hand bookshops before heading to amazon. At Amnesty's new St Benedict's site not only is there an impressive range of second-hand books, but they also stock a selection of ethical gifts and host an active events programme. Furthermore as an offshoot of Amnesty Internacional, you know your money is going to a good cause defending human rights across the globe.

This is just a small selection of the affordable and sustainable options on our doorstep and there's plenty more choice, from the array of antique and charity shops on Magdalen Street to the vintage stores in Norwich Market. If you want to find out more about how to play your part in the fight for a sustainable future, come along to Eco-6 on Friday lunchtimes in room 10 to discuss environmental issues and take control of our school's impact on the planet.

For more information on all of these, check out the references page.

5 Ways To Make Your Wardrobe More Environmental-Friendly by Phoebe Aldred

Fast fashion is inexpensive clothing produced rapidly by mass-market retailers in response to the latest trends, and it has a significant negative social and environmental impact. This includes exploitation of garment workers, unsafe working conditions and high levels of water, landfill, and air pollution. Yet there are things that consumers can do.

- 1.** Look after the clothing you already have. The easiest way to make your wardrobe more sustainable is to make the most of what you already have so that it lasts a long time. One way to do this is to check the care label – usually found on the inside of every garment – for washing and after-care instructions. Looking after garments correctly – for example washing at a low temperature and only when necessary – saves water, energy, and extends their lifetime.
- 2.** Learn to repair and alter garments. It may be tempting to discard an item of clothing if it no longer fits, has a button missing, or a small hole. Yet usually these problems can be easily fixed. YouTube is an excellent source for tutorials on altering and repairing clothing, and simple sewing kits can be found relatively inexpensively at most supermarkets.
- 3.** Buy second-hand where possible. Buying vintage and second-hand clothing from charity shops, Ebay and car boot sales reduces the amount of clothing that goes to landfill. As well as this, it is often more affordable, may be helping a charity, and provides the opportunity to find unique items. Additionally, if a garment will only be worn rarely (for example a suit to wear to a wedding), consider hiring instead. Disconcerted by the idea of wearing something someone else has? Washing machines and dry-cleaners are available.



4. Carefully consider before buying new clothing. Unfortunately, it is not always possible to buy clothing second-hand, and sustainable clothing brands can be expensive. So, when purchasing new clothing, consider if it is really necessary, if it will be worn regularly, if it is high quality, and if it is made from sustainable fibres. If the answer is no to more than one of these, the potential new item may not be the most sustainable option.

5. Dispose of unwanted or damaged clothing correctly. Inevitably, some clothing will hang at the back of a wardrobe or crumpled in the bottom of a drawer, never to see the light of day. If these garments are still in good condition, they can be donated to a charity shop. Additionally, some retailers such as M&S and H&M accept bags of unwanted textiles in exchange for vouchers or rewards. However, if garments are badly damaged or stained, do not send them to charity shops as they cannot be resold – if you wouldn't wear a t-shirt with coffee stains, why would anyone else want to? Instead, take them to a textiles bin (usually found in supermarket car parks) or check if the local council offers a textile waste collection service. This allows them to be recycled into new textile products such as recycled yarns or insulation.

Ultimately, a total reform of the fashion industry would minimise the negative impacts of fast fashion. But until that happens, small changes to the habits of consumers can help.

Music and Mental Health by Melissa Crumpton

Exercise, meditation and journaling- just a few of the suggestions we are given that are meant to help boost our mental health. But for me, the unsung hero is music. Very rarely talked about or considered a coping mechanism, music often goes unconsidered and instead magazines recommend relaxing baths or invigorating walks. But what if you're a shower person? What if walking isn't your thing?

In some of the most difficult moments of my life, music has always been there. It's a certainty, reliably constant in a world where things are always changing. Ranging from classical instrumental in moments where you seek peace to upbeat funky dance tunes, there's a genre and a song for everyone, regardless of their situation. When I've needed a mental boost, I've plugged in my headphones and escaped to a different place, just for a little while.

Don't just take my word for it though... in 2011, a study carried out by Nature Neuroscience found that music can boost dopamine levels (a chemical that produces a feel-good state).

