

# Arcadia

ISSUE 1 SUMMER 2025

---

*The Arts Magazine for Diss High School*

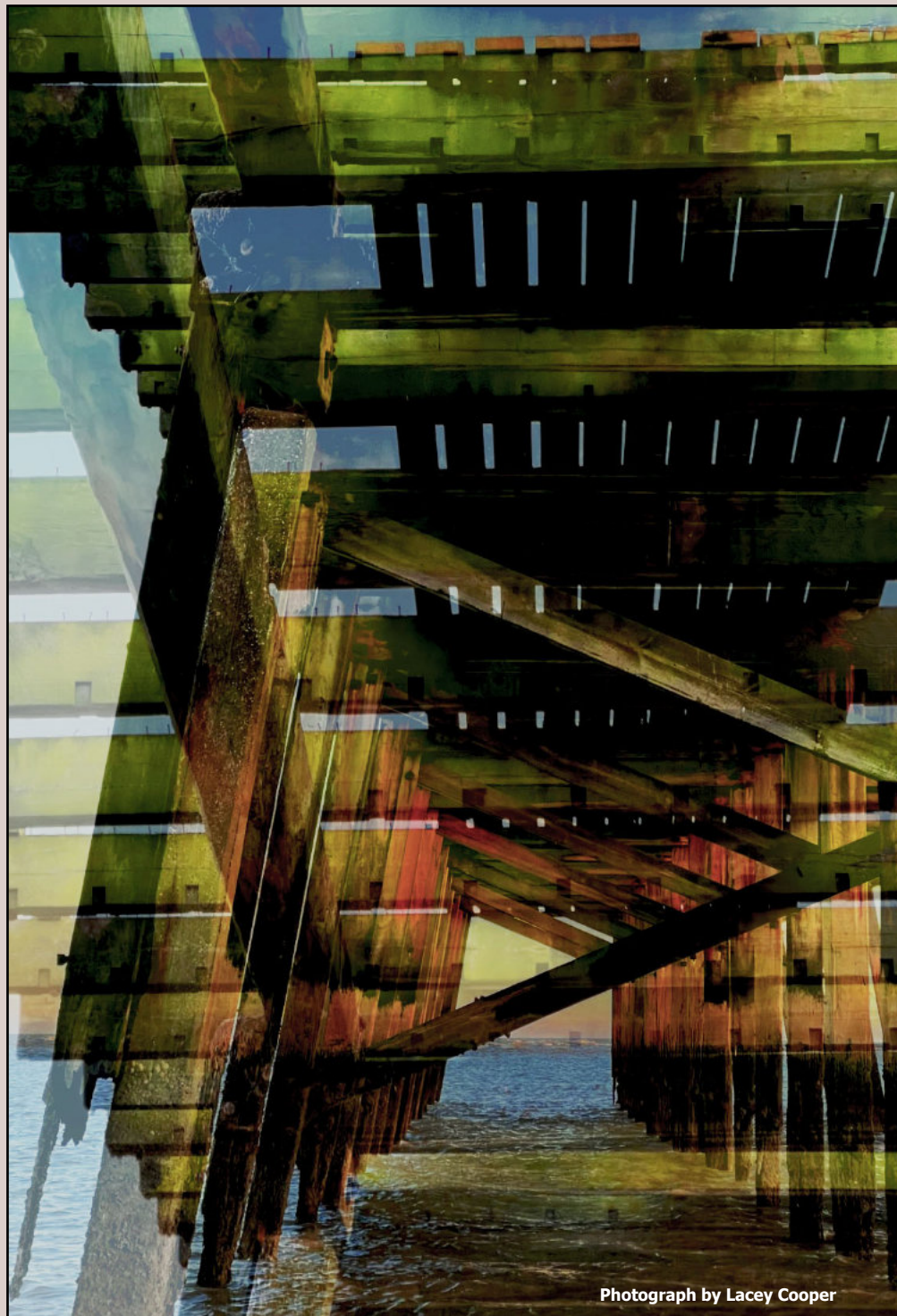
---

## COURTNEY POCHIN: CLASSROOM TO CUISINE

The culmination of art, beauty, creativity and culture. Our students display their talent, imagination and individuality in this collection.







