

Teen trends



Look into the
Latest sports
trends



Find out how to
regrow celery



Learn all about
fashion designer
Chamiah Dewey



Get some ideas to
brighten up your
bedroom



Loads more!!!

Teen Trends

Contents

The earth now.....	pg1
Young farmers update.....	pg2
Growing your own.....	pg3
Chocolate brownie recipe.....	pg4
Sustainability fashion becoming more popular.....	pg5-6
Teenage bedroom ideas.....	pg7
Entrepreneur makes clothes for little people.....	pg8
What are the effects of photoshopping?.....	pg9
Sportswear.....	pg10
Sports equipment.....	pg11
About the game Fortnite.....	pg12
Ed Sheeran Famous solo music artist.....	pg13
Tales of a lighthouse by Phoebe Lloyd.....	pg14



GROW YOUR OWN

Celery and leek

Many people like to grow their own food but few know you can do that using food scraps. Follow these instructions to learn how to do exactly that.

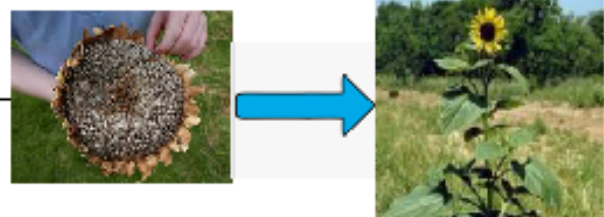
- 1) Cut off the bottom of a celery or leek – you can use the rest to cook or eat as it is.
- 2) Fill up a small bowl or shallow dish with a bit of water but do not fill it up completely. Put in the celery / leek. It should have water but it should not be completely submerged.
- 3) Top up the water around every fortnight. The middle of the celery will go up a bit and some leaves will eventually start to grow.
- 4) Once your plant has quite a few leaves and enough roots to survive, you can plant it in soil and it will grow even further.



Fruits and some flowering plants

Buying seeds is often something many gardeners do each year but when it comes to fruits and flowering plants, there is often no need.

- 1) Remove seeds from flower head or fruit. If you are removing them from a flower head, you might want to do it a few months in advance. You could also ask friends or relatives for seeds from their flowers.
- 2) If you have just removed the seeds from a fruit, leave them to dry for a few hours.
- 3) Plant the seeds in compost. You may want to search up how deep to plant them as that can differ from plant to plant. Some plants need to be planted at a certain time of year.
- 4) Water them whenever the soil is dry. They would normally need to be damp but not overly wet.
- 5) They should begin to grow, and depending on the plant, they might grow flowers or fruits.
- 6) Repeat the process with the seeds from that plant.



Young farmers

Update

This week's update is all about how covid-19 has affected young farmers & what they are trying to battle.

The first thing that they had to face was not going to the young farmers clubs and meetings also enjoying the social aspect of being a member, this has been put on hold for the past three months. This has had a massive impact on what they do as a living such as not knowing how to deliver a performance.



Jenny Baillie, of the Scottish Association of Young Farmers Clubs, said the problem of poor mental health among farmers has always existed, but it has been made worse by the Covid-19 pandemic, especially as many farmers live in rural areas without good internet coverage.

These are some quotes of people that struggled at the start of covid;

"I was so down. I remember my grandpa saying, 'this happens, and it won't be the last time it happens,'" Kyle recalls. "After that year I told myself, if I can get through this year, I can do anything. And we've progressed every year since."

This is a prime example of the motivation that family members can give.

The most common question that is asked is what age you have to be well the most common age is between 10 and 28 and you will do activities such as; acting and supporting the local villagers

This club is mostly sponsored by NFU mutual, Agra-Food Assurance Provider, and Estate Wire.

Did you know that 95% of the young farmers are ladies?

By phoebe

Chocolate brownie recipe for all

Brownies are popular on their own or served with other food such as cream or chocolate sauce and there are now many variations you can try. This recipe is for a flourless brownie, which can be used for any occasion.