For some people, it's the music, for others, the lyrics. Music is a language that is universally spoken and understood- it crosses barriers and breaks them, too. Through the medium of music, tough conversations and taboo topics are addressed- in Belgian mega-artist Stromae's new song 'l'enfer (Hell)', he sings

about his struggles with suicidal thoughts- in a way that has led to more conversations about mental health. Other topics, like grief and issues with self-esteem have been appearing more and more recently (Dylan Conrique's trending song 'Birthday Cake' about parental bereavement, for example) as well.

Politically charged songs have become a way for people to express their frustration and desire for change ('Imagine' by John Lennon', for example) and have the potential to unite. Particularly prominent at the moment is Tom Odell's 'Another Love' as a symbol of Ukrainian resilience.

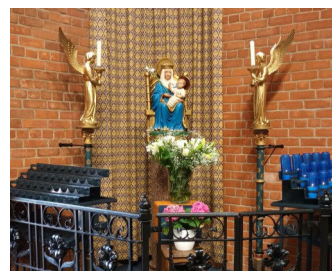
For many, relatability is key: music can help to process emotions and trauma, and relatable lyrics may help you feel heard. Music can make you feel too- be that happy or sad or nostalgic. Listening to a specific song can transport you back to a specific location, whether that be good or bad. Not only can songs be associated with places, but they can also remind you of a person, or a feeling.

Music can act as a confidence booster, a way to boost your self-esteem. It can be a form of escapism- a place to go to when you feel alone or overwhelmed by the world.

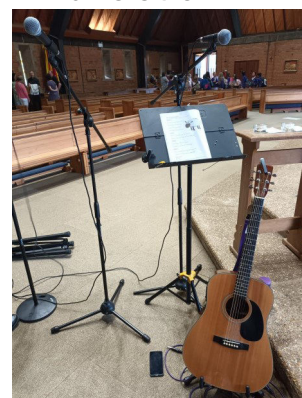
So next time you feel a little stressed, down or tired, maybe look to music as your inspiration...

NDHS Choir Trip to Walsingham by Poppy Chapman

On Friday 24th June, Notre Dame choir members made their way up to Walsingham, located just an hour away from our school site, to attend the annual mass held for feeder schools within our multi-academy trust.



The Shrine of Our Lady of Walsingham was established in 1061 after a young girl, Lady Richeldis de Faverches, had apparitions of the Lady Mary, who instructed her to build a replica of the house of the Annunciation in Nazareth, in Walsingham. Mary was said to have requested this to be used as a site of pilgrimage, and that whoever goes there to seek her help would not go away empty handed.



The service held with the feeder school students centred around the idea of Christ being the shepherd, meant to guide us, leading us down the right path throughout our lives. With members of St Edmund's Catholic Primary School presenting sheep themed artwork at the altar during the middle of the service, and the Saint Augustine's Catholic Primary School choir singing a song about Jesus as our guide during the Eucharist.

Our Notre Dame choir led the music during the mass, with the participation from every feeder school creating a real, strong sense of community, especially after 3 years apart. The younger students particularly enjoyed the final song "He's the Good Shepherd".



After the service was complete, it left some time to soak in the peaceful scenery of the Basilica, which was built in 1340 as the last chapel on the pilgrimage to Walsingham. After which, the primary school students set off to walk the Holy Mile, fulfilling the Sacrament of pilgrimage.

In the afternoon our Notre Dame choir ventured to Wells-next-the-sea, to enjoy the sunshine, alongside ice cream and fish and chips, concluding a joyful and celebratory day.



Clubs info

Hello everyone, particularly to the new year 12s reading this. I strongly believe that extracurriculars are the cornerstone of school life so it is really important to have clubs in place to get involved as much as you can. When I joined I had very little idea of what was going on at the school so I didn't know what to do with myself. That's why we have created this section. Here is every club our team is aware of with a description from someone with a key role so you can look to see what you'd like to do. If ever you set up a club please do let us know so we can promote it in our next issue so you can get as many members as possible.

