

# JOURNALOLOGICAL

**AIYF:**

Youth Festival  
returns to city



**I'M FREE**



South of the  
City Academy:

Work starts on  
new school

**Zone Youth**

Tackling homophobia  
in schools

**Festival season**

Tips for staying safe  
at T in The Park

**Granite City  
Comic Con**

2016 event review



Film, radio, music  
and journalism...

**Get involved!**

Want to direct a movie,  
hear your voice on radio or  
see your name in print?

# HELLO

## Welcome to the second edition of Journalogical

We have been working hard all this summer to bring you news about news and events from across Aberdeen city. In this edition you can find information about the Torry Academy merger, choosing your subjects at school, game reviews, Aberdeen International Youth Festival which is returning to the city in July.

Just in case you missed our first edition we'd like to tell you a bit about this magazine and where it came from.

Journalogical is put together by young people for young people who are part of the youth media team at shmu. We started off writing articles to go with the community magazines which shmu produces already and we had such a great time writing these articles that we wanted to produce our own magazine. shmu applied for funding and now here we are with our very own magazine!

There will be three editions a year (spring, summer and winter) and

this is our summer edition. We will be focusing mainly on the regeneration areas of Aberdeen (Woodside, Seaton, Tillydrone, Middlefield, Northfield, Cummings Park and Torry) but we are always open to ideas about any topic that affects young people. If you live or attend school in one of those areas and would like to get involved Journalogical then please get in touch. We're always looking for writers, photographers, proof readers and ideas people. Let us know what you think is important to you and we will try our best to cover it.

The team involved in this edition has included Abby, Fern, Yasmin, Glen Lukasz, Stacey, Karis, Meredith and Connor and we meet every second Tuesday between 4 and 6pm at shmu.

We have had a great time producing this magazine and we really hope you enjoy reading it. If you would like some more information, then get in touch with Laura at shmu. **You can email [laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk) or call 01224 515013.**

**We hope you'll have as much fun reading the magazine as we did making it.**

**shmu** offers an exciting and vibrant Youth Media programme to young people, prioritising those living in the regeneration areas of Aberdeen aged 12 -19, to actively participate and engage with our enhanced youth media platforms (radio, film, music and journalism); increasing confidence and self-esteem and encouraging communication with the wider world in a creative, balanced and informed way.

The programme offers the opportunity for our young participants to share their experiences with the wider world by digitally sharing all content produced through the SHMU website, social media pages, 57 North and our YouTube channel. If you have an interest in media and would like to find out more then contact our Youth Media Manager on [denise@shmu.org.uk](mailto:denise@shmu.org.uk) or call Denise on **01224 515013**

## In this

## magazine...

- 3 Dealing with stress**
- 4 AIYF**
- 6 South of city academy**
- 8 Granite City Comic Con**
- 10 What game?**
- 11 Camp Columba**
- 12 Choosing Subjects**
- 13 Zone Youth**
- 14 Recipes**
- 15 Travel**
- 16 Contacts**



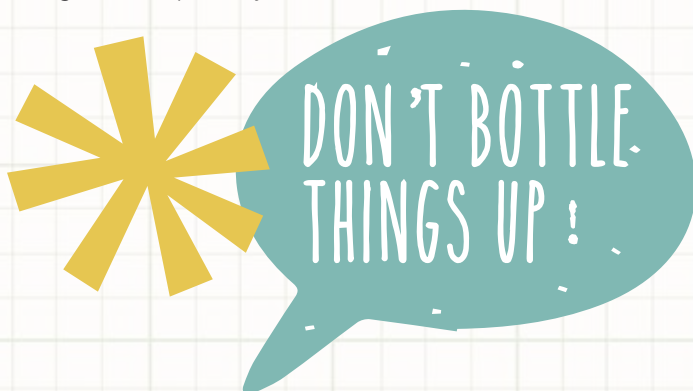
## HOW STRESS IMPACTS ON YOUNG PEOPLE (AND HOW TO DEAL WITH IT)

**Stress is something that everyone has to deal with at some point in their lives; it can especially have an impact on many young people.**

Stress can be brought about by many different issues, particularly exams and homework. Many young people feel like they are pressured to do well in school and have a fear of failure, which in turn can bring on stress. Another issue is bullying and teasing, which can cause anxiety. A young person who is being bullied might live in constant fear of their bully and may not perform as well at school as they would like. Another issue is family arguments. Family arguments are never nice for a young person to witness. When parents conflict this can cause stress because a young person might feel scared and not know who to turn to for help. There are other issues that can be distressing for a young person such as the death of a family member or a pet, and starting out at a new school, college or university.

