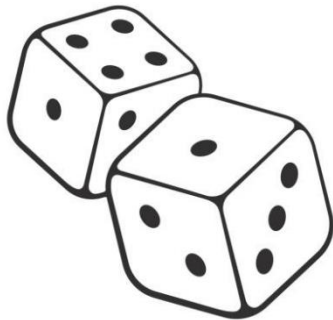


Dungeons and Dragons

What is dungeons and dragons?

Dungeons and Dragons is a popular tabletop roleplaying game started in 1974 with five editions and many other special versions such as the Stranger Things version.



What do I need to get started?

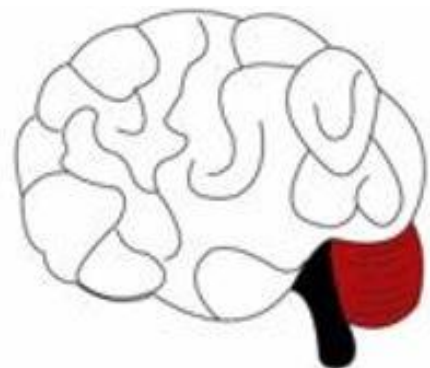
Although there are many accessories and kits, all you really need to start playing is a set of dice (A four-sided dice, six-sided dice, an eight-sided dice, a twelve-sided dice, and a twenty-sided dice), a couple of friends, and an imagination. Here are some other accessories or kits you might want:

- Some mini figures
- Some dice
- One of the many starter kits available
- A pre-generated adventure
- A pre-generated character
- The Players Handbook

- *Isobel (7GOE)*

Mental Health tip of the week

Sit by the sea. Simple but effective. You will find great peace sitting by the ocean; it is one of the most relaxing strategies for boosting your mental health and feeling good!



Stranger things

(Contains Spoilers)

Main Actors:

Millie Bobby Brown plays the role of Eleven/Jane.

Finn Wolfhard plays the role of Mike Wheeler.

Noah Schnapp plays the role of Will Byers.

Caleb Mclaughlin plays the role of Lucas Sinclair.

Sadie Sink plays the role of Max Mayfield.

Summary of Season 1 in Stranger Things:

Eleven was born with special powers such as telekinesis and psychokinetic skills. She escapes from DC. Brannel who Ell calls papa. Mike, Lucas and Dustin find her in the woods. When they take her back to Mikes house, they find out she has powers, they think it's cool.

A strange creature called a Demogorgon appears from the upside down, a mirrored version of the world. Ell uses her powers to kill the Demogorgon with her powers but to do that she had to sacrifice herself and she disappeared. She did this to help the missing boy named Will. He has been missing since the start and the Demogorgon took him. They found Will once Ell killed the monster and he was in the

hospital until Season 2. And if your want to know what happened after that and find out where Ell disappeared, you should watch Stranger Things on Netflix.

Who I recommend this series to:

I recommend this series to someone who likes watching fantasy movies or shows and also a combination of horror because of the monsters. I don't however recommend this for the people that are into Romance because the only romance you're going to get out of this is Mike with Ell and Hopper as well as the cop with Joyce, Wills mother.

Tiana (7LHA)



Crystal Fact File

Sapphire

Natural sapphires are known as the stones of wisdom and serenity. They are said to have the power to release mental tension, dispel depression, facilitate meditation, calm the mind, and provide mental clarity. Natural sapphires align the physical, mental, and spiritual planes and restore balance within the body.

In ancient Greece and Rome, Kings and Queens were convinced that blue sapphires protected their owners from envy and harm. During the Middle Ages, the clergy wore blue sapphires to symbolize Heaven, and ordinary folks thought the gem attracted heavenly blessings.



Ruby

Ruby is believed to promote loving, nurturing, health, knowledge, and wealth. It has been associated with improved energy and concentration, creativity, loyalty, honor, and compassion. Ruby is thought to be protective of home, possessions, and family.

Records suggest that rubies were traded along China's North Silk Road as early as 200 BC. Chinese nobility adorned their armor with rubies because they believed the gem would grant protection. Myanmar has been a significant ruby source since at least 600 AD.



Use of Crystals

The idea is that crystals interact with the body's energy field, creating balance and alignment. Many people use crystals for stress and focus, while others believe that crystals have the power to heal physical ailments and illnesses.



Jessica (7GOE)

A Red Sea, a Poem

All this time, I seriously thought that it's better to die than to live your life alone. However, I have struggled to make connections with others, I have and loved so much, just to lose everything. I feel nothing, maybe that's it, we eventually go numb because you can't break a heart that's already broken.

