

THE PRIORY ACADEMY

LSST

Priory Press

Module 6 - Edition 1



Technology News

Genevieve

Alternative AI Therapy

There is a new type of therapy that has sent shockwaves across the country! Many people across the UK have reported using AI sites and chat apps as a form of therapy and much to everyone's surprise, it has worked! At least, sometimes.

A woman called Kelly spent up to three hours just talking to AI “chatbots” for months as a form of therapy. The reason for this was due to the fact that at this time, Kelly was waiting for professional help from the NHS to discuss her anxiety, low self-esteem, and relationship breakdown. According to Kelly, talking to these AI chatbots really helped her through the dark period in her life. Apparently, they gave her strategies for coping 24/7.

Unfortunately, people have reported certain doubts about these AI characters. One professor from London claimed that they are too inexperienced to provide real therapy and that it will not end up being as helpful as we think. The professor stated that real therapists look at our facial expressions and body language to help us properly, which is something that AI cannot do. Also, the National Eating Disorder Association (NEDA) decided replacing their live helpline with a chatbot was a good idea. Sounds great right? Wrong. They had to shortly take it down after, as they had many complaints that the AI was recommending strict calorie restrictions. Seems like this was not very thought through by the association!

There have been reports of it being really empathetic! A man called Nicholas has autism, OCD, and anxiety, and has struggled with depression. This caused him to attempt to take his own life last autumn. Since then he has been on the NHS waitlist. While chasing this face-to-face support, Nicholas came across an AI called *Wysa*. He said that, as someone with autism, it was difficult to have a conversation in person and this alternative was really helpful, as actual help from real people was taking too long.

So what do you think? Is AI therapy really the future as some say? Or is it just a silly idea that will only harm us more?

Sports news

Max

Crystal Palace Win the FA Cup

The FA cup is one of the biggest trophies an English club can win and Crystal Palace, currently sitting in the bottom half of the English Premier League, have pulled it off, winning their first Major Club trophy!

During the first game of the campaign, the Eagles faced League One team Stockport where they battled for a 1-0 win after a brilliant strike early on by Eberichi Eze into the bottom corner. The next team they faced was the League Two Doncaster Rovers and with a goal in the 31st minute by Muñoz, and a chip over the Rovers' keeper in the 55th minute by youngster Devenny, they won the second game of the 2-0. The third was a dramatic game against Millwall where the keeper, Roberts, was sent off by a straight red card due to a terrible challenge on the Palace striker Mateta, flying in to the challenge both feet in the air colliding with the Eagles' top scorer on his left ear. The match then ended 3-1 after Palace took the lead to 2-0 when Millwall got one back but it wasn't enough to stop Eddie Nketiah from scoring to finish it off.

In the campaign's quarter finals, they faced their fellow Premier League side Fulham, in which goalkeeper Dean Henderson kept a clean sheet in a 3-0 win to send them off easily to the semi-finals. In the semi-finals, they faced Aston Villa, in which once more they kept a clean sheet and scored 3 goals to nil to send them to the final as they have done so many times before. This time however they didn't lose. They inevitably faced Manchester as the previous holders of the cup. It was a game in which so many thought City would beat Palace easy as pie, but this was not the case. A goal by Eze once more would be the only goal of the tie being scored at just sixteen minutes in. There was some controversy surrounding whether the keeper should have been sent off for handling the ball outside the box, but the referee decided against it, as it did not prevent a clear goal scoring opportunity, and let it slide. Man City did all they could, but in the end the Eagles would be champions for the first time in their history and win their first major trophy ever!

Game Review

Gregor

Five Nights at Freddy's: Three and Four

Let's start with the third instalment, FNaF 3: it's the game with the most crucial backstory (lore) and some of the most interesting game mechanics. It was the second to erase doors from your defenses and introduced a minor feature in FNaF 2: vents. Instead of animatronics roaming through spacious hallways they (or rather *it*) has the option to crawl through the ventilation shafts towards your office. Audio distractions and sealing vents will be your lifeline, as the not-quite-human animatronic tries to hunt you down. But despite the fact that only one can kill, there are many more. They act more as distractions, shutting down ventilation seals and cameras. When playing through, you may find more than one ending...

FNaF 4: the first of two games to not include any camera systems at all. This one heavily relies on sound to hear if an animatronic is at the door, and if you open the door while one is there... well I think you can imagine what happens next. If you don't hear a sound, however, open the door and shine your torch into the hallway. If anything was there, it isn't anymore. Remember to also check behind you on your bed, as some nasty surprises could be waiting. The closet is the final mechanic, where Foxy can materialize over time and eventually jump-scare you if left alone. Personally, I think it is one of, if not the, scariest FNaF games out there.