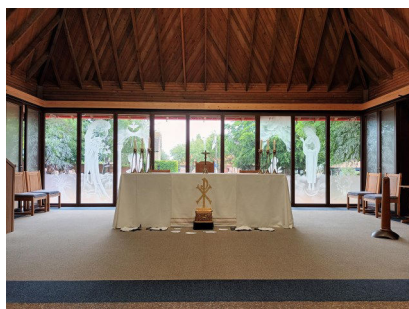
Saint Vincent de Paul's Society

The St. Vincent de Paul's Society organises charitable endeavours both inside and outside our school community, from collecting supplies for Ukrainian refugees to hopefully working with St. Martin's Housing Trust and Corton House in the near future. Although led by Mr. Rowe, there is a lot of opportunity to discuss and lead your own projects and so, if you're interested in helping with our current plans or have a specific cause you're passionate about and want the school to support, join the google classroom using the code: ytiickn



Choir

Choir rehearsals take place every Tuesday lunchtime in room 14 from 12:45. Singers from all year groups, all abilities and any voice type are welcome, with no audition necessary. We sing a variety of songs, from 'Golden Slumbers' by The Beatles, to 'The Joker and the Queen' by Ed Sheeran, to 'We Don't Talk About Bruno' from Disney's 'Encanto'. Being a member of the choir helps you to improve your vocal skills, music skills and confidence, and there are regular opportunities to perform in concerts and on trips. Past performance opportunities have included the Norfolk Showground, school concerts, Walsingham and Norfolk County Music's 'Head Out Not Home' scheme.



Notre Dame Union

Notre Dame Union is the debate club at school which is currently run by yours truly. For my first few weeks at the school I was desperate to go but was worried it would be pretentious and I would go in and be mocked for not knowing everything about everything. But then there came a topic I just couldn't resist so I braved it and immediately fell in love. Nobody is anything but nice; there is an understanding of informing rather than chastising so you will never be made fun of or condescended. M35 on Thursday is a place of fun and learning. We mix it up by having a mix of fairly serious political debates and silly ones we can just have fun with. I think debate is so important because it forces you to develop your ideas so you gain a deeper understanding of the issue and maybe even change your mind. It is vital that we have our beliefs critiqued so we aren't just living in a bubble full of our preconceptions. Plus the ability to form convincing arguments and think on your feet is insurmountably useful in all our lives.

Eco-6

Eco-6 is our Sixth Form's Environmental Club, run by Yr12s Poppy Chapman and Ashley Benstead, every Friday lunchtime in room 10. The purpose of the club is to come up with new ideas and policies to improve Notre Dame's eco-footprint, and then campaign for them to be implemented within the school. Alongside this, Sixth-formers also participate in discussions and debates surrounding new worldwide environmental issues, such as the recent COP26 conference and electric cars. Being part of the Eco-6 team, allows you to stay up to date with current ecological issues and have a real say in how our school contributes to our planet.



Pulp

I like to think this issue is testament enough as to why you should join us. I hope you can see the brilliant work we have produced, but also how much more it could be with your participation. We would love help from any field be that graphic design, writing, photography, research, art, or anything else. The more of a mosaic of different people's work and ideas, the better. I hope to see some of you soon.

Death on the Nile (2022): a review by Melissa Crumpton

length:2h7m

Based on the book by Agatha Christie- the 'Queen of Crime', this 2022 re-imagining of Death on the Nile has been long anticipated. But has the wait been worth it?

**** CONTAINS MILD SPOILERS ****

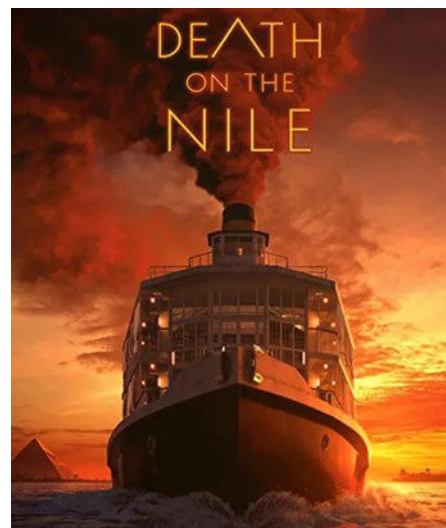
The plot:

Linnet Doyle seems to have it all; a handsome husband and plenty of money. But she has a murky past- one that involves her best friend's fiancé and a love triangle that follows her all the way to Egypt and aboard the cruise ship on the Nile. Upon Linnet's shocking murder, it seems there is an obvious suspect- the thwarted best friend- Jackie de Bellefort, who has been following Linnet and her new husband. But she has an unbreakable alibi; and so Poirot must look to the other passengers on the ship. Can Poirot stop the murderer before they strike again?

