

# AFS INSIDER

1ST EDITION



SPORT

HALLOWEEN

TEACHER  
OF THE  
MONTH?

MADE BY THE AVANTI NEWSPAPER TEAM

**AVANTI FIELDS SPORTS:**

**Premier League**

**HIGHLIGHTS**

sky sports

**Latest news for the India Cricket team...**

In the latest cricket match starting Bangladesh and India, fortunately, India has taken the lead featuring 86 runs ahead of their opponent!

**vs**

**Latest f1 news**

LANDO NORRIS HAS DONE IT AGAIN! His latest race at the SINGAPORE Grand Prix has officially got him to his third victory overall!

Lando Norris from McLaren takes the over all victory, one again, he is UNSTOPPABLE...

**Lando Norris crowd surfing after his big win -**

# COMPETITION!!!

DESIGN A LOGO FOR THE AFS INSIDER (AVANTI FIELDS NEWSPAPER)

**RULES:** Designs must be original  
 NO use of AI  
 Design should include the values of the school  
 Due date: 15/11/2024

**Please submit designs via email/hardcopy to Miss T/admin office.**

**Prize: TO BE ANNOUNCED**

If you would like to contribute to the AFS Insider, Please contact the admin office/Miss T in the SEN office.

**Have your voice heard!!!!**



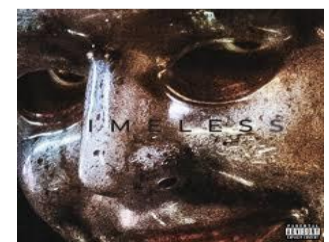
## Honouring a Music Legend



4 years ago on the 31st of October, we lost Daniel Dumlie, known as the notorious rapper, MF DOOM. DOOM died on the 31st October by a sudden heart attack and was rushed to hospital and unfortunately passed away at the age of 49. He was known as one of the best rappers in the industry with his outstanding lyricism and incredible production skills. He made may iconic albums and songs such as 'Rap Snitch Knishes' and 'Madvillany' which is considered to be one of the best rap albums ever made and was a collaboration with the producer Madlib.

## Playboi Carti Songs This Month

The fans' prayers have been answered as Playboi carti has dropped 2 songs this month after months of silence from him. The first song he dropped is named 'ALL RED' which was produced by F11THY and released on the 13th september 2024. After he performed an unreleased track with the artist The Weeknd at a concert named 'Timeless' which was produced by Mike Dean and Pharell Williams. So far this has been a good year for Playboi Carti fans.



## Kanye Announces a New Solo Album

After the release of Kanye's collaboration album with Ty Dolla \$ign called 'VULTURES 2' many fans were left dissatisfied and disappointed with the direction Kanye took with this album with its horrible production and underwhelming performances from Kanye. But fans have been left in rejoice as Kanye announced a new album at his listening party in China called 'BULLY' and performed 2 unreleased songs from the album called 'Preacher man' and 'Beauty And The Beast'.

## ANCIENT WISDOM



### THE MINDSET OF A GLADIATOR! DO YOU HAVE THAT MINDSET?

Imagine, you're standing in the middle of a massive Roman arena, surrounded by thousands of people screaming your name—or waiting for you to fail. No pressure, right? You're a gladiator, and you've trained your whole life for this moment. **It's Do or Die.** That's how the ancient gladiators lived—every single day was about survival. They had to be tough, disciplined, and ready for whatever came their way.

Now, let's jump from ancient Rome to the freezing cold seas, where the Vikings are out there doing what they do best: exploring the unknown. These guys weren't just warriors—they were adventurers. They didn't sit around waiting for something to happen. They grabbed life by the horns, jumped in their longships, and sailed off into the unknown, discovering new lands and new opportunities.