# Contents

EDITOR'S LETTER	4
ART	5
MUSIC	6
OPINION	8
CLASSICS	9
INTERVIEW	10
CULTURE	13
ART	14
FICTION 1	17
DRAMA	18
FICTION 2	20
MEDIA	22
FILM	24
BOOKS	26

Photograph by Josiah Hardman



## EDITOR'S LETTER

## Welcome...

*Katelyn Balster, Editor in Chief, welcomes you to our first edition of Diss High Schools arts magazine, Arcadia - a magazine to showcase the arts in school and the amazing work of our students.*

When I was approached with the idea of an arts magazine to feature work from our students in the arts, I looked at Mr Outred like he was mad. Then we started to make decisions, we started to finally make progress, they put me in charge for some reason. Then the posters went up and we started receiving submissions. I bothered heads of years and heads of departments for weeks. We came up with the name and logo, but Arcadia was still only an idea. After months of organising, pages of emails and hours of meetings. There was something in front of me and I've never been happier to see some pages, text and pictures. But, Arcadia is more than that. It shows a team of 5 sixth form girls and a balding middle aged man, a collection of incredibly talented artists, writers and photographers, form groups answering our questions, busy teachers and staff members responding to my emails and getting involved. It shows us what a group of people can get done when there's an idea and a team delusional enough to get it done. I can't thank everyone enough! Thank you to Anna and Elsa for dealing with my many breakdowns and crazy ideas as well as always finding the time to execute our ideas, thank you to Lilla and Sophie for getting stuck in, their input

and their humour which made my meetings less tedious. Thank you to every member of staff who has helped us along the way from Miss Reeve for printing the posters to Miss Baker and Boyd for replying to me first to Miss Marshall for talking to every member of the team, and to our amazing heads of years for helping me get Arcadia out to their year groups. But, most importantly thank you to Mr Outred for his dedication, knowledge and trust in me to get this done.

I hope you love Arcadia as much as we do. These pages show the dedication, talent and artistry of the students of Diss High.

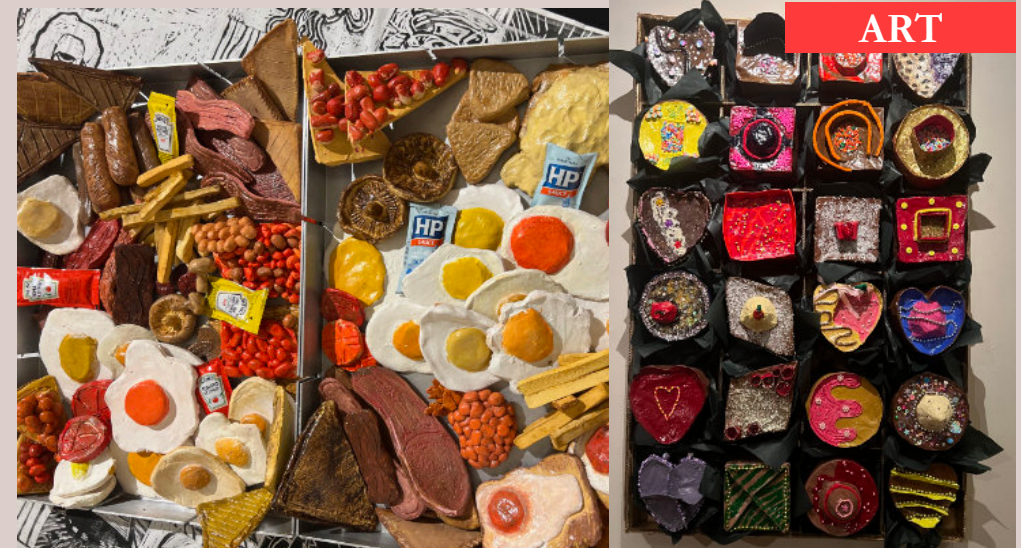
Editor in chief:

*Katelyn Balster*

Credits:

*Editor in Chief and Content Manager- Katelyn Balster, Managing Editor and Copy Editor - Anna Lantsbury and Elsa Bavin, Creative Director and Designer- Lilla Goddard, Senior Editor- Joss Outred, Editor - Sophie Cope, Writers - Rebekah Moss, Maja Hochecker, Sofia Philips, Darcy Chapman Day, Hetty Hunt, Drama Club, Courtney Pochin, Katelyn Balster, Elsa Bavin, Photographs - Lacey Cooper, Josiah Hardman, Lilla Goddard, Mrs Prescott Cover Art - Lacey Cooper*

Contact: [arcadia@disshigh.co.uk](mailto:arcadia@disshigh.co.uk)



*The Dining Project', showcased work from over 500 hundred students. The exhibition explored the many different aspects of the dining room from a variety of different starting points. Students produced work in a range of disciplines from drawing and printing to sculpture and photography. The food related works exhibited in the gallery tempted with their variety of mouth-watering colours, patterns, scale and form. Each collaboration demonstrates how student work can be displayed as a collective yet with individual designs that are both distinctive and eye-catching. This curated arrangement of artworks, titled The Dining Project, established the important relationship we have with food, routines and experiences that we share with friends and family.*