As a massive Agatha Christie fan - and a firm believer in David Suchet as Poirot supremacy- I must admit I had low expectations for this film. As someone who watched the first A.C remake with Kenneth Branagh as Poirot (Murder on the Orient Express, 2017) I was expecting much of the same- an actor who played Monsieur Poirot with perhaps too much gusto.

With the opening sequence, it seemed my suspicions were confirmed. Well- acted, but, in my opinion, completely unnecessary, Poirot's supposed backstory in the army felt strange and almost forced. However, I was pleasantly surprised as the film moved from the past to the present. The characters of Jaqueline de Bellefort and Linnet Ridgeway seemed well-cast- (with Emma Mackey and Gal Gadot in these roles respectively) and the cinematography in terms of lighting, colours, and audio, was excellent. I loved the rich colours, the 1930s glamour and the dance sequence.

And then disappointment struck. Not only had some of the characters been completely omitted, but the murder(s) were completely different to those in the book. Characters' backstories, personalities and secrets had been edited incredibly heavily. On the other hand, clever shots and camera angles, especially the scenes exploring Louise's death - the scene where her body is discovered was



TERRIFYING-made the actual film very high quality. By the denouement, Poirot was emotionally drained and furious at the death of his close friend Bouc. The reveal of the murderer(s?) seemed slightly rushed, and downplayed, which was disappointing. The film ended with a - CLEAN-SHAVEN! - Poirot, who is listening to the singing of his new love interest, Mrs Otterborne. As you may have guessed, this doesn't happen in the book- mainly because Mrs Otterborne doesn't make it off the boat alive.

Overall, I was pleasantly surprised by most of the casting, acting and scenery/cinematic quality of Death on the Nile, however the plot changes were so extensive they outweigh the positive aspects for me. For someone who hasn't read the book, this is a great film- but for me, Kenneth Branagh didn't quite make the cut.



Puzzles!

Whoever sends us all the answers first gets a shout out in the next issue!

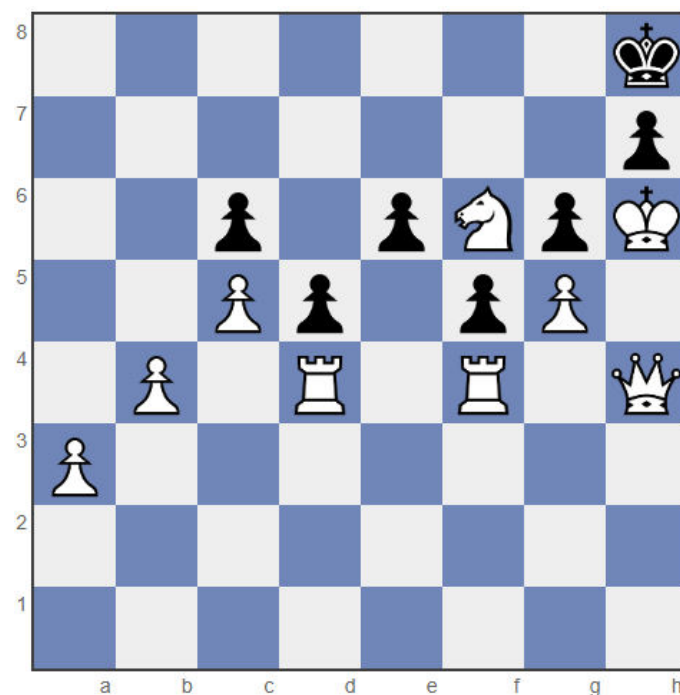
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PULP WORD SEARCH

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SANTIAGO
NDHS
PULP
CHOIR
SVP
WALSINGHAM
COMMUNITY
JERUSALEM
MAGAZINE
SIXTHFORM
SUNFLOWER
ROME
STJULIE
BEACH

Play this puzzle online at : <https://thewordsearch.com/puzzle/3806528/>



White to play - mate in 3

News for next issue

We are offering £50 for each of these...

(...if having your work exhibited isn't enough to convince you)...

LOGO COMPETITION – Prize £50

You may have noticed that the cover of this issue is a bit bare; we didn't want to commit to a logo until we're sure we have the coolest one we can, and what better way to do that than asking you guys to submit entries for us to judge?

Please send to 16nocrane@ndhs.org.uk

POETRY COMPETITION – Prize £50

We would love to include in the next PULP the winning poetry entry.

Topics: “Discovering...”, or “The World Needs...”

Please send to 16nocrane@ndhs.org.uk

Dates to be confirmed...