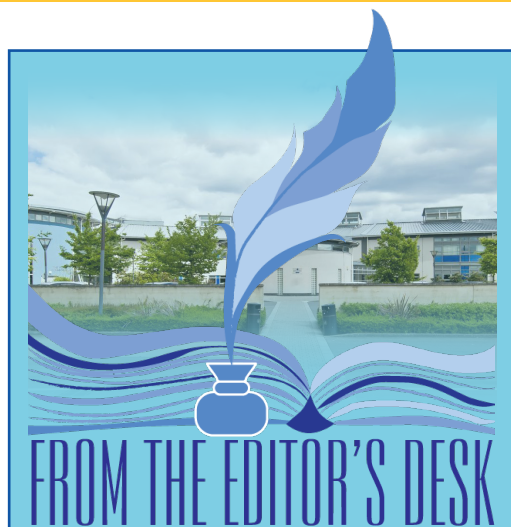


JFS JOURNAL

JFS School

Volume 1: Edition 2

Summer Term



Welcome to the JFS journal lockdown edition, a mouthful if ever there was! But a mouthful is very apt in this case as this edition main feature seems to be all about food. Lockdown recipes and of course Shavuot recipes. Perhaps our unlockdown edition may feature the opposite.

An apology must go to Tami Potishman who wrote a report on the music trip in the last edition and didn't get her name on the by-line.

Please stay well, and enjoy some light reading from students and staff alike – the newspaper belongs to all so please contact me if you would like to contribute to future editions.

Ms Wolfson

CYSTIC FIBROSIS UNDER LOCKDOWN

Without any doubt, Covid-19 has taken a toll on all of us. But as a mix of often fear, boredom and uncertainty creep over us, we forget about those who often have it worse.

I recently interviewed Isabel Kennedy, who suffers with cystic fibrosis, a genetic condition that causes mucus in the lungs to be very thick which reduces lung function (imagine continually breathing through a straw) - or as she described it...torture.

Suffering with a condition that affects, primarily, breathing unsurprisingly Izzy is placed rather high on the vulnerability scale for those at-risk from Covid-19. Before my interview I thought I would be faced by a distraught, lamentable, and generally defeated person, but instead I found quite the opposite!

Apart from the wonderful carefully told stories she managed to weave in after every sentence and her openness to talk to me about her day-to-day, there was an overlying theme through it all, one that seemed to resonate through the interview – her gigantic and outstanding optimism and positivity. She mentioned that the worst of it all was not the pills she has to swallow day after day, or the arduous treatments she must endure for up to 2 hours a day. She said that in these lockdown times, one of the worst enemies is the boredom that bit by bit is eating her

away. Distractions such as music and theatre have proved momentary cures. And since going outside is extremely dangerous due to the possibility of individuals refusing to socially distance, she is caring for herself the best she can at home with her parents.

Touching on the subject of the possibly ill-informed social distancing rule-breakers, Izzy mentioned that

"IN THESE LOCKDOWN TIMES, ONE OF THE WORST ENEMIES IS THE BOREDOM THAT BIT BY BIT IS EATING HER AWAY."

this was a grave problem. The lack of, or the fake information littered through the Internet sprouts a wider problem – the neglect and casting aside of those whom already suffer from impairing conditions (for example those who are hard of hearing, such as Izzy, not being able to access the content in pre-recorded lessons has proved challenging).

With much uncertainty in these difficult time, one thing she can certainly counted on, is her contagious positivity, her creative sense of humour and most importantly her friends.