## MUSIC

# You'll Never Get Away

*Fleetwood Mac's 1997 performance of Silver Springs reignited the raw emotion of a decades-old heartbreak. With piercing eye contact and unforgettable lyrics, Stevie Nicks and Lindsey Buckingham turned a reunion into a reckoning—and gave fans one of rock's most emotionally charged moments. **Rebekah Moss** gives her analysis of this incredible live performance.*

Fleetwood Mac was a notorious band popularised in the 1970s, consisting of members Mick Fleetwood, John McVie, Christine McVie, Lindsey Buckingham and Stevie Nicks. They are famous for their relationships and the consequences of their failings, resulting in music being filled with emotions which range from anger to regret, reminiscence to hatred. The most infamous couple of the band was Stevie Nicks and Lindsey Buckingham. High school sweethearts, they joined Fleetwood Mac together in 1974 and highlighted a prominent difference in the band's popularity due to their skills in singing and guitar. However during the decade they experienced many problems and therefore ended their relationship, thus sparking the creation of the album "Rumours" in 1977 - known as one of the "greatest albums of all time". In this album, Nicks wrote a song entitled 'Silver Springs' which was about her relationship with Buckingham and the pain its end has left her with. It is of great opinion that this song is one of the best in the music industry due to the feelings it creates in the listeners, along with becoming an anthem for the ending of relationships. However, Fleetwood left this song off the final cut of the album and replaced it with 'I Don't Want to Know'. Fleetwood's decision with this actually almost led to Nicks leaving the band due to the injustice of her song about

Buckingham being removed whilst his song 'Go Your Own Way', which was his take on their breakup, remained in "Rumours". Nicks did take a temporary step back from the band because of this, but it did end up featuring on the B side to 'Go Your Own



Way' and had a revival due to their live performance: "The Dance".

On the 23rd May 1997, Fleetwood Mac recorded their new album "The Dance" at the Warner Bros. Studios in Burbank which was a reunion album and compilation of their greatest hits across the years. By this point Buckingham was in a relationship with Kristen Messner, who was his photographer for one of his singles and had met the year before. Nicks on the other hand had been in relationships after her breakup with Buckingham, but by 1997 she did not have a partner. One of the chosen songs for this album was 'Silver Springs' and is the twelfth to feature on the

album. Once the song had begun with Nicks on vocals, Buckingham on guitar and backing vocals, McVie on keyboard and backing vocals, McVie on bass guitar and Fleetwood on drums, there was nothing out of the ordinary during the performance except the raw passion and emotion Stevie Nicks put into this masterpiece as usual.

However, after Buckingham's guitar solo in the approximate middle of the performance, there is a switch in the atmosphere between Nicks and Buckingham. She turns to him with "time cast a spell on you, but you won't forget me" and he looks at her. The eye contact they hold is particularly intense as you can see the silent conversations between them about their past and creates an atmosphere worthy of goosebumps, along with seeing the overall chemistry they still have over each other onstage. They continue holding this and Nicks increases the passion once she starts singing "Was I just a fool? You'll never get away from the sound of the woman that loves you". The fact that she says "loves" rather than "loved" emphasises the true emotions she feels and the affection she still has for Buckingham, even after all those years and him moving on. To have Stevie Nicks sing directly to Lindsey Buckingham about how she will "follow [him] down 'til the sound of [her] voice will haunt" him amplifies the



loss she feels and perhaps even jealousy of him being in this new relationship. It is supposed that Nicks has always loved Buckingham, and Buckingham having always loved Nicks is shown during this performance. It is said that they will both have a deep connection with each other no matter what. Whether that is due to their virtuosity, or their hidden love for one another, that does not take anything away from this performance of 'Silver Springs' being a haunting yet impassioned reminder of a relationship from the past.



## OPINION

## CLASSICS

# Galileo Looked Up. Van Gogh Looked in. Both Changed Everything.

**Katelyn Balster**, *makes a personal and passionate defence of the arts and their value in society.*

*'Medicine, Law, Business, Engineering, these are noble pursuits and necessary to sustain life. But poetry, beauty, romance, love: these are what we stay alive for'* - Tom Schulman, Dead Poets Society.

Every day we are shocked with new advances in AI, robotics, technology and not to discredit the geniuses that are forging the path of the future. I couldn't do it. My brain doesn't work like that, remembering chemical equations bored me, using the quadratic formula made my head swell, but is that to say that I am less intelligent? Is that to say that the ability to write poetry, to draw to write stories means that I am less valuable?

The idea of STEM subjects being 'better' is outdated and cruel, they require you to think one way but humanities demand a totally different head space. They require deep thought, creativity and argumentation. But this isn't the defence of literature and the slating of STEM its the idea that they shouldn't be polarised. They aren't opposite ends of the spectrum. Our world revolves around the fascination and passion of the human race. Van Gogh looked at the stars and put them on a canvas for the world to

admire, Galileo looked at the stars and helped to create the telescope to help us see them. Both people are admirable, both shape our view on the stars- so why is one more important than the other?