There are many signs of stress that can be detected. Some signs include constantly feeling tired and weak, loss of appetite, headaches, stomach aches, muscle aches, constantly feeling sad, feeling angry and irritable, unable to think straight and having difficulty concentrating. However, there are ways to help reduce these feelings. Never keep these issues to yourself. Tell someone you trust, such as a parent, guardian or teacher how you are feeling. Sharing your thoughts and feelings with someone can be helpful because they might be able to give you some of their own tips to help you.

By taking care of your body in different ways such as avoiding caffeine, taking part in physical activity, and getting more sleep you will feel a lot better and you won't feel so stressed. Try using some relaxation tips to help clear your head from worrying thoughts. This can help you to feel more refreshed and positive. Note down all the things that make you stressed in a stress diary. Rate each stressful event on a scale from 1-10. Use the diary to help find out what triggers your feelings and how you cope in these situations. Using the diary can help you find out ways to avoid stressful situations and how to develop better coping mechanisms. Learn to say "no" to some people in certain situations. A lot of people feel pressured to say "yes" to people because they want to be nice and feel like they are helping people. They also fear missing out on opportunities. However, every once in a while it is okay to say "no" to someone if you feel like you are doing too much. By prioritising you will have less things to worry about and you will feel less stressed. Also, give your body a rest when you are feeling unwell. Don't try to do too much when feeling unwell because this can make you feel stressed. Try to give yourself some rest for a bit to help reduce these negative feelings. Most importantly....



## CAUSES OF STRESS IN YOUNG PEOPLE INCLUDE:

- Exams/homework
- Bullying/teasing
- Family arguments
- Illness of family and friends
- Death of pets and loved ones
- Starting at a new school/college/university

## EFFECTS OF STRESS IN YOUNG PEOPLE:

There are many effects stress can have on your body such as:

- Feelings of tiredness/weakness
- Loss of appetite
- Headaches
- Stomach aches
- Muscle aches
- Feelings of sadness
- Irritableness and angry outbursts
- Can't think straight
- Have trouble concentrating

## TIPS FOR DEALING WITH STRESS:

- Explain how you are feeling with a trusted adult such as your parents, guardians or even a teacher
- Avoid consuming caffeine
- Take part in physical activity
- Get more sleep
- Use relaxation techniques
- Keep a stress diary
- Take control
- Manage your time
- Learn to say no to people
- Rest if you're unwell

# ABERDEEN

## International YOUTH FESTIVAL

29th July – 6th August

**Aberdeen International Youth Festival (AIYF) is a summer highlight in Aberdeen. The festival has modernised in recent years to include a range of art forms including dance, theatre and music of all kinds.**

AIYF brings together groups and individuals from all over the world, as they come to Aberdeen to perform, meet new people, and learn about other cultures. Events include galas, outdoor shows and evening concerts. Workshops and summer courses are also part of the festival, and young people have the chance to learn from experienced tutors.

We can't wait for this year's AIYF, where there will be over 800 participants performing in shows across the city and around the North East. Here's a taster of what you can expect this year:

### Dance

This year's dance groups span three continents with acts coming from Jordan, Malta, the United States, and local performers including Aberdeen Academy of Dance, Fusion Youth Dance Company, and Hip Hop Scotland. Taking part in the festival for the first time are the National Dance Company of Wales Associates group, who are a company of dancers age 14-19.

### Theatre

Theatre and musical theatre are celebrated at AIYF, as UK groups Castlegate Theatre Company, Youth Music Theatre, and Mitchell School of Drama take to the stage. This year the festival also welcomes groups from Italy, Malta, and South Africa. The Africa E NTLE Theatre Workshop make their first visit to Aberdeen this summer, bringing their self-devised plays which focus on social and cultural issues.

### Contemporary/Jazz/Traditional Music

There's a range of music coming to this year's festival from countries including Canada, Indonesia and Spain. From the UK there will be jazz from the Lancashire Youth Jazz Orchestra, and traditional music from the Fèis Rois Ceilidh Trail. Also performing this year are Spanish Flamenco duo Noelia & Javier, who wowed audiences at the AIYF fundraiser earlier in the year.

### Song

Choirs form a great strand of AIYF, and this year we are pleased to welcome the girls of the Madison Youth Choir from the United States, and the Girls' Choir of Norway. From Israel the Ze' irey Singers will be performing, along with NYCOS Edinburgh and Aberdeen Regional Choirs.