When I am here, I am at peace. I can feel the salty air enter my damaged lungs filled by cigar smoke. As I walk, my bare feet slowly become submerged in the golden desert of sand. I can see the white foam settle above the red sea, while the sinking sun casts a rosy hue across the evening sky.

When I am alone in the dark, I can feel my heart stop, different feelings enter my mind and soul: pain, sorrow, loneliness, depression, and my heart tearing apart.

I always feel those feelings since no one cares anymore, I am alone, trapped in the darkness I have created.

I am standing here all alone looking down into the burnt copper sea, the waves end at my ankles, and I can feel the icy water, it roils like an angry spirit. I ambled across the shallow water with its uneven yet somehow smooth stones which rest beneath my bruised feet. I remember someone told me that I shouldn't drown in my own tears.

I carelessly drag the small but perfectly survivable blade, I move the beautiful instrument of death towards my open chest, it pierces my dark skin as I feel the pressure of my tight chest being released like poking a needle with a sharp needle.

They said don't drown in your own tears, but my tears won't stop as I fall into the red sea, remembering, don't drown in your own tears.

Athena (9GOW)

The Riddle Master Challenge

As a tutor group, see if you can solve this riddle and when you do, email us the answer! The first tutor group in each tutor group to send us the answer will be added to our tally and win a small prize.

Then, whichever tutor group in each year has guessed the most first by the end of the year wins!

Poltairunfiltered@poltair.cornwall.sch.uk



What is 3/7 chicken, 2/3 cat, and 2/4 goat?



The Storytellers Corner: Empty Ride

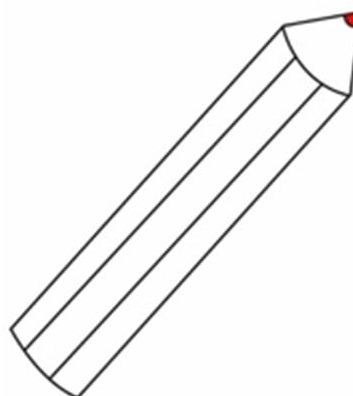
The ride was bare. There was no queue, no people, nothing. Even the operating system was collecting dust. The roller coaster used to resemble a dragon. Now, its head barely had eyes to see with and the tail was hanging on for dear life. It didn't seem dangerous, or so I thought.

I lifted the beige rope barrier, not caring to read the sign sat cracked on the wall. I followed the wooden fence all the way along to the operating system. The red button stared at me. It longed for someone to push it. My fingers reached out and (despite the goose bumps growing on my skin) pressed lightly on the button. Nothing happened for a few seconds. I counted.
1...2...3...

Then it happened. The derelict body became animated, alive. Surrounding lights sprung into the action, while the tracks groaned under the unfamiliar pressure. Cameras flickered on and off, taking various images of the pursuing chaos. The dragon continued blindly, dragging its wasteful body behind it.

It came to an abrupt stop. The lights died out, the cameras concluded their photography, and the dragon froze. I headed over to the photo booth. The photos lay upturned on the floor. I picked them up, curious about what those cameras had seen. Steady but slow, I turned the smooth card over in my hands. But what I saw? What I saw was nothing like what I was expecting. The only thing visible was a black, pitch-black, background. And then the strangest part. A mountainous, no, stalking silhouette of a man stood in the centre of the paper. I dropped the photo and turned to run, but something blocked my view. I stood still, just stood still, and screamed.

Ellie (9SSP)



Anime

What is anime?

Anime (also known as Japanese Animation) is a type of TV style. With most being made in Japan, these TV shows and films are about samurais or school in Japan, or even about demons. These TV shows and films call out to all ages, from little ones to adults.

What good animes are there?

Different animes can call out to different people, such as I like Demon Slayer whilst my brother wants to watch MHA (My Hero Academia).

What animes should I watch?

There are lots of animes to choose from, but here is a list of the top 10 best animes to watch in my opinion (all of these can be watched on Netflix):

1. My Hero Academia
2. BNA
3. When Marnie Was There
4. Blue Period
5. Chainsaw Man
6. Kimi Ni Todoke: From Me to You
7. A Whisker Away
8. Komi Can't Communicate
9. Blue Exorcist
10. Demon Slayer: Kimetsu No Yaiba

The anime that I would recommend from the list is Demon Slayer: Kimetsu No Yaiba. The plot starts off with a young boy named Tanjiro, a coal seller living in the Taishō Era. Everything takes a dark turn when he goes back to his home after a day selling coal and sees that his entire family has been murdered and the only survivor, his younger sister Nezuko, has been turned into a demon. Tanjiro goes on a quest to save his sister and avenge his family, by becoming a member of the Demon Slayer Corps, an elite team of samurais who fight demons in order to keep the world safe. He meets new friends along the way, and I love this anime and would recommend it to anyone, even if they haven't seen anime before.