Overall rating for FNaF 3: 6.5/10, FNaF 4: 7.9/10

Food News

Esmae and Ava

Ultra-Processed Food

Ultra Processed foods are edible goods such as Fizzy drinks, sweets, and chicken nuggets. However, this group can also include less obvious items, for instance all cereals, artificially-flavoured yoghurts, and store-bought breads. These foods can also be surprisingly placed on the eat-well plate but should only be eaten in careful moderation.

People who eat too much ultra processed food have been proven to have some health problems and sometimes even earlier deaths, though this is rare. Some things you could get from eating too much of these types of foods are, a higher risk of death from illnesses such as heart attack and seizure, obesity, type two diabetes, sleep problems, and even anxiety and depression.

The amount of ultra processed food eaten in the average diet in the UK is 53%, and the most eaten UPFs (Ultra Processed Foods) in the UK are shop bought bread, prepackaged meals, breakfast meals, chips and fries, and many more. You could help prevent yourself from eating UPFs by making food from scratch at home as it can benefit your health.

County News

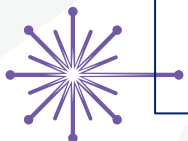
Oliver & Ellie Rose

Krazy Karting

This event is taking place on the 22nd June 2025. It's taking place in Lincoln as a soapbox type of race where you will create your own karts and race down a track to see who gets the best time. There will be thousands of spectators and hundreds of people actually taking part in the race. There will be crashing and great times. There will be points when you are amazed and points when you wonder about the people's safety. They are expected to be in teams of two or more to create a sense of teamwork.

This is a sponsored charity event filled by many amateur racing teams. There will many different designs based on mythical creatures, animals and cars. You can book tickets on their website Krazy races. It will work in a knockout style competition where it will get down to a big race filled with obstacles amusing spectators. Cars will crash, and so will the driver, making for an entertaining time.

If you want to be there, it will start at quarter to eleven and will go on until quarter past five. It will be starting at Flaxengate and the course will run over to the cathedral.



Athletics News

Florence

Fastest Runner Runs Across Australia

A British, super athlete reckons he has broken a world record for running across the width of Australia in only thirty-five days!! This sporty 31 year old started the incredible 3800km run at Cottesloe Beach in Perth - 15th April - and finished on the 19th of May on the famous Bondi Beach, with his father at his side. William Goodge ran about 100km a day, that's equivalent to around two and a half marathons a day! George was born in good old Bedfordshire in England, but then took a dramatic change! He is doing this in recognition of his mother, Amanda who sadly passed away in 2018. Goodge is helping raise money for different Cancer charities around the globe. Yet, it has not been checked that he is the fastest because there are a couple other people who have tried this: Chris Turnbull who sprinted across in thirty-nine days and Nedd Brockman who ran it in forty-seven. This will hopefully have raised millions for charities around the world.

As soon as he finished this phenomenon, he said "This is the toughest thing I've ever done!". He faced heaps of hard challenges like: a dust storm, loss of several toenails, several painful injuries, foot and bone pain and hallucinations. Yet he did not give up and remembered his goal! The Nullabor Plain is a large area of barren land and was very "unforgiving". George is "feeling very comfortable" now the race is finished. When his mother was persevering with cancer, he said this was a crucial memory and thought of it to help him finish this momentous race! "Where it's tough, I'll think of those times, where she was there for me."

Cinema News

Anusha

New Cinema for 2025

The year 2025 promises to be filled with engaging cinematic experiences, appealing to a broad audience. Key releases include superhero films, animated adaptations, and live-action remakes of popular stories. Continuing the Captain America legacy, the new upcoming film *Captain America: Brave New World* will explore the challenges of leadership; meanwhile the new karate kid movie blends two different generations of martial arts legends, Ralph Macchio and Jackie Chan. This is not a reboot, but a continuation which mixes elements from both previous series. A live-action version of *Lilo and Stitch* is on the scene, aiming to bring the heartwarming story to a new audience. Another highly anticipated release is the live-action adaptation of *How to Train Your Dragon*, which is expected to deliver stunning visuals and a compelling narrative. Other notable new films include:

- Captain America: Brave New World
- Fantastic Four
- Thunderbolts
- Lilo and Stitch
- How to Train Your Dragon (Live-Action)
- Superman
- Karate Kid Legend

Environmental News

Emily and Estrela

The Impacts of Fast-Fashion

Fast-fashion is the rapid production of trendy, inexpensive clothing that is designed to cater for micro-trends. Examples of micro-trends can be cottage-core clothing, cow-print patterns, and the Mob-Wife. Fast-fashion is growing at an alarming rate, comprising 10% of total global carbon emissions while 85% of textiles goes to dumps each year.