By Edgar Santos



CATCH UP WITH THE HISTORY DEPT

	ASHCROFT	BARRINGER	BUTLER	FOX	JEBREEL	SAUNDERS	TOTH	WOLFSON
FAVOURITE FILM OF ALL TIME	DIRTY DANCING	INDIANA JONES AND THE LAST CRUSADE – ONE OF THE FIRST FILMS I SAW AT THE CINEMA THAT WASN'T FOR KIDS!		LOVE ACTUALLY – SEEN IT LOADS INCLUDING LIVE ORCHESTRAL PERFORMANCE WHEN I SAT BY DIRECTOR RICHARD CURTIS – WHAT A THRILL	ANY OF THE INDIANA JONES TRILOGY	THE BATTLE OF ALGIERS – ITALIAN MARXIST GILO PONTECORVO DIRECTS THE ALGERIAN ANTI COLONIAL STRUGGLE AGAINST THE FRENCH. SCORED BY THE AMAZING ENNIO MORRICONE.	CASABLANCA	RAIDERS OF THE LOST ARK
FAVOURITE FILM OF LOCK-DOWN	HAVEN'T WATCHED ONE YET!!!! NOT SURE WHAT I'VE BEEN DOING WITH MY TIME!	I'VE ONLY WATCHED ONE – HARRIET	RATATOUILLE – BECAUSE I HAD NEVER SEEN IT BEFORE.	A FISH CALLED WANDA – TOTAL NONSENSE!	SCHOOL OF ROCK	BREXIT – UNCIVIL WAR & EXTRACTION – CAN'T DECIDE. HILARIOUSLY DARK BREAKDOWN OF THE LEAVE CAMPAIGN. EXTRACTION A HARDBOILED BLEED-OUT SET IN THE SLUMS OF MUMBAI.	NORMAL PEOPLE	TROLLS WORLD TOUR – MY KIDS FORCED ME TO WATCH IT
FAVOURITE MEAL	MY MUM'S ROAST CHICKEN SALAD. SUMMERTIME SUNDAY SPREAD	ROAST CHICKEN AND LEMON MERINGUE PIE WITH CUSTARD FOR PUDDING!	ANYTHING LAMB. LAMB CURRIES IN ANY FORM ARE THE BEST.	STEAK AND CHIPS AND SALAD TO MAKE IT HEALTHY WITH LOTS OF KETCHUP!	MAC AND CHEESE	STEAK, PREFERABLY CHATEAUBRIAND – ANYTHING OVER MEDIUM RARE YOU DON'T DESERVE TO EAT FOOD.	HONESTLY... ...BREAD WITH LOADS OF BUTTER AND SALT.	ANYTHING I DON'T HAVE TO COOK MYSELF!!!
FIRST RESTAURANT YOU'LL VISIT WHEN THEY OPEN AGAIN	STORY – BECAUSE WE WERE BOOKED TO GO AND THEN LOCKDOWN HAPPENED.	PROBABLY MY SISTER-IN-LAWS RESTAURANT LUPINS		MEATOS IN TEL AVIV (IN MY DREAMS!)	LA FIESTA, PITA OR ANYWHERE WITH KOSHER SCHWARMAL!	TEMPER – BURRATA IS GREAT AND THE SMOKED GOAT TACOS ARE FEROCIOUS.	KATEH TO HAVE THEIR FISH STEW: -)	LARTISTA – IT'S OUR FAMILY FAVOURITE!!!
FAVOURITE ALBUM/ SONG/ARTIST OF ALL TIME	COLD PLAY	PUCCINI? ELLA FITZGERALD? CLAPTON? IMPOSSIBLE QUESTION!!!!		SOFT CELL 'TAINTED LOVE' ORIGINAL VERSION (1981)	BEATLES ANYTHING BY THEM.	TOO MANY TO NAME BUT FOR JAZZ: IAN CARR'S NUCLEUS – 'WE'LL TALK ABOUT IT LATER' HIP-HOP: MOBB DEEP – 'THE INFAMOUS'	WHITNEY HOUSTON – MY LOVE IS YOUR LOVE	ANYTHING BY JACK JOHNSON!
FAVOURITE PODCAST	SERIAL	BBC RUGBY PODCAST WITH UGO MONYNE AND CHRIS JONES		DESERT ISLAND DISCS – IAN WRIGHT BECAUSE I LOVE HIM.	YOU'RE DEAD TO ME (REALLY FUN HISTORY PODCAST)	JOE ROGAN HILARIOUS, THOUGHT PROVOKING AND MIND EXPANDING.	IN OUR TIME – HISTORY SECTION, OF COURSE	SOUNDS OF THE 90S WITH FEARNE COTTON – I DANCE ROUND THE KITCHEN WHEN IT'S ON!
BEST NETFLIX BINGE	ONLY THING I HAVE MANAGED TO WATCH IN LOCKDOWN IS TIGER KING. OBVIOUSLY OBSESSED WITH THE CROWN.	JACK RYAN, BUT WAS ON AMAZON PRIME		FAUDA	TIGER KING	MCMAFIA – BASED ON THE SUPERB BOOK BY MISHA GLENNY ABOUT THE GLOBALIZATION OF ORGANIZED CRIME.	SAFE!	COMEDY – JANE THE VIRGIN DRAMA – WHEN HEROES FLY (BETTER THAN FAUDA!)
FAVOURITE BOOK TO REVISIT	WILD SWANS – JUANG CHANG	SHARPE'S WATERLOO BY BERNARD CORNWALL		TO KILL A MOCKINGBIRD	GRAPES OF WRATH OR EAST OF EDEN BOTH BY JOHN STEINBECK	AMERICAN PSYCHO – BRET EASTON ELLIS' MASTERPIECE ABOUT THE INEVITABLE RESULT OF THE SOCIOPATHIC MATERIALISTIC EXCESS OF THE 1980S.	ANNA KARENINA BY TOLSTOY	ANYTHING BY LOUIS DE BERNIERES – MAKES ME LAUGH OUT LOUD!
FANTASY HOLIDAY DESTINATION	CHINA	NEPAL	NORTH KOREA	GALAPAGOS ISLANDS	RIGHT NOW, ANYWHERE BEYOND MY HOUSE AND GARDEN!	JAPAN – I WANT TO GO TO THE FISH MARKET IN TOKYO AND TO GO DIGGING FOR VINYL, OF COURSE.	BHUTAN	HAVANA CUBA – I'D LIKE TO DRIVE ROUND IN AN OPEN TOP CAR AND THEN DO A VERY LONG HISTORICAL TOUR