These guys weren't just about fighting. They were all for the mindset. The learning and the teaching. They were about being ruthless in whatever they did, whatever faced them. The coolest thing about both gladiators and Vikings is that they didn't wait for life to happen—they made it happen. They were the ones who went out and explored, they prepared and they fought through the challenges. They faced their fears, stepped into the unknown, and pushed through their toughest challenges. And that's something we can use in our own lives, whether we're dealing with school, personal goals, or just trying to figure stuff out. The Vikings remind us that the world is full of opportunities—if you're brave enough to go after them. Yeah, you might fail or get lost along the way, but guess what? **That's part of the adventure.**

**"Everything negative -- pressure, challenges -- is all an opportunity for me to rise."  
- Kobe Bryant.**

Gladiators had this mad courage and focus that made them legendary. At the end of the day, the lessons these ancient warriors leave behind are all about **courage, exploration, and resilience.** Gladiators and Vikings didn't have easy lives, but they made the most of what they had, fought their battles, and went after what they wanted. Whether you're dealing with school, life decisions, or personal goals, just remember—you've got that same strength in you.

#### **If you work for it!**

These are the things that we need to learn from these guys. They knew that every fight could be their last, but they showed up anyway. And that's something we can learn from. Life throws all kinds of stuff at us, but the gladiator mindset is all about facing it head-on. They teach us that it's not about winning every single battle; it's about showing up, putting in the effort, and learning from it, no matter the outcome.

#### **DO THE THING, JUST DO IT!**

*"Preparing to do the thing isn't doing the thing."*

*Scheduling time to do the thing isn't doing the thing.*

*Making a to-do list for the thing isn't doing the thing.*

*Telling people you're going to do the thing isn't doing the thing.*

*Messaging friends who may or may not be doing the thing isn't doing the thing.*

*Writing a banger tweet about how you're going to do the thing isn't doing the thing.*

*Hating on yourself for not doing the thing isn't doing the thing. Hating on other people who have done the thing isn't doing the thing. Hating on the obstacles in the way of doing the thing isn't doing the thing.*

*Fantasising about all of the adoration you'll receive once you do the thing isn't doing the thing.*

*Reading about how to do the thing isn't doing the thing. Reading about how other people did the thing isn't doing the thing. Reading this essay isn't doing the thing.*

*The only thing that is doing the thing is doing the thing." — Strangest Loop*

You can't be too worried on whether you're going to succeed, whether you'll win. You just have to try it and face whatever comes your way.

**"You have to do the action without caring for the result."  
-Bhagavad Gita.**

*Next month, we're going to dive into some ancient philosopher wisdom, because, trust me, mental strength is just as important as physical strength.*

## Show Your Talent: Beat of the Drum!!!

You know that feeling when you hear a catchy beat, maybe in a supermarket or from an advert, and suddenly your foot starts tapping, your head's bobbing, and you're following the beat and tempo without even realising? Yeah, that's what a good rhythm does to you. And for me, the mridanga is where that magic starts.

Now, some of you might be thinking, "What on earth is a mridanga?" Fair question. Mridanga literally means 'body of clay'. It's a traditional Indian drum, shaped a bit like a barrel with two sides - one that goes a high-pitched "ting" and one that goes "boom." Together, they make the kind of rhythm/tals, so deep yet sweet-sounding, that gets people moving, singing, and maybe even trying to dance (whether they should or not).

I've been playing the mridanga since I was around 7, and let me tell you, at first, it was pretty rough. I was totally inexperienced, struggling to figure out which angle I should position my hands, and overthinking the instrument, as a total newbie would, confused as the next person. But after plenty of practice and a lot of banging around, I finally got the hang of it.

### ***The Mridanga is Quite Special***

The mridanga isn't just some random drum I picked up for fun. It's part of something much bigger. In Indian culture, this drum is a key part of festivals, musical tracks, and kirtans (group singing). It's like the heartbeat of the event, and once the drum starts, undoubtedly, everyone feels it.

From a personal view - when I'm playing the mridanga, it's not just about the music, it's about connection. I get to be part of this awesome tradition, and it feels good knowing I'm contributing to the energy of the group. Plus, it's super satisfying when you hit that perfect beat or catch-on to an unfamiliar rhythm.

### **The BTS**

I'm not going to lie - learning the mridanga was a bit like that typical analogy of juggling whilst riding a unicycle. You've got to keep track of different metres, and sometimes your hands don't want to cooperate. There were definitely moments where I thought, "Maybe I should take up an easier instrument." And, don't worry, I didn't think of the triangle. But I stuck with it because, although it proved big demands, it is undeniably worth the lifelong musical talent and knowledge. It's like winning a game after hours of playing, except with less sweat and no game controllers getting thrown.