### Classical & Up Close & Musical

The classical and chamber music strand of the festival is as popular as ever, and we are delighted to welcome the Vivaldi Strings group from the United States, along with the Afula Representative Orchestra from Israel. Keep an eye out for local performers too!

**The full programme of events for AIYF will be available at [aiyf.org](http://aiyf.org), and you can like us on Facebook and Twitter @AIYF. #AIYF2016**

2015 was my first year taking part in the festival. It was extremely fun and there were lots of different events you could attend. There were many people who attended the events and they were interesting – ranging from cultural dances to choir music events. My personal favourite was the opening ceremony at the Music Hall. I enjoyed getting to see the different nationalities come together, hearing their national anthems and seeing their countries' flags. With shmu I was able to get the chance to film some of the events, write up questions for interviews and take photographs - all invaluable experience

Karis

This was my first time being involved in AIYF and it was amazing. It was really busy, exciting and there was so much to do. We got to see so many different cultures in dances and plays. There were so many unusual acts and some of the storylines were really interesting and I saw so many new international stories and traditional dances. Being there and doing interviews and filming allowed me to see behind the buzz behind the scenes. One of my favourites was the play Taming of the Shrew by Shakespeare. This was performed and adapted by Mitchell School of Drama. I enjoyed it so much and hope to take part in AIYF 2016!

Fern

With the Aberdeen International Youth Festival approaching this year, we have all been reminded of our own experiences with the festival. Looking back on the previous festivals that I've been to, I would definitely say that the experiences have been positive. AIYF gives you great opportunities to see various musical and dance performances put on by many different people from across the world. My favourite performance from AIYF was the Variety Gala from two years ago, which had many dance, vocal and instrumental performances, and even a jazz band.

Connor





ACE! really busy and exciting  
unusual acts  
CONTEMPORARY/JAZZ/TRADITIONAL MUSIC

different nationalities come together  
**AMAZING**



# SCHOOL'S OUT

## Work starts on new South of the City Academy

by Fern, Karis and Yasmin

Prior to the merging of Torry and Kincorth Academy, we spoke with MP for Aberdeen South and North Kincardine, Callum McCaig and Convener of Aberdeen City Council's Education and Children Service's Committee, Angela Taylor.

Construction of the new school building started in June this year, three years after the initial decision was made to close Torry and Kincorth Academies and build a new school on the site of Bobby Calder Park.

Aberdeen City Council looked at two sites for the new school, one at Bobby Calder Park in Cove and one down at the river between Torry and Kincorth. The Cove site was chosen because it was much bigger and there weren't any problems with hills or rivers.

Councillor Angela Taylor said: *"It's a good idea for Kincorth and Torry to join together because they are both very distinct areas and the school will have many different cultures."*

The school will cost £47 million to build and will include facilities such as a pool, a dance studio and a gym.

The four-storey building will contain facilities for up to 1,350 pupils from Torry, Kincorth, Cove and Nigg with a special focus on science, technology, engineering and mathematics.

Callum McCaig said: *"It's important to happen because both Torry Academy and Kincorth Academy are pretty old buildings and need to be replaced. It's important the kids learn in a state of the art environment."*

**"The Torry Academy building is going to be kept for a community facility"**

Both Kincorth and Torry Academies are currently under capacity. Callum McCaig continued:

*"Together there the right number of pupils, separately there not really big enough."*

The Torry Academy building is going to be kept for a community facility, for example The Big Noise Project. This building is right in the heart of the community and both Councillor Taylor and Callum McCaig agreed it was important for it to remain open to the community.

Residents of the Torry community have expressed concerns over pupils travelling to the new school site. In response to these concerns Aberdeen City Council has set aside £150,000

to subsidise transport for pupils from Torry over the first two years.

In his previous role as a local Councillor, Callum McCaig represented Kincorth and Nigg in Aberdeen City Council. Now, as an MP for Aberdeen South, his role will involve listening to the community and supporting them to tackle any issues they have with the new school.

The new school should be built in about two years, Aberdeen City Council have stated the school will open in August 2018, a year later than originally planned.

Callum McCaig said: *"If the school isn't built in time, the two schools will continue to run as they are"*

The school name has not been decided but it is said pupils will get a say in this decision.

From these interviews we feel like we are more informed and involved in the decision that has been made.

