



THE STOPSLEY NEWS AND MEDIA TEAM PRESENTS...

THE STOPSLEY SOURCE

Friday 19th January 2024

Happy New Year, everyone! This issue is the first of hopefully many more to come this year. We're starting the year a bit more modestly, but we guarantee the quality will be great nonetheless. Here are the articles:

First, we explore Martin Luther King Jr Day, one of the most influential black people in history

Secondly, we have an article about the Steamboat Willie short, which came into the public domain this year, meaning anyone can make a profit off Mickey Mouse!

Then, we discuss International Mind & Body Wellness Day, and the importance of taking care of both our physical and mental health.

Finally, we talk about Pongal, which is a 4-day Hindu harvest festival in veneration of the sun god that marks the end of winter.

We hope you enjoy our selection of articles this week, and enjoy the rest of 2024 to the fullest.

Martin Luther King Jr. Day

On the 15th of January, Martin Luther King Jr Day was celebrated. It was celebrated to commemorate Martin Luther King Jr, one of the most famous activists in history, and his fight for peace, justice, and equality. It is celebrated on the 15th of January, which was Martin Luther King Jr's birthday. The holiday goes by many other names, like Civil Rights Day and Robert Lee Day. The holiday has been celebrated since 1986 after Ronald Reagan signed a law declaring it an official holiday in the USA.

It is celebrated through acts of service, prayer and parades. In the USA most people get a bank holiday from work and school to commemorate Martin Luther King Jr.

Martin Luther King Jr was an important figure in the Civil Rights movement from 1955 to 1968, when he was assassinated at the age of 39. He participated in multiple important events such as the Montgomery bus boycott. He was an American Baptist minister, activist, and political philosopher.



QUOTE OF THE WEEK

"ALL OUR DREAMS CAN COME TRUE, IF WE HAVE THE COURAGE TO PURSUE THEM." - WALT DISNEY

Young people and adults can contact the NSPCC helpline, Report Abuse in Education on: 0800 136 663 or Email: help@nspcc.org.uk

Mickey Mouse in the public domain

Mickey Mouse is one of, if not the most iconic mascots in the world today, especially in the entertainment industry. Just last year, Disney celebrated its 100th anniversary, but this year, the original Steamboat Willie short film reached 96 years old, meaning that that iteration of Mickey Mouse has reached the time threshold to finally be enter the public domain.

But why, you may ask? In the US, where Disney was founded, copyrights expire after 95 years, but it used to be much shorter.

Before, it was just 56! You see, Disney themselves lobbied numerous times to extend copyright law just to protect their properties for longer, so much so that one of these extensions was nicknamed "The Mickey Mouse Protection Act".

But Disney failed to extend copyright law again before the end of 2023, and the iconic mouse has now reached the hands of the public (along with Minnie Mouse and Pete the Cat).

So what does this mean anyway? Well, from now on, you can use Mickey Mouse in any art form you like, whether fan art or video, and you can even make money off of it without being sued by Disney.

Unfortunately, however, there's a catch. Only the original Mickey who stars in Steamboat Willie has entered the public domain; that means that every other future variation is off-limits. This raises the problem of having to be careful about drawing Mickey, because if it looks too similar to a more modern Mickey, you can get sued by Disney. A good way to keep safe is by remembering distinct differences between Steamboat Mickey and other versions, including his black and white colour palette, lack of gloves, big filled-in circles for eyes, and his sailor hat, if you want to be extra careful.

It'll be interesting to see how this drastic change will affect the Walt Disney Company's image. With that being said, now you can go off and make your dream project starring Mickey Mouse himself in whatever art form you like, as long as he doesn't look too close to modern Mickey.



@StopsleyHighsch



International Mind and Body Wellness Day

International Mind and Body Wellness Day fell on the third of January. In our fast-paced lives, finding a balance between our mental and physical health is often overlooked. International Mind and Body Wellness Day steps in to highlight the importance of taking a pause for our overall well-being. This special day encourages people worldwide to reflect on the connection between their minds and bodies, promoting practices that lead to a healthier and more harmonious lifestyle. Let's explore why this annual event is crucial in fostering a holistic approach to health.

Holistic health is a concept that acknowledges the interconnectedness of various aspects of well-being, including mental, emotional, physical, and spiritual dimensions. International Mind and Body Wellness Day serves as a reminder to individuals worldwide to take a step back from their busy lives and evaluate the state of their overall health.