You don't have to be a pro, either. I'm still learning new beats all the time. It's about having fun, improving, and sharing that joy with others.

### **Wrapping it Up (With a Drumroll)**

So there you have it. My journey with music and the mridanga has been full of ups and downs, but in the end, I'm proud of how far I've come, and I'm excited to keep improving.

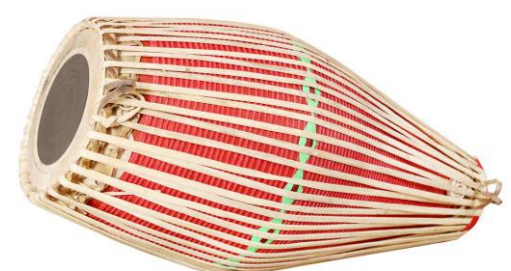
The mridanga is my talent. What's yours? Whatever it is, share your passion.

### **Why Show Your Talent?**

So let's talk about this whole "show your talent" thing. I know it sounds quite bold - like, what if people aren't keen on your talent? Or worse, what if you mess up? But trust me, anyone with a particular skill, expertise or hobby that they have a lot of pride in, have been there.

Here's the thing: showing your talent isn't about being perfect. It's about putting yourself out there, doing something you enjoy, and sharing it with others. 'The audience doesn't want you to be perfect they want you to be present' - Malachi Talabi

Whether you're into dancing, impersonation, rapping, karate, cooking, sketching or even gaming, you've got something that makes you unique. And when you share that, people don't focus on the mistakes - they see your passion, so long as you feel it too.




### **What's Your Talent?**

So here's my challenge to you: **What's your thing?** What's that one skill or passion that makes you, you? Maybe your agility makes you awesome at sports, or your eye for detail lets you draw better than half the art teachers, or you've practised the art of chess. Whatever it is, show it off! You never know who you might inspire or who might be waiting to see something cool.

You don't have to be a pro, either. I'm still learning new beats all the time. It's about having fun, improving, and sharing that joy with others.

**Contact the admin office/Miss T if you are interested in expressing your talent!!**



# GUESS WHO?




Guess the famous person by the hints given

- ★ \_\_\_\_\_ A politician
- ★ \_\_\_\_\_ 78 years old
- ★ \_\_\_\_\_ American
- ★ \_\_\_\_\_ Net worth is 5.5 billion USD

Can you guess the famous person?

## TEACHER OF THE MONTH!

**TEACHER- MR WESTWOOD!**  
 AGE-31  
 SUBJECT-ART & DT  
 INTRESTS- RUGBY (GO TIGERS!),GAMING,FILMS,FIRST AID  
 (WEIRD ONE RIGHT!)