**"new facilities will include a pool, a dance studio and gym"**

## CUTTING OF THE FIRST SOD

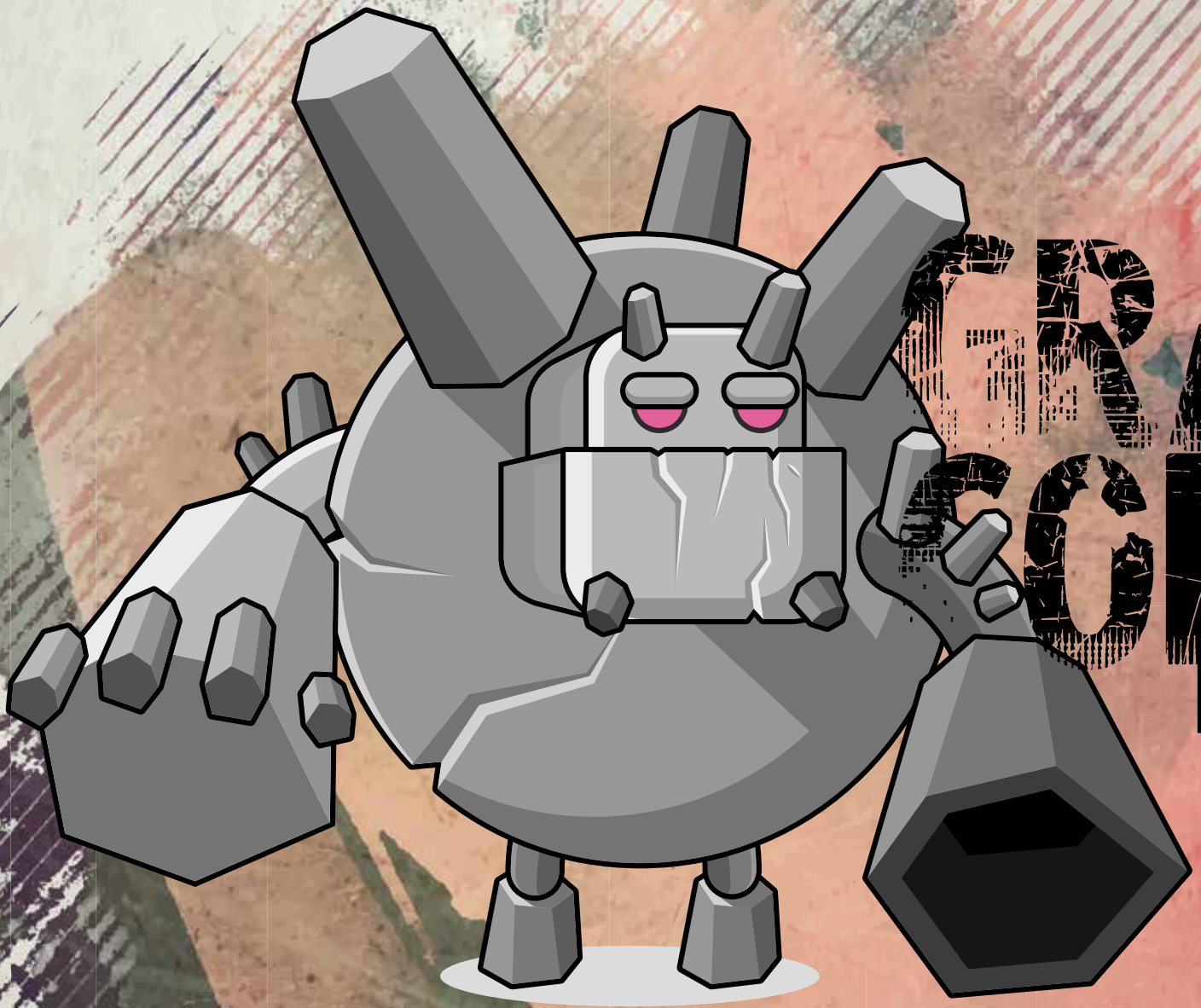


Credit: Norman Adams, Aberdeen City Council

## ARTIST'S IMPRESSION OF NEW ACADEMY



Credit: © jmarchitects



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# GRANITE CITY

By Glen

## Granite City Comic Con

**In a world where geeky and nerdy culture is becoming more and more common cities across the country are launching their own Comic-Cons.**

For those of who not immersed in this universe, a comic-con is an event which focuses on comic books and comic book culture. Fans gather to meet creators, experts and other comic book fans. It was Chris Robertson, Colin Penny and Morgan Black's vision to give the people of Aberdeen what they wanted and that's just what they did two years ago when it was announced that Aberdeen would be getting its own Comic Con (titled Granite City Comic Con, obviously).