Both subjects serve different yet complementary purposes. STEM allows us to solve practical problems like making medicines and building the homes we live in. The Arts ask a deeper question as to our purpose, values and meaning, they focus on the 'why' to STEM's 'how'. Just because they ask and answer different questions doesn't mean that one is right and one is wrong, they are simply different.

Every major world issue including wars, climate change, inequality needs to be solved. Yet, you can't solve a war with a maths equation nor can you solve it with an analysis of Macbeth. Its through the combination of scientific expertise paired with the understanding of people, history and values. To end with who we started with, 'We are members of the human race. And the human race is filled with passion.'





## INTERVIEW

# From Classroom to Cuisine

*Former pupil **Courtney Pochin** shares how a childhood writing competition sparked her love for journalism, how she found her niche in food reporting, and why saying "yes" to opportunity—and great pizza—has shaped her career.*

**H**ow did you come to be a food journalist? Did you know what you wanted to do in school or did it change along the way?

I was in Year 4 at Diss Primary School and my teacher's husband came in to speak to us about his job at the Diss Express. He taught us how to write a news article, then we all had to write one as part of a competition. He was going to pick his favourite and there would be a prize for the winner. I ended up winning and that was that.

I always thought I'd end up being a news reporter, but over time I realised I'm much more suited to lifestyle journalism. There can be so much doom and gloom in the world, so I like being able to write content that's a little more fun and quirky. At Metro we all have 'beats', and get to specialise in a topic, for me that's food, so I'm getting to visit lots of incredible restaurants, interview chefs and I recently launched a new food series called What's Cooking?

**What was your favourite subject in school?**

Until GCSE, I would have told you it was English. But from GCSE onward it was Media Studies/Film Studies. Mr Hurley and Mr Outred were such great teachers, they made learning so fun and I've always been fascinated by film, television and media in general.

**What does a normal working day look like for you?**

I work in London, so the day starts with a commute to the office on the Tube. I use this time to look at the news/social media and see what's happening and what's trending and work out whether I can

mould any of these topics into a story idea. Work starts at 8am and the first task is to send over several ideas for that day to the lifestyle editor, who then goes through the pitches and approves the ones she wants me to work on.

From there I get cracking with my list - I might be able to just research and write about a topic, or I might need to source expert comments or conduct interviews. We work until 5pm and then often in the evening this is when I'll be visiting restaurants to review them - perhaps somewhere new that's just opened, or somewhere that's got an exciting dish on the menu that's gone viral.

**I've noticed that you run a business Instagram account, is that a requirement for your position and large part of what you do?**

It's not a requirement, but we are looking at being much more active on social media as journalists, as lots of people are now getting their news from social platforms. So I'm going to be sharing more of my work on Instagram and TikTok soon. (@courtneypochin if anyone wants to follow along).

The business account just allows me to see more data to work out what kind of posts/content my followers engage with the most.

**How many articles do you write in a week?**

It varies each week. We tend to pitch three to four ideas each day, but some of these will be quick writes and will go up the same day, but others will be longer reads which need more time to work on.

**Where do you get the inspiration for**



*'...sometimes you have to ask for the things you want and make them happen.'*

Photo by Natasha Pszenicki

**new articles?**

Inspiration comes from absolutely everywhere - books, films, TV shows, social media, etc. We tend to pick out specific topics/angles that would get people talking. If it's something you might want to chat to your friends about, it could work for a story.

**You went to UEA, what caused you to choose this university? Would you recommend it to other aspiring journalists?**

I initially wanted to study English at university, but ended up loving Film Studies at A Level and couldn't decide which path to follow. UEA offered a joint English and Film Studies degree, giving me the best of both worlds.

I was a little unsure about staying close to home, as I was from Diss, but Norwich is such a wonderful place to be that in the end it just didn't matter where I was. My time at UEA made me so much more confident, I met amazing people and I loved getting to work on the student newspaper. I wrote for Concrete, UEA's student newspaper and then became the Features Editor in my final year of uni. The experience of running a section of the paper, commissioning and editing work and the writing I'd produced was a big talking point in my interview for my first job at the Eastern Daily Press

**Are there other pathways to becoming a journalist or do you feel you need to get A-levels then a degree?**

I think in journalism, the most important thing people were looking for when I got started wasn't a degree, it was an NCTJ qualification.

NCTJ is the National Council for the Training of Journalists and they run courses that cover everything from media law to shorthand, so you learn everything you need to know.

**Is there any information you wished you knew before going into work?**

I think one of the main things I wished I had known sooner is that sometimes you

have to ask for the things you want and make them happen. For instance, with promotions at work, I always thought if I worked hard and put the time in, it would naturally happen. But actually this isn't always the case and sometimes you have to be brave enough to have the difficult discussions and ask for the things you think you deserve.

