

SPARK



Stockport Academy's
Student Newsletter

ISSUE 9

For Stockport Academy Students, By Stockport Academy Students

OCTOBER 2019

Raising Awareness

By Kaitlynn Diamond

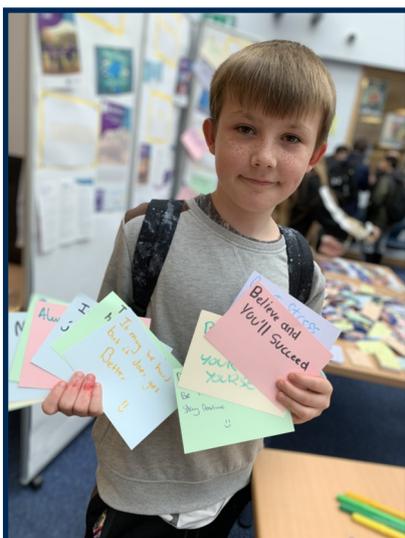
October 10th was World Mental Health Day, and our school celebrated it by having a non-school uniform day! Much to everyone's delight, we had to come in with one yellow item of clothing.

But, non-uniform wasn't the only great benefit of this important day – we also received a form task. We were given a hand and on every finger, we had to write who you could speak to if you were down - people like friends, family and teachers.

Not only that, but at break times free packets of sweets were given out, along with a small slip of paper, advertising the after-school drop-ins.

The whole point of the day was to let everyone know that its ok not to be ok. In fact, one out of four people struggle with mental health issues, so you are never alone. Always speak out about it to people you trust, such as teachers, friends and family.

If you are struggling or worried about anything, the school nurse (Ms H Flinn) is available on Mondays and Wednesdays - 1:00 to 1:30 and a super helpful display board is located in the atrium next to the dance studio!



WELCOME TO OUR NEW SPARK NEWSLETTER TEAM FOR 2019-20!

We now have over 25 students working on each edition of our award-winning student newsletter.

Enjoy this bumper edition—they've worked extremely hard on it!

First Day Of Year 7

By Isabelle Webster

Year 7 is different to Year 4 ,5 or 6 - first it was getting to school at 8:25 in the morning. I was not used at getting up at 7 but it was worth it to finish at half 3 (even though there is now homework to be done).

Although it is busy everywhere I have become used to the endless corridors and the stairs that you have to climb (literally so many stairs). My first day was very different to the transition day, but better. I

feel that your responsibility is greater than it was at primary school, but better with so many things going on from the library to the clubs. I was almost certain that it wouldn't be much different to primary school at least that is what I got told ... apparently you can't trust three older siblings on what high school is like!

The lunches are one of my favourite parts – it is a step up from one vegetarian option, one meat option and a jacket or sandwich. Now we can choose from pizza, pasta, paninis, a hot meal or cold sandwiches and then so many drink options: milk, water, flavoured water or a carton of milkshake. I had been to the academy taster lessons before (geography and science) and their after-school dance and drama clubs - I was even featured on the BBC website with them! I love Stockport Academy now even though I was so scared when I started.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Walking To School

By Joseph Webb

Walking to school can be fun, especially with your friends, I am stating this because you can then have a chat when you are striding to school. But you shouldn't hang around for too long, or you will get a late DT. So be sure to keep track of the time.

You may worry on your first time walking to school, especially if you are meeting up with friends. You may think to yourself "what if they don't turn up?" Or "will they ditch me?" If you think this, you are most likely over-thinking things. Relax and inform yourself everything will be fine.



To The Ballot Box!

By Bethany Flynn

This year, we have taken a new approach on deciding who would serve on the new student council.

The candidates will be elected fairly and democratically, according to the votes of that of the students. The hustings (answering a series of questions live or by film) took place every day during the week before the elections, giving the students a chance to present themselves and why they should be elected.



On Monday the 25th September, students were given all day to cast their votes and elect the leader, vice-captain and the board for the council in each year group. The winners were announced in form time the next day – well done everyone!

On the 20th of September, the Student Council candidates gathered for their first meeting. Mrs Milnes has shown her trust in the students to help in hiring a new Assistant Principal for the school using their own documents. Throughout the week, students interviewed the candidates for the position.

Mrs Milnes said: “In our society, many things are voted for democratically. It is important that students know the voting process, and I have loved bringing that concept into our school.”

A Start To Class Charts

By Archana Sebastian

Class Charts is an online merit, behaviour and homework website that allows teachers, students and parents to access homework timetable and behaviour logs.. Parents will be able to access this website in the next 3-4 weeks and look at homework, and soon after this, students can access this as well.