Ingredients:

- ✦ 3 eggs
- ✦ 150g ground almonds
- ✦ 100g walnuts, chopped or if allergic add pecans
- ✦ 225g dark chocolate, with 70% cocoa solids
- ✦ 225g butter
- ✦ 2 teaspoons vanilla extract
- ✦ 200g caster sugar



- 1) To begin with, preheat the oven to 170°C and gradually melt the butter and chocolate in a heavy saucepan.
- 2) Remove the pan from the hob. Carefully, add the sugar and vanilla, and stir until well combined.
- 3) Crack the eggs into the pan before adding both types of nuts or pecans; mix this together and pour into a baking tray, preferably a 24cm by 24cm square one.
- 4) Place in the oven and bake for 25 minutes. After this time, the top should have set however the middle should still be squishy. If not return it to the oven for an extra five minutes.

This recipe makes 16 average size brownies

Sustainable fashion becomes more popular than ever

Many items people use every day end up in landfill, taking up more and more space, which could be used for much better purposes, however many companies are making a difference by realising sustainable collections of clothes, which don't have a bad impact on the environment; some companies even turn rubbish into clothes like Batoko, Patagonia, Ecoalf and Mara Hoffman. Many people are buying these sustainable clothes and it is really helping the environment.

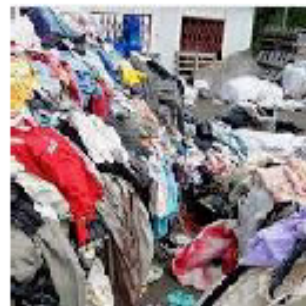
It is known by many; polyester is bad for the environment due to the fact that it cannot break down but there are many other reasons why polyester isn't the best choice of material. Just from manufacturing it, polyester requires double



the amount of energy to make compared to cotton, which can break down. Polyester also realises chemicals into natural waterways as its dyes are toxic; this can cause wildlife and plants to die. Polyester may be good at making clothes, but it is one of the worst fabrics at being sustainable. Researchers have even found there are tiny particles of plastic from these fabrics and other items in our food and drinking water! In a study, it was found, a single clothes wash could release more than seven hundred thousand micro plastics! That is bad for the environment.

One of the main problems for sustainable fashion is the fact that a lot of the time companies find it too expensive to be sustainable. They choose options, which are bad for the environment to make a better items become more popular. Other companies think if their businesses were to make

enough money, their only option would be to be unsustainable. Many cotton farmers have decided to use chemicals



to increase the growth of their crops. This is due to the fact that most of them aren't getting enough money. Fairer deals might stop people from having to use unsustainable options in order to make enough money to support their families and be able to buy things like medicine



Cotton farmers spray their crops

Popular movies for teens (researched)

Twilight is a movie, which was filmed in 2008, and has an age rating of 12 and up. As researched the movie "Twilight" is about a high school student Bella Swan (Kristen Stewart), is always a bit of a misfit, and doesn't expect life to change much when she moves from sunny Arizona to rainy Washington State...



Work it is a movie, which has an age rating of 12 and up, this movie was released in 2020. This movie "Work it" is about: a brilliant but clumsy high school student vows to get into her dream university by transforming herself- and a squad of misfits- into dance champions.

Movie Night

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

SODA
FILM
TICKET

HOLLYWOOD
COMEDY
POPCORN

THEATER
ACTRESS
ACTOR

NACHOS
CANDY
MOVIE

Teenage Bedroom Ideas

As researched some of the most common things that's teenagers have in their bedrooms are a cozy bed, some have a desk, many have more than one light in their bedroom perhaps something like string light or a lamp, a wardrobe/ closet to store things like clothes in and a chester draw.

Teen accessories that some might like

- Mirror
- Bean Bag
- Alarm Clock
- Posters
- Rug
- Books
- Lamp
- Dream Catcher
- Games Console
- Computer
- Book Shelf
- Lights
- Pictures
- Lava Lamp



Amazon Echo Dot Smart Speaker with Alexa
Black
£39.99
Argos
★★★★★ (9k)
In store

If you are looking for something to wake you up in the morning instead of a alarm clock or something to play music on go buy an alexa, you can choose from a range of different colours. You can find these alexas on the amazon website for only £39.99!