Comic Con took place last year on the 30th of May and was open for one day and one day only. It was a huge success, raising over £2,500 for the cancer charity CLAN. This year saw Granite City Comic Con return with a vengeance. More guests, more vendors and more Deadpool cosplays!

The con was from the 29th of April to the 2nd of May which meant four days of pure awesomeness. The first day was a special event for any budding young artists looking to get creative: there were meet and greets with comic artists and cosplay creators. The second day was when things were set into full gear. The main event had started. Saturday was a day to enjoy. There were many stalls with a wide variety of geeky and nerdy items for sale. Unlike last year where the venue was small this venue was huge and had three times as many stalls.

Another addition to this year were the panels where people of high nerd importance went up on stage to answer questions. You had a famous cosplayer, some of the Star Wars cast including Paul Blake who played Greedy and Garrick Hagon who played Briggs Darklighter, some of the writers for 2000AD and even the man himself, John Wagner. Another new addition to comic con this year was the cosplay tokens. If you see a person in cosplay that you like then you can give them a cosplay token. They would then take these tokens to the cosplay tent and add them to their total. Whoever had the most tokens by the end of the day would win a trophy!

Speaking of cosplay the competition was on once again. Sunday was the main cosplay day with the competition and parade taking place. Hundreds of people dressed up for the occasion. Some costumes were simplistic while others were incredibly detailed. Some made you laugh while others made you gasp. The variation of cosplay was astounding.

The final day was the Monday. That was the tabletop games day where people would come down to the hotel to enjoy a day of tabletop games such as C-wing, Batman and others. So that's this year done and dusted and now all we can do is to look forward to next year which will be bigger and better than ever.

8 out of 10



## What game

### The Sims 4

So a couple of weeks ago I bought the 2014 Sims4. I've already played around 65 hours of it, which shows that the Sims 4 is truly addictive. In order to even play the game, my computer had to have an extreme makeover 101, with software needing updated and what not. But this makeover was totally worth it because really my computer needed it and I love how the Sims 4 is a free play kind of game and shows different aspects of life and lets you create different types of characters. I'm quite disappointed though that there are limited lots/houses for your sims to live and that you have to pay another £30 to get expansion packs and more furniture etc. I think they should just be a part of the base game, but that's a lot to ask! To conclude I'll give the Sims 4 and 8 out of 10.

By Yasmin



## Starbound has us starstruck

Do you want to play a space game? Well look no further than Starbound. Starbound was published by an independent studio that is based in London. Starbound is an adventure, survival and action type game. Your character within the game flees his home planet in a spaceship then you fly to another planet. After this you have to collect resources to either make a beacon to call a monster that you can fight or you can just collect coal to make your ship fly away into space so you can find other planets. The game was released in December 2013. Some of the playable races are the apex, avians, florals, humans, hoylotl, the glitch and the novakid. The reason I enjoyed this game was because I was able to build with the only barrier being my imagination. I would recommend this to anyone who likes buildings games such as Minecraft

By Lukasz

## Where can you go during the summer holidays?

### There are many spectacular places to go in Aberdeen and Aberdeenshire.

There are many museums to visit in Aberdeen like the Gordon Highlander Museum, the Aberdeen Maritime Museum and the Tolbooth Museum. The Gordon Highlander Museum is on St Luke's Viewfield Road. The museum is based around the year 1900 when the Gordon Highlanders would fight for the British forces. The Aberdeen Maritime Museum can be found on 52 - 56 Shiprow. The museum explores the historic development of the maritime industries in Aberdeen. The Tolbooth Museum is on Castle Street/ Union Street. The museum is one of the oldest buildings in the city and it is based on the history and development of crime and punishment and of the city of Aberdeen.

There are many parks to visit in Aberdeen like Duthie Park, Hazlehead Park and Seaton Park. Duthie Park is on Riverside Drive and it is a spectacular place to go over the summer. If the weather takes a turn for the worse you can take shelter in the Winter Gardens. Inside there is a variety of rare plants from each corner of the earth on display. Hazlehead Park is located on Hazlehead Avenue and it is an amazing place to hold events, such as the Enjoy Music Festival which took place earlier this year. Seaton Park is on Don Street and it has lots of different routes to roam around, including a newly constructed walkway from Seaton Park to the Donside Village. Many paths around the Don have been established as part of the work on the recently opened Third Don Crossing.