Mr John, who manages the school’s merit system said that “we changed the system so that pupils would get be able to be awarded more merits and not lose merits if their planner was lost.”



ClassCharts

Teachers' Top 5 Foods

By Daniel Evans

Being new to the school canteen, I was very curious to find out what foods were recommended by teachers who have eaten here before. Here are the Top 5 lunches according to our teachers:

1. Tuna Salad

The tuna salad is made in school by getting salad from the salad bar and just adding tuna. This can be done by yourself at the canteen when you go in.

2. Pizza

The pizza is made in the school and when you go in you will be able to pick your own slice. The slices are $\frac{1}{4}$ of the WHOLE pizza.



3. Fruit

The fruit is not grown in school but is lovely and fresh it's good to have as afters or a little snack.

4. Cottage Pie

The cottage pie is not on very often but if you see it grab it as you don't know when it is back on.

5. Cheese and Crackers

It might seem very simple but it very, very nice and filling it is not that expensive.

Dance Club

By Oliver Mather

Dance is on a Wednesday from 2:40-3:30. The dance teacher (Mrs Campbell) runs the club and is very nice! I do contemporary dance and I can't even explain how fun it is. Also, Mrs Campbell teaches that too.

The dances are really cool and exciting and joyful. It is a really good club and it is funny and maybe you could get your friends/siblings (in this school) to join as well.

Dance takes place in the Dance Studio and sometimes we spread out into the atrium. In the studio there is a massive mirror across the wall and there is a big bannister to hold while you dance.

This club is a fantastic opportunity to make new friends because if you are in Year 7 you might have some or a lot of friends from primary school so you can take the opportunity and join the group to do some fabulous dancing and make a lot of friends.



The Options Conundrum

By Wasee Syed



Picking your GCSEs can be tough, especially if you don't know what job you want to do when you finish school.

Ideally, you should have an idea of what GCSEs you are picking by Year 7 or 8. It may sound ridiculous, picking your GCSEs two years in advance but the longer you put it off the more stressed you're going to be. Plus, if you think about it two years in advance, you have time to change your options. So, it gives you more control

over what you want to do.

There are three GCSEs you are required to do, those are Maths, English and Science.

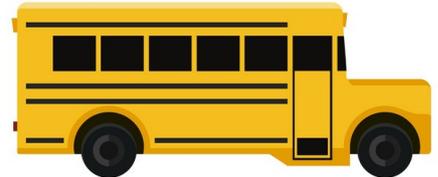
English has two courses and those are Language and Literature. Science has three different topics and those are Biology, Physics and Chemistry (you can do all three separately if you want), and finally Maths.

If you want to go to college you need at least 5 GCSEs. If you want your dream job, you need the right GCSEs. You pick your GCSEs in February so if you are underprepared there's still time.

Join The Bus Brigade!

By Daniel Kuchnik

Your parents might tell you "go on the bus, because I won't be taking you in the car every morning!" or "you should go on the bus because it is cold outside". Well I will tell you how it is on the bus.



First, the 900 bus service arrives at 8am at St Ambrose church, there are more places when the bus comes. In my opinion you should go and wait for the bus five minutes early because sometimes, but not usually, it comes at 7:57am. You can find the other locations where the bus stops on the school website.

When you are on the bus, and it is your turn to pay for your ticket you need your payment ready or you will be keeping everyone behind. The only ticket I will touch on is the 'weekly' ticket because for that one you need an IGO pass and the ticket will go on your IGO pass. Also, you can find the prices and the ticket names on the school website.

Then off you go! Find a place to sit down and you can sit with your friends or sit by yourself. Hopefully, you will never be late to school and then have time to chat with your friends, go to student services or buy yourself a drink for the whole day.

In conclusion, the bus is fun and can be good alternative if you live far from school or you just don't like walking.

Exciting Future For Netball Teams

By Holly Stringer

Did you know that Stockport Academy has a Netball team in almost every Year group?

On the 1st October, Stockport Academy Girls Netball Years 7-10 Teams got on a coach and represented our school at a tournament against Hazel Grove High School.

It was the Year 7's first time playing for our school, and most of us have already played netball before. I spoke to the two Year 7 captains Valentina and Ella.

Valentina: "I was really happy that I got chosen to be a captain for our first Netball Tournament for Stockport Academy, I was like me, me!"

Ella: "When they told me that I was a captain for our first Netball Tournament at Stockport Academy I was over the moon I was so excited!"