Kiera (7EPE)

Charity of The Week:

Cornwall Air Ambulance



Satanism Part 1

What is satanism?

For many years, ever since satanic panic, satanism has been seen as a cultist belief that's made to intend harm against people and animals in the name of the devil, though in reality it's completely different to how people perceive it.

Satanism is a branch of atheism, meaning that satanists don't believe in God or even Satan himself. Instead, they see the character of Satan as a symbol more than a real being. Satanists believe that Bible stories and stories of Satan are metaphors instead of fact. Satanists believe that all beings are equal, no matter their race, religion, sexuality, gender or species. They also believe in Karma, and that people should be treated depending on the way that they treat other people. This is portrayed by Baphomet's (one of the symbolic demons) hand symbol of "as above, so below". Karma can also be portrayed in a spiritual and universal way as well.

Baphomet:

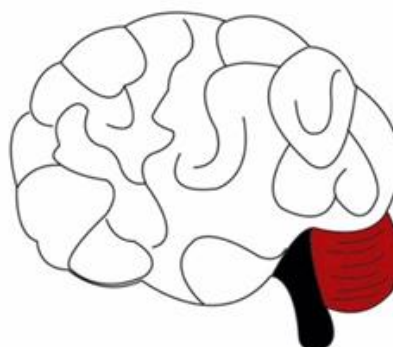
In satanism, there are many demons that represent satanist values. Baphomet is one of these demons and probably the most well-known within satanism.

Baphomet represents equality for all and karma (what goes around comes around) and first do no harm, meaning that no one should hurt anyone for no reason. There are other demons like Asmodeus for example, who represents equality between men and women and doing things you enjoy without fear of sin and judgment.

Who leads/started satanism?

A man by the name of Anton Szandor LaVey founded the temple and religion of Satanism. He was born in April 1930 and died in October 1997. According to LaVey, traditional religions were fundamentally hypocritical and dangerously inhibited the physical tendencies and emotional needs that were vital to human life. He believed that humans should be able to do the things they enjoy without fear of sin or judgment. Even though it was the 1930s, he still believed in equal rights for people who are LGBTQ or part of any minority racial/ethnic group. He also believes that everyone deserves respect no matter what religion.

Elliott (9JMC)



A Message from the School



The summer term is always a busy time in schools as we look to create as many opportunities for building confidence and character for you all as possible.

Year 11 completed their exams with incredible determination, resilience, and humility- three values that underpin great character. It was an absolute pleasure to send them off in their Leavers Assembly and we are looking forward to celebrating the end of their journey at Poltair School with their prom, taking place on the 30th of June.

Beyond this, we have been proud to see the successes of our award-winning Year 10 Young Enterprise group who have built businesses this year, represented the school in the community, and shown great character in evolving their businesses to meet the demands of consumers. Congratulations also to a group of Year 10 students who represented the school at the Cornwall School Mining Games in June, winning a number of awards and becoming county champions at 'mucking'. Poltair+ numbers continue to grow, and it has been fantastic to see so many of you getting involved in extra-curricular activities. We look ahead next year to our next production 'Oliver Jr'- I am thrilled that almost 90 students attended the launch event, and I am confident that we will see yet another incredible school production with so many of you involved.

Mrs Barton is interviewing this week for our first set of Reading Ambassadors. I had the privilege of reading several of the applications and the confidence with how you presented yourselves is superb. We have been so proud to see your engagement with our Reading Programme this year and can hear the significant increase in vocabulary when you talk and contribute to lessons.

As you know, we have lots of visitors to Poltair School who want to come and see just how amazing you all are. I have been very proud to listen to a number of you contribute to student voice focus groups where you've reflected on your learning and identified how we can help to make things even better for you. Your maturity and kindness to each other are impressive.

As we finish this year, I believe more than ever that we have so many of you working hard to achieve your dreams and to seize every opportunity given to you. And because of this, we are so very proud of you, 'Team Poltair'.

- Miss C White
- Deputy Headteacher

Edited by Caleb (10SWA)