If you're into the great outdoors, then there are loads of great walking opportunities in Aberdeenshire. From Bennachie to the Bullers of Buchan there's something for every level of fitness. Grab your hiking boots and your sunscreen and enjoy any good weather Aberdeen gets!

By Abby



### Bennachie

The Mither Tap is 518 m/1699 feet. From its top there are good views of the county to the north and east. Most of the tops lie along an east / west ridge, with the exception of Millstone Hill (409 m) an outlier or spur which is separated from and to the south of the main ridge. Mither Tap has an Iron Age fort on its summit.



This year Northfield Academy has been lucky enough to have had a group working with the charitable organisation Columba 1400.

Twelve pupils and 4 staff members are working together as part of a year-long leadership academy.

This group of pupils and teachers spent a week on the Isle of Skye, challenging their own perceptions of leadership and finding out what kind of leader they are themselves. It's been almost 7 months since the trip to Skye: so, what are the Columba team up to now? They are working on creating their very own summer camp.

These Columbans have been working on the summer camp for quite a while now. With ideas and suggestions flowing it's coming along well. The aim of the summer camp is to try and convince more and more primary school pupils to come to Northfield Academy. All primary schools in the catchment area such as Quarryhill, Bramble Brae, Muirfield, Heathryfold and Westpark are invited.

Hopefully this will bring in a tsunami of new pupils hopeful to study at Northfield Academy.

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 "I can't wait to see  
 all the kids having  
 lots of fun"  
 -----

Northfield Academy Head Teacher, Neil Hendry said: *"Over the last three years as a school we have been working hard to ensure that a positive ripple comes from the school into the local community. Our Columba 1400 group have been on a journey and at the core of their work is striving to give something back to their local community. The pupils and staff and working hard to ensure the summer programme being offered in July will be something that younger pupils will enjoy and benefit from."*

The summer camp will take place Monday the 5th and Tuesday the 6th of July and will be filled to the brim

with icebreakers, games, events and much, much more. The entire Northfield Columba 1400 team are hard at work with the summer camp being organised solely by Columbans only. They hope to get as many pupils as possible attending the summer camp and with the ideas that are coming so far it seems like there are going to be plenty

We asked some of the Columbans what they are looking forward to the most about the summer camp. **Kyle** said "I'm looking forward to seeing the outcome of the camp, seeing all of the new pupils who have joined thanks to the camp". **Carrie** said "I am looking forward to seeing all of the young kids who I hope to teach in the near future". **Shannon** said "I can't wait to see all the kids having lots of fun and seeing all the hard work pay off!". We are all hopeful here at Northfield to see the amazing outcome from an incredible camp!



# CHOOSING SUBJECTS

BY KARIS



**At every point in a secondary student's school career, you will be faced with the stressful situation of choosing subjects! It can be difficult for many reasons. As a 5th year who has been doing this for a while – I get it. I totally understand that subject choices can send students into a panic, because I was one of those students! Sometimes certain things can be stressful and it is important that we acknowledge that.**

## WHAT IF MY COLUMNS DON'T FIT?

If you are finding that certain subjects clash in specific columns, do not fret! Talk over it with your guidance teacher – that's what they're there for! Of course, not everyone feels like they can talk to their guidance teacher. Speak to a teacher that you are close with instead. This does not always guarantee that your columns will all flow but getting things sorted out early increases the chance of it happening.

## WHAT IF THE SUBJECT I WANT TO TAKE IS FULL?

To put this gently, there may not be anything that can be done to change this. Depending on what year you are in, you could always take that subject next year. Of course, if you are hitting your last year of school, and this is a subject that is important to a particular university course or for a specific job, I would advise that you speak to your guidance teacher. There is always that chance that you could take that class at another school and sometimes there are classes at colleges that you could attend outwith school time.

## WHAT HAPPENS IF I PICK A SUBJECT AND I REALLY DISLIKE IT?

Again, this all depends on what your guidance teacher would recommend. Sometime you do just have to tough it out. I know that this approach isn't exactly fun, but there are times we just have to put our heads down and continue. You could always take a moment to consider why it is that you dislike the particular subject. Is it because you're struggling to understand parts in the course? Everyone has a reason why they don't like a particular class and that is completely okay! If there is a teacher that you trust, there is no doubt in my mind that you should go to them with and get to the root of the problem.