Entrepreneur makes clothes for little people

At only twenty-two years, Chamiah Dewey has already created her own business promoting diversity and making clothes for ‘little people’.

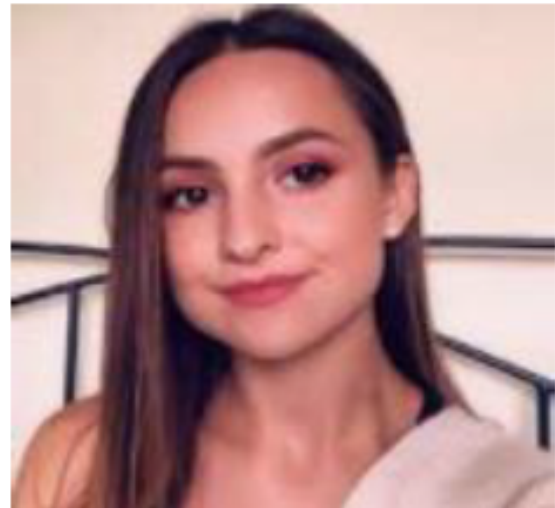
Chamiah’s love for fashion began when she was young and she has been passionate about it ever since. She grew up in a small village between Winchester and Southampton, however she now lives in London in order to attend London School of fashion.

Chamiah specializes in clothes for people, who have dwarfism, which would probably make it harder for them to find the clothes they want. This all started when Chamiah met a girl with dwarfism, who spoke openly about the condition and the struggles it gave her. That inspired Chamiah to make it easier for many people to live with dwarfism by making clothes for them and people with similar conditions.

She also cares about the environment and makes sure the clothes she makes are sustainably made and long lasting. Chamiah believes people should buy better quality clothes that last longer. If everyone did that, people would accumulate less clothes meaning less clothes would go to landfill.

To begin her designs, Chamiah gathers ideas in order to create a mood board. She also looks online or in books for inspiration. She would then draw her designs before ordering fabric and making the clothes herself.

Some of Chamiah’s favourite items she has made include a shirt dress, which would fit



an average size person or a little person. She has also previously mentioned a purple fishtail gown. In the future, Chamiah thinks she might consider making children’s wear or menswear.

Despite running a business at just twenty-two, Chamiah has come into contact with quite a few problems, one of which was finding measurements for people with dwarfism. She had to ask many ‘little people’ for their measurements and create her own size chart. She also had to order her own mannequin, which needed to be custom made to match the body shape of a little person. She also created her own templates as there weren’t any available, which would work for little people.

Overall, Chamiah’s work is amazing and the new clothes range, which she is designing (due to come out in August) could really help many people with dwarfism. She will be looked up to by many others and we hope to see what she does next.

What are the effects of Photoshop?

Photoshop is a computer programme used for people to create enhance and design images for use in the media, personal use and commercial businesses such as advertising.

Photoshop is an app owned by a company called adobe but it is mainly used to advertise products by making them look cool. Another thing you can do with photoshop is change the shape of your body by editing your head on another person's or animal's body.

Although photoshop does have many good uses there is also some bad uses: it can make people feel bad about how they look or how they feel about themselves, it can be used as fake advertising for example someone could show you a picture of makeup but when you buy it, it may look different to what you expected and for youtubers they can use photoshop to clic

Photoshop is good for many things: if you had bad lighting on a photo, photoshop can give you many other choices and it can be used to get attention, which can sometimes be used in a good way and a bad way.



To find out more go on YouTube and search up "photoshop". Before after



Sports Equipment

Football – This ball is kicked rather than thrown and some people like to use different types of footballs to help their skills.

American football – This is quite a rough sport so you need to be tough to play. The ball is thrown in one hand and the wrist is used to spin it which creates better movement in the air.