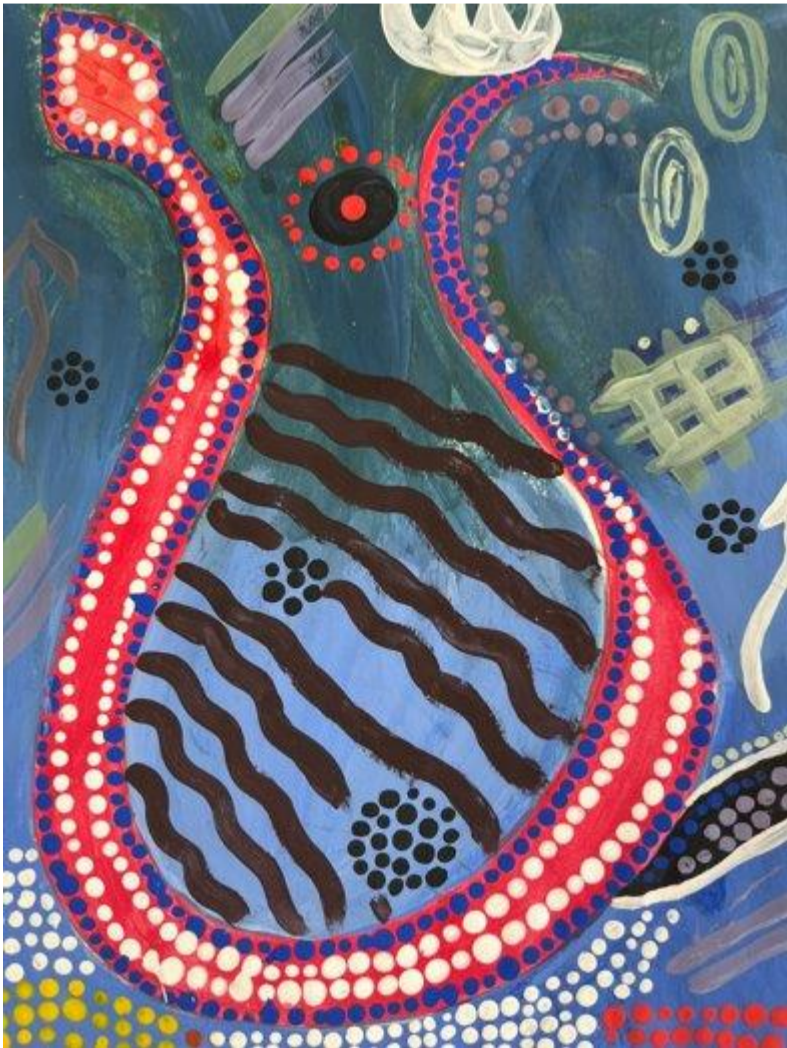


WHAT DOES HE SPEND MOST OF HIS TIME DOING?  
 Cooking, watching films with his wife, eating, gaming!

WHATS HIS WEIRDEST INTEREST?  
 HE FOLLOWS A MAN THAT HAS ALOT OF ANTS - ANTSCANADA

FAVOURITE....  
 -MOVIE-CATCH ME IF YOU CAN!  
 -FOOD-BUTTER-CHICKEN (ETHOS FRIENDLY )  
 -GAME-MINECRAFT  
 -SONG-HIGHER & HIGHER | JACKY WILSON  
 -ANIMAL-SEA OTTER  
 STAR SIGN-VIRGO  
 HAS A WIFE!

# AVANTI'S YOUNG ARTISTS





# Martin Luther King



Dr. Martin Luther King is a big icon in history and is mostly remembered on Black History Month. So let me tell you a bit about him.



## HIS STORY

Martin was born in 1929 January 15 and was a Baptist minister and a social activist and led the civil rights movement. His main priority was to get rid of segregation of African Americans in the south and other parts of the United States. In the mid 1950s Martin achieved his goal and ended segregation. His next goal was to stop the Vietnamese War but this time he took it too far and on April 4<sup>th</sup> 1968 his life came to an end at age 39 because of an assassination in his hotel balcony he was shot dead in Memphis Tennessee.

Remember him as a sign not to be racist. Racism will get you nowhere in life and will just get you in lots of trouble. This man is the perfect example to fight for your own rights and democracy. In most of the world we do not experience as much discrimination as back then and let's decrease it even more! Be the upstander and fight for equality!



## **GET OUT OF PRISON!!! PUT THE PHONE DOWN!!!**

Phone addiction might seem harmless, but it can really mess with your mental and emotional health. Studies show that too much phone time is linked to higher anxiety, depression, stress, and even sleep problems. When you spend too much time on screens, it can be hard to focus and you might end up feeling lonely or inadequate. The worst part is that you might not even notice it until you're already stuck in a cycle that feels impossible to break.

So, what can you do about it? Going completely cold turkey isn't realistic these days. Instead of setting impossible goals that just lead to failure, it's better to create manageable habits that replace the unhealthy ones.

Setting boundaries is super important. Try making "phone-free" zones or times, like during meals or before bed. This helps you connect more with the people around you. You could also plan some digital detox days where you intentionally unplug and do something fun offline. These moments can really help you reset your relationship with your phone.

Mindfulness can also be a game-changer. It's all about being aware of your feelings and reactions. When you find yourself reaching for your phone out of habit, take a moment to breathe and choose how to respond instead of just reacting. This can help you break free from the constant urge to check your phone.

Recognizing when you're addicted is a big deal, too. If you notice feeling anxious without your phone or itching to check notifications for no reason, that's a sign you need to make a change. The first step to breaking free from phone addiction is acknowledging that it's a problem. With effort and commitment, you can take back control and reconnect with the real world around you. It's time to find that balance in our tech-filled lives!