HOUSEPARTY

👍 YAY OR NAY? 👎

Has it happened to you, too? For many, in late March, that was one of the main questions going around. Albeit it has been around for 4 years. It suddenly came out of nowhere as a home screen staple as the COVID-19 lockdown began. The group video chat app, interspersed with games, raises it above the other, more mundane Zooms and Hangouts. Rumours on Twitter on Monday 30th of March had suggested that people's emails, Spotify's, Snapchats, and even online banking accounts had been hacked!

Houseparty was swift to deny the reports and even go so far as to claim- without evidence- it was investigating indications that the "breach" was a "paid commercial smear to harm Houseparty," offering a \$1 million reward to whoever could prove its theory.

But that does not mean that Houseparty does not have privacy breach issues.

There are some clear lines in the policy about what it will not use. For example, while phone numbers might get shared for tech support (also, partnerships that you opt into), to link up contacts to talk with and to authenticate you, "we will never share your phone number or the phone numbers of third parties in your contacts with

anyone else." But beyond that, there are provisions in there that could see Houseparty selling anonymised and other data. Ray Walsh of research firm ProPrivacy describes it as a "privacy nightmare". "Anybody who decides to use the Houseparty application to stay in contact during quarantine needs to be aware that the app collects a worrying amount of personal information," he said. "This includes geolocation data, which could, in theory, be used to map the location of each user. A closer look at Houseparty's privacy policy reveals that the firm promises to anonymise and aggregate data before it is shared with the third-party affiliates and partners it works with. However, time and time again, researchers have proven that previously anonymized data can be re-identified."

So, although there has been some rumoured hacking, epic games (owner of Houseparty) has denied it and are offering a \$1 million reward to anyone who could prove it. So overall, if used safely, this app is fun to all and gives people opportunities to connect with others.

Verdict: Yay.

By Sam Field 9WD



SHAVUOT

CUSTOMS EXPLAINED

This year, the festival of Shavuot begins on the evening of Thursday the 28th of May and ends with Motzei Shabbat on the 30th. In Israel, Shavuot lasts only one day and ends on Friday night.