Mental health is a cornerstone of overall well-being, and its significance has gained increasing recognition in recent years. Stress, anxiety, and other mental health challenges can have profound effects on physical health, productivity, and overall quality of life. International Mind and Body Wellness Day prompts individuals to prioritise mental health through practices such as mindfulness, meditation, and seeking professional support when needed.

International Mind and Body Wellness Day has passed, but it's important to continue to remember that well-being isn't just about our bodies, it's also about our minds. Taking small steps toward a balanced life benefits not only us, but also the communities we're part of. By valuing both mental and physical health, we can contribute to a happier and healthier world for everyone. Let's embrace this holistic approach to wellness and make it a part of our everyday lives.

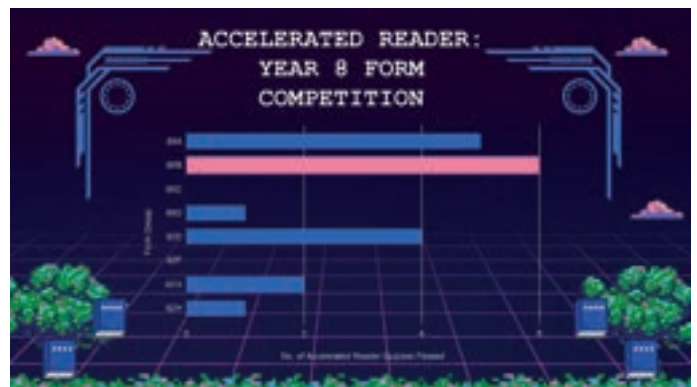
Pongal

Pongal, a vibrant and culturally rich festival celebrated primarily in the southern Indian state of Tamil Nadu, marks the harvest season and expresses gratitude to nature for its bounty. This four-day festival, also known as the Tamil Harvest Festival, holds great significance in Hindu culture, reflecting the agrarian roots and the deep connection between the people and the land.

Pongal finds its roots in ancient agrarian practices, dating back to the Sangam period in Tamil history. The festival is celebrated in mid-January, marking the end of the winter solstice and the onset of the auspicious Uttarayana period. The term "Pongal" itself refers to the traditional dish made from newly harvested rice boiled in milk, with jaggery and other ingredients, symbolising

Each of the four days of Pongal has a different name and phase of celebration. The first day is Bhogi Pongal, which begins with cleaning and decorating homes, symbolising the discard of the old to make way for the new. Thai Pongal is the main day of celebration, devoted to preparing and offering the Pongal dish, symbolising prosperity and abundance through the boiling-over of milk. Mattu Pongal follows, dedicated to honouring cattle, particularly cows and bulls, and acknowledging their role in agriculture. The final day of celebration is Kaanum Pongal, which is a day for family outings and social gatherings, promoting unity and strengthening social ties. Pongal goes beyond a harvest celebration, embodying gratitude towards nature, community spirit, and sustainable agriculture. It stands as a cultural expression, promoting unity and interconnectedness.

With its colourful rituals, including the creation of kolam artwork, made with colourful rice flour, Pongal underscores the cultural richness of Tamil Nadu and the broader Indian subcontinent, emphasising gratitude, unity, and the harmonious relationship between humans and nature.



Dear all,

Our Year 11 students participated in a GCSE Mock Results session on Tuesday afternoon.

It provided a realistic experience for them of what it might feel like on their actual results day. This was then followed up with reflection sessions in tutor time where students received advice and guidance on how to prepare for exams and set themselves personal targets.



We will be hosting a 'Year 11 Support and Succeed Evening' on Wednesday 7th February 2024. The evening is aimed at parents and carers as the students are receiving their input in school. The purpose of the evening is to empower parents and carers and provide you with all of the information you need to be able to take an active role in ensuring that your child achieves their full potential in their GCSE examinations.

As shared with you all in last week's newsletter we will be changing to a new Information Management system upon our return from the February half term. This changeover is being carefully managed to ensure that the change only further improves our communication with you as parents and carers as well as enhancing information readily available to staff across the school. In order for us to effectively communicate with you all we are posting home to you the details we currently hold on our systems. If you require us to make any changes the letter details how to do this. In addition, in order to train staff to be ready for the change we will be having an early closure on Friday 9th February where students will be dismissed from their period 5 lessons from 1:30pm onwards.

I was particularly delighted to see that Year 7 are all collectively working hard to be Top Class students with weekly attendance of 99.1% for 7B, 96.9% for 7H and 96.1% for 7G. Well done to you all!!

**Wishing you all an enjoyable weekend,
Ms Hand**