## **SMARTPHONES AS AN EDUCATIONAL TOOL**

It's super important to realize that using your smartphone is all about choice and personal responsibility. According to Newswise, smartphones themselves aren't really addictive; it's how we use them that matters. Just like you can get lost binge-watching a show or reading a book, you can also manage your phone habits.

A study from the University of Granada showed that we're not actually "addicted" to our phones, but to the social interactions they help us have. Some people say smartphones make us disengaged and lazy, but they can also help us connect with others and have real conversations. Social media, for example, lets us chat with friends and find people who share our interests.

Plus, smartphones can be awesome tools for activism, letting us support causes we care about and make a difference in our communities. They're also super helpful for staying organized, especially for students with ADHD. Features like timers, reminders, and calendar apps can really help keep track of assignments and deadlines. Note-taking apps let students jot down ideas quickly, which can improve their grades and help them stay focused. For many students with ADHD, the alerts from their phones can be a game-changer when it comes to getting things done.

Also, Apple phones have a feature called Screen Time that shows how much time you're spending on your phone and lets you set limits for different apps. This can help you find a better balance.

In short, when used wisely, smartphones can open up a ton of educational resources that fit different learning styles. For example, apps like Duolingo have over 575 million people learning new languages. Whether it's through apps, online tutorials, or e-books, students can customize their learning experiences to suit their needs, making school more accessible and inclusive for everyone.





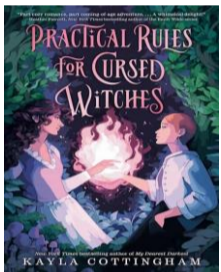
The ancient Celts celebrated Samhain as a time to mark the transition from the harvest season to winter, and they believed that the veil between the living and the dead was thinnest during this time.

People would light bonfires and wear costumes to ward off wandering spirits, and the festival included rituals to honor the deceased. Over the centuries, these traditions blended with other cultural practices, evolving into the Halloween we know today.

Today, Halloween is celebrated in various ways around the world, often incorporating both its ancient roots and modern interpretations. The holiday has become a time for fun, creativity, and a bit of spooky thrill!

### GET IN TO THE SPIRIT OF HALLOWEEN

Halloween is around the corner, don't know about YOU but I'm always looking for a good book leading up to Halloween. Whether it is truly scary & bone-chilling books, sometimes something more paranormal and strange there is a book suitable for all! Today I want to share my picks for best Halloween book young adult readers to help build up the excitement for Halloween. And, while lately things feel like real life is scarier than fiction, I hope this helps you find a great scary (or not so scary) book to read this holiday.



Looking for a witchy book this Halloween season? This one is about a teen witch who, instead of breaking her own family curse as the finale to complete her magical training, gets roped into breaking the powerful curse of a powerful family.

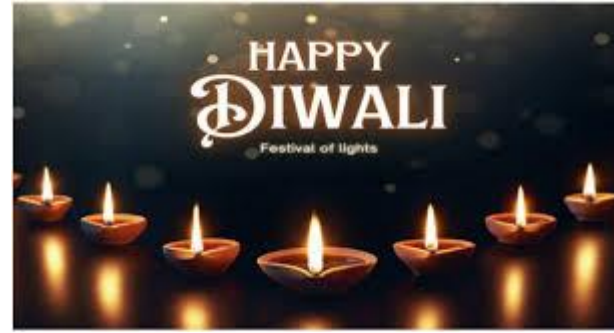


Read this book: if you want creepy or spooky vibes with a dare but not outright scary — though this one is more of a dark gothic fairytale vibe (with romance)- The book is inspired by the fairytale "Godfather Death", it's about a young girl named Hazel, the thirteenth child in a neglectful family, whose family promised her away to the god of Death.

A teen girl accepts an invitation to spend Halloween weekend at a former friend's ancestral Irish estate in attempt to make amends with her estranged friend group but the weekend turns sinister at this decaying manor with its lake that is the subject of local legends & rumours.



### Halloween Costumes



Diwali, also known as the Festival of Lights, is one of the most vibrant and exciting festivals celebrated in India and by Indian communities around the world. It usually falls in October or November and marks the victory of light over darkness and good over evil. Here's a closer look at what makes Diwali so special!