Tennis – This sport requires a lot of agility. The rackets are used to hit the ball.



Baseball Glove – This is used to catch the ball hit by the batter.

Baseball bat – This is to hit the baseball at rocket speeds to score a home run.

Boxing gloves – These are made of padded material to protect your hands when boxing.

Golf ball – This ball has many dimples on it to help its aerodynamics and fly a little bit



You can get these from amazon for only £12.99

you can get this from nike official for £12.99



LATEST TRENDS: **SPORTSWEAR**

90's fashion is back!!



These styles are always going to be cool!

Cycle shorts are going to be top notch in 2021!



We have no time for boring this year – it is all about the BRIGHT colours!

If cycling is your thing then these are the perfect outfits for you!

Modern Retro



Using the styles of the past to create a new modern look!



If these LEGO trainers do not make you want to run then nothing will!

The yellow and blue make this trainer extra iconic!

FORTNITE

Fortnite is a four year old video game still appealing toward teens and adults over twelve.

THE BATTLE PASS

Every season of Fortnite there is a new battle pass (season pass), which it allows you to buy using vbucks. Vbucks in fortnite are your currency/money. Although they costs a tiny bit of money they have multiple reasons to buy them for example you can buy skins in the item shop and you can buy more levels in the battle pass.

THE MAP

Like the battle pass every season there is a change to the Fortnite map which depends on the theme for the season itself. Either there is a new poi (point of interest) or just a minor change nothing stays the same because there are small updates during the season adding little things.

Download Fortnite for free on most platforms.



World famous solo music artist (Ed Sheeran)

There are many music artists in the world but Ed Sheeran is one of many who does everything in his songs himself.

Ed Sheeran is 30 years old and has collaborated with a lot of people for example: Justin Bieber, Travis Scott, Eminem, Taylor Swift and Marshmallow.

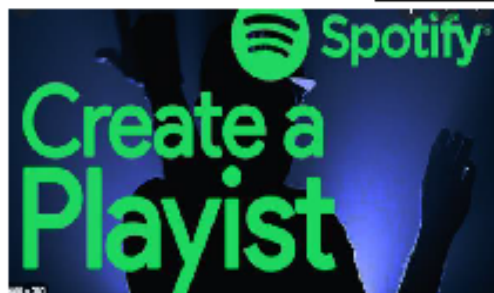


Ed Sheeran's first bit of fame was when he starred in a movie known as the A Team and ever since has become a very successful music artist, which has already held 258 shows.

Born 1991.

Surprisingly Ed Sheeran names all his guitars, which is actually quite normal for music artists, but his song perfect made him £49 million "incredible".

Search up Ed Sheeran on youtube or Spotify to listen to his songs.



School picks up upcycling trends



Many people have begun upcycling recently including one school in Herefordshire, where the year sixes have been creating outfits out of clothes they no longer needed, and have now done a photoshoot with their newly-designed clothes.

As a theme, the students had been looking into fashion and design, where they have explored the many answers to the questions they were looking for. Previously, they had designed clothes in school as year fours, when they reused old plastic and had a plastic fashion show to raise awareness of plastic in the oceans.

They worked together in groups of fives and sixes, picked out by the teacher and made two outfits per group. Each outfit needed to fit a member of the team and have been changed in at least one way. They were allowed fabric glue to stick pieces of fabric together and their



teaching assistant, Miss Hirst, would sew items together if required.

Once all the outfits had been perfected, the entire class went up to forest school to get a good background for their photos. The pupils were told to try and make their photos look natural and each group went to one of the selected areas of the forest to take their photos.

They all had a go at either modeling or photographing as well as helping in the designing stage.



THE TIMES OF INDIA


adidas
UPRISING

SPORT
LOOKS GOOD
ON YOU.

WEAR IT AT THE UPRISING.

18th - 19th Nov, Bengaluru.

Pick a sport and register at bookmyshow.com/adidas-uprising