The Hebrew date of Shavuot is the 6th of the month of Nissan. It is the second of the three foot festivals (Pesach, Shavuot and Succot). At these three points in the Jewish calendar, people from all across Israel would make the journey from their homes to the temple in Jerusalem in order to offer sacrifices to Hashem and to celebrate the festival in the holy city. Shavuot marks the beginning of the period when farmers would bring their first fruits (called Bikurim) to the temple for the Bikurim ceremony which showed appreciation to Hashem for the land and the produce that He had given them. I would like to share with you some possible sources of two of the customs of Shavuot:

EATING MILK & HONEY

There is a widespread custom to eat foods containing milk and honey on Shavuot. Here are a few suggestions as to the origin of the custom:

- The Maharam MiRotenburg (a 14th century rabbinic leader) suggests that the custom originates from the words in the book of Song of Songs that says “milk and honey under your tongue” which is understood to be alluding to the sweetness of the words of Torah
- Another possibility is that the custom originated because the Jewish people only ate dairy after they received the Torah. This is because, having received the new laws of meat preparation, it took time before they correctly slaughtered and prepared meat for eating. Until they had properly prepared their meat, they could only eat dairy.
- The custom to eat milk could also represent the receiving of the Torah: Just like a mother gives life to her child by feeding it milk, so too Hashem gives life to the Jewish people by gifting us with the Torah.
- Finally, the land of Israel is referred to in the Torah as being ‘a land flowing with milk and honey’. During the ceremony of the Bikurim that began on Shavuot, we thank Hashem for the produce and the land that he has given us. This is another suggested link between milk and honey and the festival of Shavuot.



MEGILLAT RUT

Ruth was a Moabite convert who, despite a very challenging life, remained committed to Judaism and to Hashem. She ended up being the antecedent of King David. The story of Ruth is read in the synagogue on Shavuot.

Some say that Ruth is read on Shavuot because the story begins during the harvest season (which is the time that Shavuot occurs). Ruth is also connected to Shavuot as she lived with the commitment to Hashem that the Jewish people agreed to at Mount Sinai. The Midrash says that the book of Ruth is read at the time of the giving of the Torah as chesed ‘lovingkindness’ is a central recurring motif in the story of Ruth, and it is also a central Torah value.



Another message from the book of Ruth is that of the universalism of the Torah. Ruth was a woman convert from Moab (who were enemies of the Jews at the time). Nonetheless, she found her place in Jewish society and discovered her strong connection to Hashem and to the Torah and its values. In doing so, she also cemented her place in national Jewish history as the great great grandmother of King David. On Shavuot, we reflect that the Torah is relevant to every human being and that each and every one of us can find our special connection to Torah, to Hashem, and to the Jewish people.

CONCLUSION

Shavuot is a festival with many different reasons for celebration and many different rich customs. Now that you are more informed about the different aspects of Shavuot, try to find something that speaks to you, that you can connect to in order to make these two days slightly more meaningful. Chag Sameach!

SHAVUOT

ACTIVITY PAGE

MOUNT SINAI

M C M O K O K W K E S U L V V X M Y E U
 C T V N R E C W Y Z E M I T E N T S X Y
 P O H B D P J O E Z T Z A U C W E X U D
 J A V K Z L C Y M V A N L J Y N X M P Y
 C C A E N K E P H M P I T I D D O D Z D
 D U L R N I N Y N B A S A J C F D R H R
 O X R O O A K R S U R N R Z N I U Y M N
 M Y L G U N N W G B T M D S Z Z S E V P
 B G N P C D I T E D R Y A M G X R P S H
 G W X X V M X X L V E T D Y E F I R E I
 H E R M B G C M C E I M E A Q N K U U M
 L V V X A L V U L A L T C H Y B T L Z O
 B I S R A E L I T E S A M W K W Y S Z S
 C L B P P R I E S T S D L E E N B X D E
 R Z U B N O S H A V U O T H J N T H M S
 T W E L V E T R I B E S J X G L Y U D H
 T S G B D V A X C U J H V M X M D C U R
 T T H U N D E R U M Z O C P I U H Q N P
 X Z E U M O U N T S I N A I S Q D L Y W
 N Y H G G T J O X S A S H O F A R K Y Z