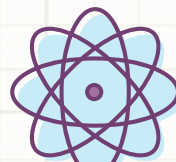
## WILL THE SUBJECTS THAT I TAKE LIMIT WHAT I CAN DO IN THE WORLD OF WORK?

This is a sort of yes and no question. Let me explain: if you know you want to be a doctor and you haven't studied biology, chemistry or physics then your chances of being accepted into medical school are slim to none. If you know what you want to do it is best to do some research before picking to get an idea of what grades and subjects would be ideal/mandatory for the path you want to follow after school.

If you have absolutely no idea what it is that you want to do, then the subjects you pick won't matter so much. You can have hobbies that can influence what you want to do, sometimes it can be the people that you know, doing volunteering work or even going into a line of work and suddenly having that lightbulb moment – realising that this is what you want to do. There is always going back to college and studying for alternative qualifications that you weren't able to get in school. There will always be a solution for every person. It is just a case of finding out what that is for you personally, whether this be speaking to professionals, youth workers or friends and family.

## WHAT IF I DON'T KNOW WHAT SUBJECTS TO TAKE?

This all depends in what year you are in. Despite this, chill out. If you're in your first few years of secondary school, there is some time to experiment and take new subjects to get a general idea of what floats your boat and what sinks it. But what if I'm in my last few years of school?! Seriously, chill out. If you aren't sure about subjects, or if the timetable doesn't work out the way you want it to and that's discouraged you – college! College isn't just HNDs and a one-way ticket to university. You can go to college for Nationals 3-5 and also a range of Highers that you may have had an interest in or the chance to study previously. Do not be afraid of choosing subjects. Sometimes you just have to let the chips fall as they may. As the great prophet Shia La Beouf once said, **"Don't let your dreams be dreams!"**



# ZONE youth

## TACKLING HOMOPHOBIA IN SCHOOLS

Members of Zone Youth LGBT+ delivered a 'Tackling Homophobia in Schools' presentation at the Aberdeen Learning Festival in February this year. The group delivered this workshop last year and on the back of that a couple of support groups have been set up in local academies at lunchtimes to support those who identify as LGBT+ and their allies.

The group have also developed and delivered a gender identity presentation which they delivered to Albyn School in October 2015. The presentation was so well received that they were asked back to do it again.

Kate Tannock, Head of Personal and Social Education incorporating Pastoral Support at Albyn School said:

*"The young people were so well prepared and spoke with passion about transgender. I think that everyone came away realising how many binary stereotypical concerns there are and it certainly has raised the awareness of gender identities."*


The group are also about to begin work on a gender identity campaign in partnership with the Maker Space Project from Robert Gordon University. The campaign will be called 'Use It Right'. The group came up with the name and developed their own logo. This piece of work is still in the very early stages but we hope to develop a range of materials that can be used in schools and in a youth work setting.

**Ellie Hepburn: Development Officer, Youth Work Team**

Homophobia stats from Stonewall Research carried out by Exceeding Expectations programme in Manchester schools found that:


**95%** of pupils hear the word 'gay' being used as an insult or something they don't like

**9%** Only 9% of pupils thought that a pupil or member of staff would feel safe telling people they were LGBT+ in school

 Over half of pupils had witnessed homophobic bullying in school

**28%** Of pupils felt that homophobic language or bullying was dealt with well in school

**13%** Said that reporting bullying actually resulted in anything being done about it

 21% of pupils said they would report homophobic bullying or stand up for a pupil who was being bullied, this rose to 93% after tudents watched the play

**75%** of staff had witnessed homophobic bullying in school

 58% did not feel that their school was a safe and welcoming place for lesbian, gay or bisexual pupils

## Ice Cream Float

An ice cream float is so cooling and a weird combination but tastes so good. It's an ace treat.

All you need is:

➡➡ **ICE CREAM & FIZZY JUICE** of your choice

(we used raspberry ripple & cherryyade!)

To make an ice cream float you will need to pour your fizzy drink in and leave a bit of space at the top. Next you will need to put a scoop of ice cream at the top and that is your ice cream float. There are so many different combinations from the traditional vanilla ice-cream and Coke to our raspberry ripple and cherryyade mash up!



## Oreo Truffles



Oreo truffles are an unusual combination but trust me, it tastes so amazing.