### The Significance of Diwali

Diwali has deep cultural and religious meanings. For Hindus, it celebrates the return of Lord Rama to his kingdom after defeating the demon king Ravana. In other traditions, it honors the goddess Lakshmi, the goddess of wealth and prosperity. People believe that during Diwali, Lakshmi visits their homes, bringing good fortune.

### How People Celebrate

- Lighting Diyas and Candles:** One of the most beautiful aspects of Diwali is the lighting of diyas (oil lamps) and candles. Homes are decorated with these lights to symbolize the triumph of light over darkness. It creates a stunning sight, especially at night!
- Fireworks:** The skies light up with colorful fireworks, adding to the festive atmosphere. While they are fun, it's essential to be mindful of safety and the environment when celebrating with fireworks.
- Rangoli:** Many people create beautiful designs called rangoli at the entrance of their homes. These are made with colored powders, rice, or flower petals, showcasing artistic talent and welcoming guests.
- Sweets and Treats:** Food is a huge part of Diwali celebrations! Families prepare a variety of sweets and snacks to share with friends and relatives. Popular treats include laddoos, barfis, and samosas. It's a time for feasting and enjoying delicious food together.
- Family and Friends:** Diwali is all about togetherness. People visit family and friends, exchanging gifts and sweets. It's a time to reconnect and celebrate relationships.
- Prayer and Rituals:** Many families perform prayers (pujas) to honor the deities and seek blessings for the coming year. This might include decorating altars, offering sweets, and lighting incense.

### The Modern Twist

In today's world, Diwali has also evolved. Many teens use social media to share their celebrations, post photos of their rangoli, and connect with friends. Some communities organize cultural events, music, and dance performances, making the festival even more exciting.

### Why It Matters

Diwali is not just about the lights, fireworks, and sweets; it's a reminder of the importance of hope, positivity, and the power of light in our lives. It encourages us to spread kindness and love, creating a sense of community and belonging.

### Final Thoughts

Whether you celebrate Diwali with family traditions or enjoy the festivities with friends, it's a time to embrace joy and happiness. So this Diwali, light a diya, share a sweet, and let the spirit of the festival fill your heart with positivity. Happy Diwali!



<b>Relating</b> The people around you offer a valuable pool of support so it's important to put time into strengthening those connections. <b>Give it a go:</b> <ul style="list-style-type: none"> <li>Meet up with someone you haven't seen in a while.</li> <li>Turn off distractions to chat with friends or family about your day.</li> </ul>	<b>Exercising</b> Regular activity will provide an endorphin boost and increase confidence. <b>Give it a go:</b> <ul style="list-style-type: none"> <li>Find an activity that suits you and your schedule.</li> <li>Swap the car on short journeys and cycle or walk to work.</li> </ul>	<b>Awareness</b> Taking time to switch off autopilot and 'be in the moment' is a great tool to combat stress. <b>Give it a go:</b> <ul style="list-style-type: none"> <li>Pay attention to your senses – what can you see, hear or feel around you?</li> <li>Choose a regular point in the day to reflect.</li> </ul>
<b>Giving</b> Holding out a helping hand makes other people happy and will make you feel happier too. <b>Give it a go:</b> <ul style="list-style-type: none"> <li>Show your skills or offer support.</li> <li>Ask friends, family or colleagues how they are and listen without judgement.</li> </ul>	<b>10 KEYS TO HAPPIER LIVING</b> <b>ACTION FOR HAPPINESS</b> Find out more about the 10 Keys to Happier Living at <a href="http://actionforhappiness.org">actionforhappiness.org</a>  Visit <a href="http://mhfaengland.org">mhfaengland.org</a> to learn about Mental Health First Aid and how you can support a friend, family member, colleague or student with their mental health.	<b>Trying out</b> Learning new things is stimulating and can help to lift your mood. <b>Give it a go:</b> <ul style="list-style-type: none"> <li>Take on a new role at work or school.</li> <li>Try out a new hobby, club or activity that interests you.</li> </ul>
<b>Direction</b> Working towards positive, realistic goals can provide motivation and structure. <b>Give it a go:</b> <ul style="list-style-type: none"> <li>Choose a goal that is meaningful to you, not what someone else expects of you.</li> <li>Remember to celebrate progress along the way.</li> </ul>	<b>Meaning</b> People who have meaning in their lives experience less stress, anxiety and depression. <b>Give it a go:</b> <ul style="list-style-type: none"> <li>Prioritise the activities, people and beliefs that bring you the strongest sense of purpose.</li> <li>Volunteer for a cause, be part of a team, notice how your actions make a difference for others.</li> </ul>	
<b>Resilience</b> Although we can't always choose what happens to us, we can often choose our own response to what happens. <b>Give it a go:</b> <ul style="list-style-type: none"> <li>Find an outlet such as talking to friends or writing it down.</li> <li>Take action to improve your resilience skills.</li> </ul>	<b>Emotions</b> Positive emotions can build up a buffer against stress and even lead to lasting changes in the brain to help maintain wellbeing. <b>Give it a go:</b> <ul style="list-style-type: none"> <li>Take time to notice what you're grateful for and focus on the good aspects of any situation.</li> <li>Set aside time to have fun.</li> </ul>	<b>Acceptance</b> No one is perfect. Longing to be someone different gets in the way of making the most of our own happiness. <b>Give it a go:</b> <ul style="list-style-type: none"> <li>Be kind to yourself when things go wrong.</li> <li>Shift the focus away from what you don't have and can't do, to what you have and can do.</li> </ul>