**Do you have any other advice you would like to give to aspiring journalists or just students in general?**

The most important thing though is just to get as much experience as possible - write as much as you can, try and get work experience placements (don't be put off by rejections, I've had so many over the years) and make sure you're paying attention to and reading the kind of content you want to create. You'll learn so much from reading other people's writing and it might also spark inspiration.

**Do you get to go to lots of cool restaurants for your job? What has been your favourite so far?**

I do and it's still so surreal that it's something I get to do for work. I love this part of my job and it's so fun getting to meet the chefs who make incredible food.

Some of the highlights have included Napoli on the Road in Chiswick. The owner Michele Pascarella was crowned the world's best pizza chef and the pizza there really is phenomenal.

I also loved getting to try the festive afternoon tea at The Dorchester Hotel last Christmas, the place and the food was so beautiful.

But the ultimate highlight from my career so far was definitely getting to go to the opening night of the Eras Tour in Arizona, to review the concert. It was incredible.

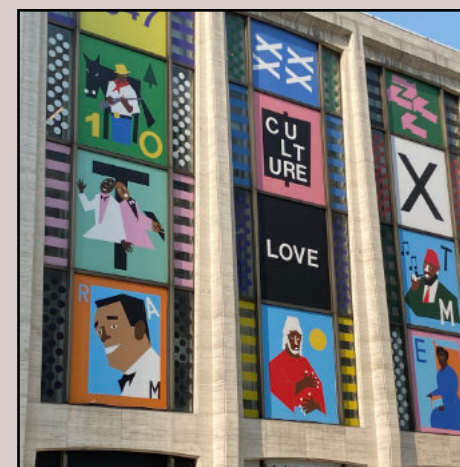
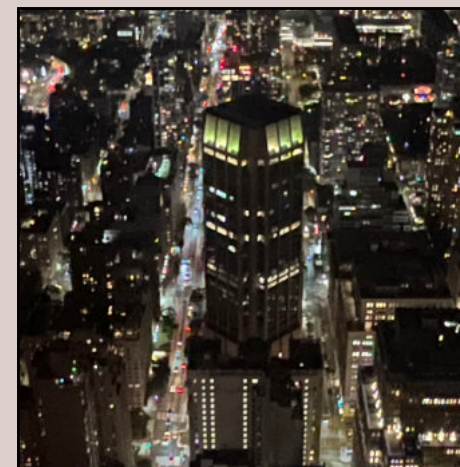
# New York

*A group of Year 12 Students went on the trip of a lifetime to the Big Apple. They took in all the sights and absorbed the culture. Olivia Wilby, Business student, gives us a short summary of her highlights.*

I was lucky enough to go on the six day, year 12, New York trip in June, for business. This trip was incredible, we saw so many sights such as the Statue of Liberty, Times Square, Rockefeller Centre, Macy's, Brooklyn Bridge, Grand Central Station and what I would say was my favourite and the most amazing site was the Empire State building at night. It was so beautiful to see the city lit up at night.

While I was in New York I also got to try many fast food restaurants that I had seen all over social media. The three that stood out to me were Crumbl cookie, Raising Canes and Chipotle which all lived up to my standards!! The other restaurants we ate at were also delicious, New York style pizza, pretzels, various diners and to top it off the Hard Rock Cafe which was a really cool experience.