All you need is: ➡➡

: **TWO PACKETS OF OREOS**  
**ONE TUB OF CREAM CHEESE** **CHOCOLATE**

To make Oreo truffles you will need to blend Oreos in a blender and then mix with your cream cheese. Once it is mixed together take a bite sized piece and roll into a ball. Then cover the Oreo ball in chocolate and leave to harden in the fridge.



## Chocolate Covered Strawberries

: All you need is:

CHOCOLATE :WHITE OR MILK ETC.: \*  
**STRAWBERRIES**  
**AND SPRINKLES!**

To make chocolate covered strawberries all you need to do is dip your strawberries in the melted chocolate and put onto parchment paper on a tray. Once you have finished dipping all your strawberries put the tray in the freezer until set.

# T IN THE PARK GUIDE TO FESTIVAL SAFETY

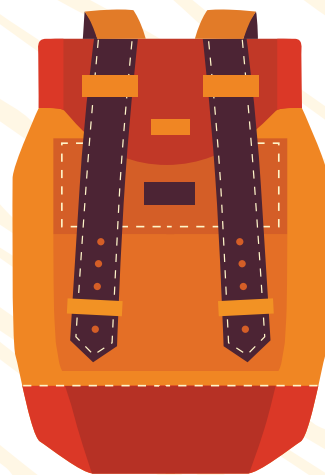
Written by Connor



8th-10th July are dates to reserve on your calendar, because T in the Park is coming back for another year. With Disclosure and Manchester lads, The Stone Roses and Courteeners all confirmed to be performing, this festival is sure to attract many people. However, festivals as big as these are not 100% safe. With everybody out to have a good time, disastrous things, such as theft or a fight are bound to happen. However, following these safety tips will hopefully keep your experiences pleasant as you dance all night to the tune of your favourite artists:

- \* **Keep your valuables in the safety of a locker, or even at home. That way, they can't be stolen.**
- \* **Don't get too annoyed by people bumping into you, or standing on your toes. A fight is not what you want.**
- \* **Don't leave your drinks unattended, as there's the danger of them being spiked.**
- \* **Be wary of your alcohol intake.**
- \* **Make sure your phone has enough charge at all times. Some festivals have on-site charging facilities.**
- \* **Arrange a time and place to meet up with your friends in case you are separated.**
- \* **Stick to the main paths during the night time, so that you don't get lost.**
- \* **Split cash and cards into two separate stashes. That way, if some money is stolen, you'll have some back-up cash.**
- \* **Even things as simple as sun cream and hydration are important.**

So, by keeping all of these safety tips in mind, you should end up having a safe and enjoyable experience at one of Scotland's biggest and best music festivals.



## What to pack for going on Holiday

Written by Yasmin

Going on holiday? No idea what to pack? Keep reading if you need help! These are important wherever you're going:

- Tops
- Shorts/skirts/trousers
- If you take medication regularly then remember to take it
- Jumpers/cardigans for night-time
- Passport
- Boarding pass
- Camera and charger
- Travel adaptor plugs
- Spending money

**If you're off somewhere warm then make sure you take these:**

- Swimming costumes
- Hats (for a sunburn free face)
- Sunglasses
- Sun cream and after sun

**You might be going somewhere colder, make sure you have these essentials packed:**

- Cosy clothes that will keep you warm
- If you're going somewhere with snow, remember you still need sun cream as the sun reflects off the white surface and can still burn you
- Comfy, warm shoes

We hope this has helped you with your packing, have a lovely holiday





**Station House Media Unit** (shmu) supported by funding from the **Youth Arts Collective North East** (YACNE) are offering an exciting new film training opportunity for young people aged between **14-19** years during the school summer holidays.

Young people can sign up to take part in a week of training where they will learn all aspects of film making that will lead to the creation of a short film which will be shown later in the year at the Aberdeen Regional Film Festival.

There are two weeks to choose from; **4th-7th July or 8th-11th August.**

For more information about the opportunities available, please contact **denise.reid@shmu.org.uk** or call **01224 515013**



## IMPORTANT CONTACTS



- \* ACIS Youth Counselling  
01224 573 892  
or iTEXT: 07758 360 095
  - \* Childline - 0800 1111
  - \* NHS 24 - 111
  - \* Police - 101
  - \* Aberdeen City  
Youth Council  
[www.facebook.com/aberdeencityyouthcouncil](http://www.facebook.com/aberdeencityyouthcouncil)
  - \* Sexual Health Services  
0345 337 9900
  - \* Aberdeen Guarantees  
[www.aberdeenguarantees.com](http://www.aberdeenguarantees.com)
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THANK YOU FOR READING