At the start of the school year, I really struggled to connect with the people around me. Honestly, all I wanted was some alone time.

I wasn't my usual outgoing self—the one who loves hanging out with friends. I noticed it myself but couldn't figure out why. Even though I tried to hide it, it was clear I wasn't feeling up to socializing anymore, and I was getting tired of it.

I've dealt with mental health issues before, but I usually still wanted to be with my friends because it helped take my mind off school stress, like grades and homework.

But this time felt different.

It's super important to notice when you might need some time for yourself. If hanging out with friends starts to feel like a chore, it might mean you need to focus on your mental health for a bit.

During the first few weeks of school, I was having a tough time adjusting to my new schedule. I felt wiped out from spending most of my time on theater and struggled to keep up with my personal relationships.

When my friends invited me to hang out, I'd reply, "I'd love to, but I really just want to go home, sorry."

This shocked them because I'm usually the one convincing my introverted friends to hang out. I started to prefer lying in bed, usually in the dark, scrolling on my phone or watching TV. I ended up isolating myself from the people I cared about.

One day, a friend texted me asking if we could chat. He said he noticed I seemed down at rehearsals since school started and wanted to check in.

I told him I was just low on social energy and needed more alone time than usual. He said that feeling is totally normal. We started talking about "social battery," and it made me think about why I craved solitude so much.

When students push themselves too hard, it can lead to stress and feeling overwhelmed. This can make socializing feel exhausting. If you don't deal with the reasons behind the self-isolation, it can just add more stress.

It's also key to pay attention to how you feel after interacting with others. If most of your conversations leave you feeling negative, it can drain your energy even more.

There are a bunch of ways to recharge your social battery. Taking a break from social media, reconnecting with friends who lift you up, spending time with people you vibe with, and getting back into activities you love—like running or baking—can really help.

After chatting with some trusted friends, I decided to put myself first and focus on my mental and physical health. I started eating better, getting more sleep, and cut back on lying in bed on my phone. I began journaling, engaging with my friends more, and listening to happier music instead of sadder tunes. The biggest help was figuring out what was causing my stress. By surrounding myself with positive people and vibes, I was able to recharge my energy.

EXAM DAY PREP		
 DRINK PLENTY OF WATER	 BE PREPARED	 DO SOME EXERCISE
 DOUBLE CHECK YOUR EXAM TIMETABLE	 PRIORITISE YOUR TIME	 DOUBLE CHECK YOUR NOTES
 NO ENERGY DRINKS 		
 GET A GOOD NIGHT'S SLEEP	 GET SOME FRESH AIR!	 GRAB SOME HEALTHY SNACKS
 SET AN ALARM	 BE POSITIVE	
TAKE A BREAK & STAY MINDFUL		

THANK YOU FOR YOUR CONTRIBUTION TO THIS EDITION OF THE AFS INSIDER

Riya M  
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