## CULTURE

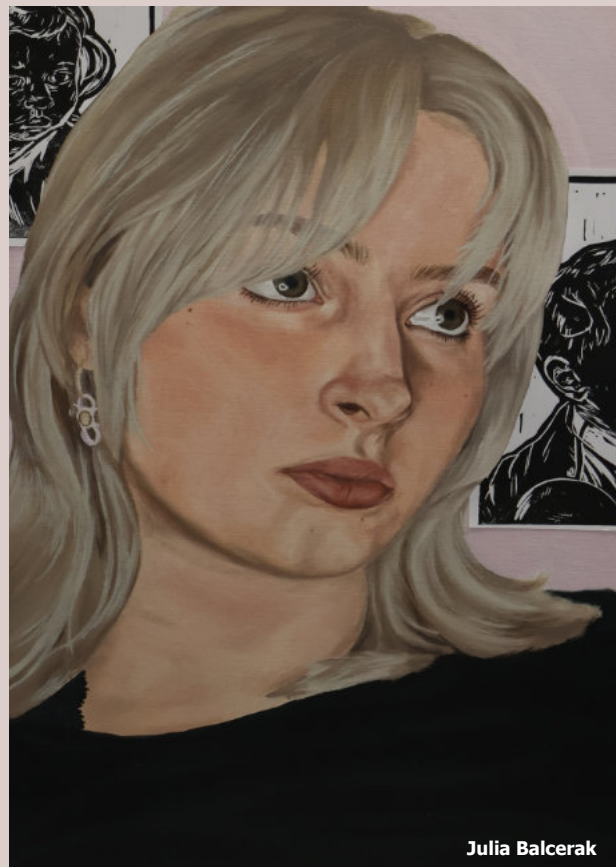




ART



Amelie Painter



Julia Balcerak



James Parker



Amelie Painter



Jessica Reeve



Phoebe Rosher



# Creative Writing

*Creative Writing Club is an opportunity for writers in any year group to meet and share ideas and stories. The club runs on a Thursday lunch time with Mrs Bond - look out for the posters. We start with a warm-up and then use writing prompts to create poems, scripts and stories around a range of themes including nature, relationships and crime.*

*Below is a winning piece of writing by **Sofia Phillips** on the theme of “The Stranger”*

Watching someone lose their perception of self is like watching a shell lose its snail. The harsh reality is the woman who once called me baby now ask who I am, and worse, who she is. She cries and asks me when her parents will be home, but they died during Woodstock 1999.

The floral blouse hung by her bed smells of the perfume she smothers it in, her mother's old perfume. The bottle has little liquid left in it. I hope I don't stay a stranger in her eyes and I hope she doesn't call me mama again. I've considered buying her that perfume to rekindle her memory but that might pain us both more.

I remember months ago she and I went shopping. That day I think I realised the extent of things. The recognition in her eyes died out and she stared into her own crinkled ones and seemed to be mulling over people she knew to put a name to the face she was looking at. After a few moments of searching her own features, she acknowledged that she was in fact staring at her own reflection in the mirror.



Photograph by Lilla Goddard



## DRAMA

# Drama Club



*Drama Club led by Mrs Prescott and Mrs Oliver has been a great success. We spoke to club members to find out more.*

### Why do you love drama?

Drama is an inclusive safe space, where I can be myself. It encourages me to be creative and collaborative. Drama allows me to be a different person, put on a character and fully embrace another world.

### How does drama help you as a person?

Drama gives you employable skills like critical thinking and public speaking skills. It encourages me to work in a group, listening to others but also contributing ideas. It increases my confidence and self-belief and helps me to build my identity.

### What got you into drama?

We didn't have Drama lessons at Primary School and only did an annual performance, so I joined an extracurricular club, outside of school. This helped me to gain my love for the subject and it has grown from there. Now having Drama lessons in school, this has made me more passionate about the subject.

### What do you do at drama club?

Have fun! We play games, learn scripts, devising and improvise scenes. We develop

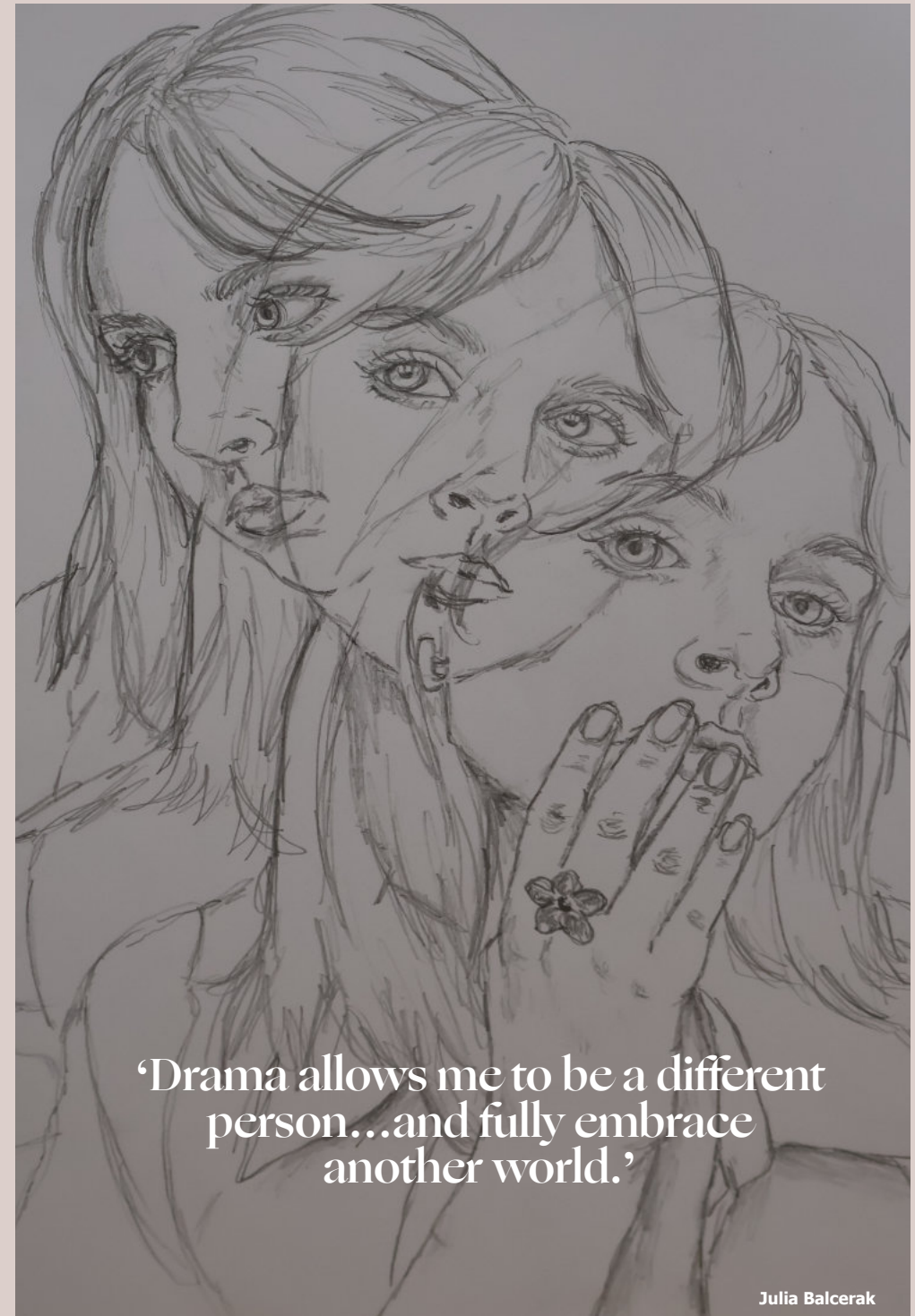
the skills needed in Drama and gain experience working with students in other years. We have worked on different things this year, such as 'A Monster Calls', devising and improvising our own scenes, as well as playing different games that we don't get to experience within lesson time.