Fast fashion brands include Shein, Zara, HnM, Primark, Temu, Fashion Nova, and Urban Outfitters. These brands typically present new clothing line-ups as often as every week, encouraging people to have the latest craze.

Social media extensively fuels these ways of living, with influencers uploading Shein hauls and promoting the brands through adverts. Also, the internet being readily available at your fingertips 24/7 enables you to feel the intensified temptation of buying more clothing.

Another impact fast fashion has on the world is how it supports child labour. A 2018 US Department of Labor report found evidence of forced and child labour in the fashion industry in developing countries such as Argentina, Bangladesh, Brazil, China, India, Indonesia, the Philippines, Turkey, Vietnam, and others. Additionally, rapid production means that to make sales and profits, human welfare must be sacrificed.

This raises the debate: is buying second-hand clothing better for the environment? And the answer is yes, some of the advantages of buying second hand clothes are reduced waste, reduced pollution, and decreased water footprint.

Gaming News

Esmae and Ava

Fortnite's Latest Update

Fortnite's latest update involves all things Star Wars - however, the usage of AI to create Darth Vader's voice has sparked some controversy. The update launched on 2nd May, featuring the famous character Darth Vader. Players can interact with, and fight, this character; however, the chat function has started to go wrong. Some kids started to mess around, and decided to test if this Star Wars villain would respond to swearing. This resulted in the AI character swearing back, which could result in serious backlash for the company as there are a lot of younger kids that also play.

Llama Productions explained that they had decided "to replace the work of human performers with AI technology". They have also explained that if you strategise with the Sith Lord (Darth Vader) using your voice, he will respond back conversationally. The NLRB (US National Labour Relations Board) filed a complaint claiming that "the company made unilateral changes to terms and conditions of employment, without providing notice to the union or the opportunity to bargain, by utilizing AI-generated voices to replace bargaining unit work". Llama Productions said this remake of the famous Darth Vader would not have been accomplished if not for the late James Earl Jones – the actor who voiced the character in the franchise.

Local news

Holly

Local Scout St George's Day Parade

A few Sundays ago, there was a local St George's day parade, which most scout groups in Lincoln attended. All of the scouts arrived at the lawn, found their respective groups, and then a band started playing which signaled for the parade to start. In each group of Squirrels (age 4-6) Beavers (age 6-8) Cubs (age 8-10) Scouts (age 10-14) and Explorers (14-18), there was a colour party which consists of one person who stands central and a person either side to catch the flag if the flag-bearer loses control. All of the groups walk up to the cathedral after that, and file in. The colour parties then go to sit at the back of the room after giving their flags to leaders, and the rest go to sit with their group leaders/volunteers. There is then an extremely long church service where there are multiple hymns and religious services and an inspirational speech.

After the service, the colour parties collect their flags and line up along the sides of the cathedral. They go out to line up outside and rejoin the other parties from their group, and wait for the others and leaders to arrive so they can all begin the walk up to the lawn again. The paths are lined by people who live in Lincoln and the scouts' parents. The public are intrigued by the whole event and some film the parade.

I personally was taking part in the parade for my scout group and was in the colour party. I thoroughly enjoy scouting and all the aspects of events and camps that go with it, so I aim to get as far as I can in badgework. Scouting is also an amazing environment with lots of great people. Some people even meet their best friends at scouts! By writing about this I can get one of my badges, and possibly be closer to my gold award (the highest award in scouts).

Game Review

Gregor

Train Sim World series

If you have ever wanted to drive a train, you may have found web browser simulators, Roblox games, low quality mobile games, and more, but one thing they most likely will not have is the realism factor. If this is what you are after, then may I present the Train Sim World series. At the time of writing this article, there are five separate instalments in the series, each one having its own unique selection of trains. In Train Sim World 4, for example, you are able to drive the LNER Azuma, which operates in Lincoln and you may have even seen some! There are many other trains from around the world, ranging from American cargo trains to German double-decker passenger trains, and some other interesting trains, old and new. All trains have fully detailed interiors and exteriors and all switches are functional and experience fully realistic timetables. The trains handle really well, and it doesn't take too much practice to be good at driving them.

It is playable on console and PC, and runs relatively well on older consoles. It does sacrifice some texture quality, but it doesn't mean the game is unplayable. There is a virtual speedometer on the HUD (Heads Up Display), so you can also drive the train with an external camera!

Overall rating: 7.8/10 due to high prices