MOSES
 SHAVUOT
 TENTS
 TWELVE TRIBES
 AARON
 EXODUS
 MOUNT SINAI
 ALTAR
 SET APART
 FIRE
 COMMANDMENTS
 ISRAELITES
 PRIESTS
 COVENANT
 CLOUD
 SHOFAR
 THUNDER

Colour Time!

ON SHAVUOT WE HAVE THE CUSTOM
 TO DECORATE OUR SYNAGOGUES WITH
 FLOWERS IN REMEMBRANCE OF HOW
 MOUNT SINAI WAS ADORNED WHEN THE
 JEWISH PEOPLE RECEIVED THE TORAH



CHEESY SHAVUOT JOKES FROM JIEP



What do you
call cheese that
is sad?
Blue cheese!

What type of
cheese is made
backwards?
EDAM!

Did you hear
the tall-tale
about the
milk?
It's
legendairy!

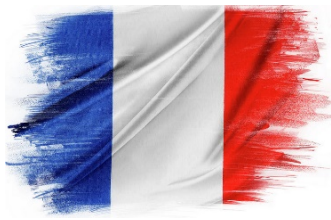
What type of
cheese do we
eat on
Pesach?
Matzah-rella
Cheese!

Why don't
cows need
shoes?
Because
they lactose!

what did the cheese
say when it looked in
the mirror?
Hallou-mi!

What do you call
cheese that isn't
yours?
Nacho Cheese!





MFL CORNER



Check out this animated video created by Mrs Eljarrat.
Coronavirus explained like you've never seen it before!



<https://www.powtoon.com/online-presentation/fg4ie2Wlo4h/?mode=movie#/>



THE CULINARY CHALLENGE

To those who know me, and those who don't, food is an important aspect of what keeps me happy and sane. So, in my household there has been the weekly culinary challenge. This has manifested itself in the sourdough challenge (yeast made from scratch too, of course), the non-soggy pizza challenge, the quiche challenge and now most recently the lemon meringue pie challenge. Scores are always given on taste and texture. As the excitement continues, the next phase/challenge

is homemade pasta. In the back of the cupboard, along with a fondue set lives a quiet creature. It sits still, peeking out only perhaps once or twice every two years to breathe life into an ambition, only to be ignored as the reality of assembly and faffing fill my mind and beat ambition back into the quiet corner where it previously lived. In case you are wondering this creature also has a friend called the Chicken Brick. Don't ever bother. So, the pasta machine will be making an appearance, and the pasta will be made... whether it's edible or more useful to build a house with we shall see.

One word to the wise. Buy a pizza/bread stone. The most amazing find of this lock down experience. Who knew? Well lots of people apparently.

Mr Peddie



CHOCOLATE CHIP BANANA LOAF

BY HANNAH WILSON 9BW

This is a quick and easy bake and really tasty. I have made at least one a week during lockdown! This recipe can also be used for chocolate chip and banana muffins, just spoon the mixture into cupcake cases and bake for a slightly shorter time.

WHAT YOU WILL NEED:

100g of softened butter
175g of caster sugar
2 eggs
2 ripe bananas mashed
225g of self-raising flour
1 teaspoon of baking powder
2 tablespoons of milk
100g of Chocolate chips

1. Preheat your oven to 180 degrees. Grease a loaf tin with butter and line with baking parchment
2. Measure all of the ingredients into a large mixing bowl and beat for about 2-4 minutes until creamy and smooth. (I use a whisk but you can use a wooden spoon; it will just take slightly longer.)
3. Next pour in the chocolate chips and mix in with a spoon. Make sure they are spread around evenly.
4. After that pour the mixture into your loaf tin. Bake for about an hour until well risen and golden brown. You can also test to see if it is done by putting in a cocktail stick and if it comes out clean, it is done.
5. Once it is out, leave your loaf to cool on a cooling rack.
6. Slice it to serve and enjoy!