### What's been your favourite thing to do at drama club?

We really enjoy working with students in other year groups that we wouldn't get to work with usually. I really like the fun, supportive atmosphere of the group. I also enjoy playing games, such as Fruit Salad, Traitors and Blood Potato.

### What is your favourite thing about drama club?

It's a chance to spend more time doing Drama within a safe, nurturing atmosphere where I can be myself, around others who also like the subject. It helps me to improve my acting skills and introduces me to new areas of Drama that I didn't know before.



**‘Drama allows me to be a different person...and fully embrace another world.’**

Julia Balcerak



## FICTION 2

# Witcherature

*In Additional Studies, students have been working on creative writing. Alice Dubrouecq wrote this atmospheric piece.*

The moon glowed, dully and of a yellow-tainted white, perched like a crow in the sky. Perched on clouds, curling into the slowly awakening sun. A fine mist swept across the garden, jostling the blades of grass and spinning leaves into a hurricane. The mist morphed into fog. Growing thicker and darker by every second, masking Emma's eyes and weakening her senses. It was like stumbling through a void, monotonous, drawing the breath from her throat.

A glow came from the fog, bright, seemingly shimmering. A light, a means to re orientate and gain back her sense of direction. Another one was spotted this time flickering around, swerving, floating. One, two, three, four, five; five more, each moving around her, circling around her, encompassing her, trapping her in the middle of their group. One by one they snuck in, one centimetre at a time, making the circle smaller, her space tighter and more claustrophobic.

She called out to the light, desperate for escape, "Glowing fairies that taunt me now in the darkness, help me escape, help me from the dark and cold and breathlessness of this fog. Help me now or death may entrap me. Help me now and I will do as you please. Please guide me."

She sunk to her knees, staring into the abyss, the last of the night's stars poking through before being shot into the gloom. A stiff, cracked hand ripped her from her seat on the ground, tearing her from the earth like a seedling that was just beginning to grow. Without notice, her head hit a net, and she was swept up, marched away, the chimneys of her home vanishing. She heard mutters around her:

"She-devil...."

"Harpy...."

"Sorceress..."

"Witch!"

The net dug into her skull, her hair coming loose from her ties and dragging across the ground, catching on rocks. Her eyes brimmed with tears. They fell staining her skirt. What had she done...?



