



# The Milford Gazette!

By children, for children!

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January Edition 2016



## Sugar Crush

by Adam and Saoirse

Today in class we had a discussion on the amount of sugar that we consume. We talked about RTE's programme *Sugar Crash*. Dr Eva Orsmond said, "Ireland is heading towards an epidemic of obesity, diabetes and liver failure. By the year 2030 we will be the **fattest Country in Europe**."

You think that items that say *No Added Sugar* are good **but** it means that they have not added **extra sugar** but the same amount that is in the product naturally is still in there, which can be an awful lot! So instead of 4 teaspoons you get 3. You also have to look out for items that say 'low fat' because they can have lots of sugar or palm oil or aspartame, which can be cancerous.

The recommended daily limit of sugar is 4 teaspoons of added sugar, or 9 teaspoons in total. Don't have any more! Even though, as a personal experiment I

## Fitzpatrick Cup 2016

by Clara



The winning team being presented with the Fitzpatrick Cup by Mrs. O'Mahony

The annual Fitzpatrick Cup was held again this year down on the astroturf in UL. This year the game was ground hurling. There were 86 children from the school taking part in the tournament. There were 12 teams selected and the games were played out over 3 weeks, every Tuesday and Thursday. Everyone involved had great fun. In the final on Tuesday 19th January, the two team captains were Cillian and Eric. It was a great final, with both teams playing great hurling. However, in the end, Cillian's team were victorious. The score was 2 goals to 1 goal. Well done to everyone who played and thank you to all the teachers for organising the event, refereeing, doing First Aid and volunteering to supervise after school hours.

## Healthy January Recipe-Crostini

by Molly



### Ingredients:

- 3 tablespoons of olive oil
- 8 pitted black olives
- 4 slices of bread/ rolls halved
- 6 fresh basil leaves torn
- 12 cherry tomatoes halved

### Method:

1. Preheat the oven to 240C.
2. Put the slices of bread into the oven for 5 minutes or until crispy and golden.
3. Drizzle the oil onto the slices of bread.
4. Add your toppings of olives, basil leaves and tomatoes, or whatever you fancy!
5. And there you go, Crostini!

## Pointless Piece of Research of the Month....!

by Molly

Most lipbalms contain fish scales! Ewwwww!

counted my own for a day and I have approximately 16!!!!!! :-O Ms. Rael thinks she has only 6 teaspoons per day....personally I think she is trying to pull the wool over my eyes! :-)

## Country Corner



by Clara

Capital: Rome  
Highest mountain range: The Pyrenees  
Longest river: River Po  
Main Attractions: The colosseum , Florence cathedral and The grand canal  
Population: 59.8 million  
Language: Italian  
Facts: Italy is the birthplace of the Renaissance; Italy hosted the summer Olympics in 1960  
Currency: Euro  
Interesting information: Rome is also known as the eternal city because it is over 3,000 years old.

## The Quick Quiz of the Month!



Which has the highest mountain, Earth or Mars?

The answer will be revealed in next month's edition....!

## Short Story Northern Lights

Part 1

by Saoirse



Aurora stood at the bow of the boat and watched the waves lap against the side. The harbour came into view. She smiled to herself. Greenland. It really was beautiful. The mountains loomed over the sky and it was enchanting. The port was swarming with people who were desperate to see the new-comers. They stared at her as the boat drew in, and she ran under the deck. Her father stood staring at the horizon. "I love the sea. I wish I could live on it, but you and Marcus..." he trailed off. "I know we all loved England, didn't we? But I just can't resist the beauty here. Can you?" He paused. "I can't believe I'm actually back in the tundra," he said wistfully. He caught Aurora looking at him. "What!? *Back* in the tundra?" she asked. "You've never been here before, have you?" He looked down at his daughter, then looked away quickly, and shouted, "Marcus! Take this rope!" as the dock slowly came nearer.

## Movie Review: Star Wars The Force Awakens

by Seth



Luke Skywalker has vanished... From the ashes of the empire rises the **First Order**. A map has been scattered around the galaxy that leads to Skywalker's whereabouts and everybody wants it. (In my opinion, this is basically a Sci-Fi version of *The Lord of the Rings*!!!!!!)

The first order have reigned terror all over the galaxy, including raiding small villages on Kappu. The *Knights of Ren* are a group of people who don't believe that Darth Vader has died and still worship him like a god. Kylo Ren is part of the Knights of Ren and is now a Master.

Join the adventure with Ray, BB8, Fin/Fn2187, Han Solo and Chewbacca. It's a great movie, full of fun and laughs, I really recommend it!