Check out my Instagram for more great baking pictures and tricks- [hannah_rebecca_w](#)



PESTO SAUCE RECIPE

BY ELIANA BEN-MENACHEM Y8

Plain old pasta and tomato sauce getting a bit boring?

The lockdown is making us cook at home a lot more. It's easy for what we eat to become very repetitive. Keeping meals healthy can also be a challenge. A simple and seasonal green twist on a pasta meal is a great solution.

Pestos come in many different combinations, not just the standard basil and pinenut mixture that you're most used to finding in a supermarket. Making your own is easy and rewarding - and most importantly, tastes great! You can keep pesto vegan/parev or add cheese if you prefer. Also, you can use pesto in other ways such as mixed with gnocchi, served on fish, on top of a soup, or on a pizza. Sideline the tomatoes and let your imagination loose!

Here's one variation on the standard recipe. This one uses watercress and walnuts. You can easily substitute different greens or nuts, depending on what you have available.

In a food processor, combine:

175gm watercress (or perhaps a mixture of watercress, spinach, and rocket; it's fine to include stems)

2 cloves of garlic, minced

1 lemon, juice only

100ml extra virgin olive oil

2T water (less if your watercress is wet)

¼ t sea salt (such as Maldon)

Process until smooth, then add:

90gm walnuts, roasted (spread on a tray and bake for about 10 minutes on 180 degrees C, then allow to cool before using)

Briefly process until the nuts are chopped (but not ground smooth!), retaining some texture in the pesto.

Add to cooked pasta and mix through (this is plenty for 500-750gm of dried pasta). Mix in grated parmesan or grana padano if you wish (approximately 60gm as a guide).

PEANUT BUTTER CHEESECAKE

BISCUIT BASE:

200g Digestives

100g Oreos

125g melted butter

CHEESECAKE:

560g Cream cheese

1 tsp vanilla extract

100g icing sugar

150g smooth peanut butter

BY JIEP

1. Crush digestives and Oreos into fine crumb and then mix with melted butter. Firmly press this into a cake tin (best size is 8"/20cm)
2. Mix cream cheese, vanilla extract, icing sugar and peanut butter with electric whisk until smooth. Then whisk in double cream until thick and can hold itself
3. Spread mixture evenly over biscuit base
4. Chill in fridge for at least 5-6 hours (best to leave overnight)
5. Remove from tin, and feel free to decorate!
6. Enjoy!





COTTAGE CHEESECAKE

BY JIEP

FOR THE BASE:

½ lb chocolate digestive biscuits, crushed
2 oz butter, melted

FOR THE FILLING:

1 lb cottage cheese
2 eggs
Grated rind of 1 lemon
2-3 oz caster sugar

FOR THE TOPPING:

2 x 5 oz cartons of sour cream
1 tbsp caster sugar

TO DECORATE:

Lemon slices OR
Chocolate sprinkles/grated chocolate OR
Strawberries/raspberries

1. Pre-heat the oven to 180°C.
2. Over a medium heat, melt the butter in a pan.
3. While the butter is melting, put the biscuits into an airtight bag and bash with a rolling pin (or similar) until they're crushed.
4. Add the crushed biscuits into the melted butter and mix well.
5. Press the crushed butter-coated biscuits into the bottom of a loose-bottomed tin to form the base of the cheesecake & bake for 15 minutes on 180°C.
6. Meanwhile, put all the ingredients for the filling into a blender and blend until smooth.
7. In a separate bowl, mix the topping ingredients together.
8. Bring the biscuit base out of the oven and then carefully pour first the filling onto it, followed by gently pouring the topping on top of the filling.
9. Put the cake back into the oven for 5 minutes, still at 180°C.
10. When you remove the cake, let it stand until cool and then refrigerate until properly cold/firm. Can even leave overnight before serving.
11. When the cake is completely cold/firm, decorate as desired. Yummy!!