Eadie Raye



## MEDIA

## Media Studies



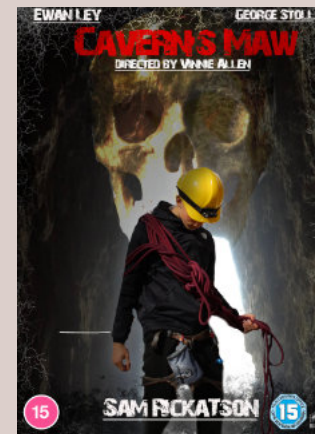
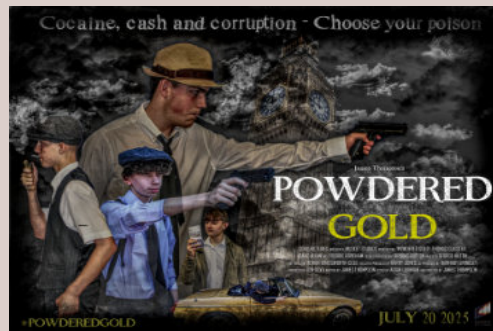
*From music videos to magazine covers, GCSE and A Level Media students are proving they've got serious creative talent.*

Media students at GCSE and A Level have been really impressive with their latest practical production pieces— from slick pop music videos to eye-catching magazine layouts and gripping TV sequences, these students aren't just learning about media—they're making it.

Whether it's designing a blockbuster film poster, editing a moody music video, or crafting a glossy magazine cover, their work has been excellent. Students have taken on the roles of photographers, directors, graphic designers, editors, and even journalists. And the results? Genuinely impressive.

Students have been learning how to use professional editing software, shoot cinematic footage, frame the perfect shot, write articles that hold attention, and design visuals that grab you. These are real-world skills that open doors—whether you're dreaming of a creative career or just want to stand out on your CV.

Here is a small selection of their work.



Work by: George Litewski, Erin Long, Lily-Rose Blades, James Thompson, Sam Everett, Oscar Chamberlain, Blythe Wheeler, Lucas Chamberlain, Chloe Spurling, Isaac Allen, Lucas Malone, Jack Westgate, Keenan Saye, Amelie Painter



## FILM

# Film Studies

*From surreal shorts to sci-fi screenplays, this year's Film Studies students have showcased bold creativity.*

This year, A Level and GCSE Film Studies students have truly brought their imaginations to life through an impressive range of practical production work. From writing screenplays to producing original short films, the students demonstrated both technical skill and creative flair.

Many students chose to step behind the camera, producing short films across a diverse spectrum of genres. Surreal narratives, hard-hitting social commentaries, light-hearted comedies and gritty gangster dramas all featured in this year's showcase. Each project reflected the unique voice and vision of its creator, revealing a depth of understanding in both visual storytelling and genre conventions.

Others focused on screenwriting, embracing the opportunity to delve into more ambitious and experimental genres. Freed from the limitations of budget and location, these students explored vast sci-fi worlds and rich fantasy landscapes. The screenplays demonstrated complex character development and imaginative plots, offering a glimpse into the future of storytelling.

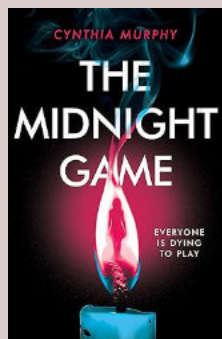
Whether capturing real-world struggles or creating entirely new universes, this year's cohort has shown incredible creativity and passion. Their work reflects not only their growing technical expertise but also a strong grasp of narrative, genre, and the emotional power of film.





# Reviews

Hetty Hunt and Darcy Chapman-Day review two of their favourite books.



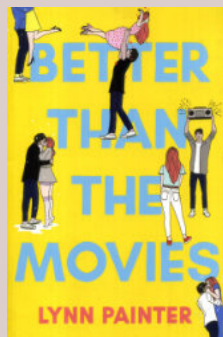
**T**he *Midnight Game* is about a group of kids who talk online and decide to meet in a abandoned mansion to summon the midnight man but it goes horribly wrong.

‘A fast paced horror that keeps you guessing.’

My favourite character is Ellie as she’s a really strong and cunning. The story is a fast paced horror which keeps you guessing until the very end. My favourite part was when they were playing the game as you could feel the terror they were going through. The book can make you quite uneasy and it is also sometimes sad.

This book is amazing for anyone who loves the uncertainty of a horror movie.

*Darcy Chapman-Day*



**B**etter than the *Movies* is a Rom-Com book. It’s about a girl called Liz Buxbaum who’s a Rom-com lover. Her childhood crush Michal has moved back into town and she wants to get close with him again so he can ask her to prom. Her next door-neighbour Wes Bennet (her mortal enemy) is best friends with him, so Liz asks him to help her get close with him. Throughout the book Wes helps Liz with her childhood crush but in doing so she doesn’t love who she thought she did in the beginning.

I love this book because it gets you hooked. It has a very good story line and is very engrossing.

My favourite character is Liz because she is extremely clueless and I find parts of the book funny because she does some really silly things.

Overall, I would totally recommend this book because many people can relate to an obsession with someone and I just like how the ending turns out as it keeps you guessing. People who love romance comedies would totally love this book!

*Hetty Hunt*







Photograph by Lilla Goddard