In the first half Stockport Academy really tried the best and played their hearts out. Stockport Academy has a lot of strong girls on the Netball teams and the school has an amazing Netball future.



Would you like to write for Spark?

We meet every Friday Period 6 in Room 201

**Speak to Mr Prince or Ms Edwards if you want to
find out more!**

Checkmate!

By Kasra Jafarian

Chess at the Academy is getting more popular every day. Mr Clarke, the school librarian and the chess club leader, has stated that chess will be played double the amount of time compared with last year. Mr Clarke has also given us some handy tips for new chess players :

- Play against people who are better than you so you can learn
- Dominate the centre squares
- Surround the king using the queen and the rook
- Advance your bishops or knights



How to play chess

The point of chess is to kill the other player's king

The pawn attacks diagonal and move forwards one square except for the first move for the first move you can move two squares if you want

The bishop always moves diagonal

The rook always moves sideways or forwards

The knight always moves in an L shape

The queen can do any move except for the knight

The king can do any move except for the knight but only one square

To conclude, chess is a very exciting and strategic game, if you like things like that then consider playing chess.

Game, Set And Match

By Jorge Gregory

Table Tennis is one of Stockport Academy's co-curricular activities. It is on a Wednesday after school.

Things to remember:

- When your period 5 lesson is over you go straight down to the changing rooms and get changed into your PE kit
- Try and play as best as you can
- If you don't know how to play, just ask either of the teachers who run the co-curricular.

At the end of the lesson, you will have to put your table away with your partner who you were playing with. You take the tables into the PE kit cupboards and sir will help you put all the tables in a neat line to the left of the door.



Fearne's Friendship Tips!

By Fearne Spence

Starting a new school can be a daunting time – and everyone worries at some point that they will struggle to make new friends. However, you don't need to stress about this – here are my top tips on how to be a good friend!

- Remember the important things about each other.
- Look for things you might have in common with each other.
- Know if your friend has any allergies – this could be very important!
- Always keep their secrets unless you think they are in trouble.
- Stick up for each other.
- Help each other.
- Make each other laugh.
- If your friend is feeling down, then talk to them about it.
- Trust each other!
- If you argue then try to make up with each other.



Hegarty Hints

By Abigail Yan

Hegarty Maths is a maths website where our maths homework is set and is here to help improve our mathematical skills outside of school.

It is also really helpful when revising for exams, assessments or KPI tests! Here are some tips to help you with your Hegarty Maths experience:



1. Always watch the video to ensure your understanding of the quiz.
2. Always write the keywords down so if you don't know how to do a certain skill, you can always go back and look the skill up so you have a complete understanding of what you are doing.
3. Write all the examples down. If you get stuck on the quiz, you will always have the annotations from the previous video to give you guidance.
4. Use the building blocks to help you get a further understanding.
5. Always try your best on the quiz and don't be afraid to ask your, or any, maths teacher!

I hope these tips will help improve your experience on Hegarty Maths and don't forget to spend some time on Hegarty for a chance to win prizes within the academic year! Good luck and keep your maths up!

Popular Reads

By Ethan Chilvers

Many students spend their time in the library, and its large amount of literature ranges from Manga to GCSE reference books, so we decided to find out which ones are the most popular. [All information provided by Mr Clarke the school librarian].

5. Wonder

This heart-warming New York Times Bestseller follows the story of August Pullman a young boy born with facial differences who starts his adventure at school. Throughout his journey he becomes one of the most unlikely of heroes.

4. Tom Gates Excellent Excuses (and other good stuff)

Tom has no school for two weeks, so he can forget about lessons and annoy Delia instead. This laugh-out-loud comedy book will make you laugh your socks off.

3. Hunger Games

District 13 is tired of being bossed around by the Capitol, so they have staged a rebellion. However, in the end the rebellion failed, and District 13 was destroyed. Because of this all other districts must send two youths to participate in the dreaded Hunger Games, a violent fight to the death that is compulsory to watch. It was awarded the Dorothy Fisher Canfield Children's Book Award

2. The Fault in Our Stars

Haze Grace Lancaster a 16-year old who has been diagnosed with cancer falls in love with Gus Waters a similarly terminally-ill teen. They fall straight into the adventure of their lives together.

1. The Curious Incident of The Dog in The Night time

Francis Boone is an autistic 15-year-old boy who lives with his Dad after his Mum passed away 2 years ago. He begins his own adventure after finding the body of his neighbour's dog.



Half Term Is Here

By Kaitlynn Diamond

Get homework over and done with

We all look forward to the half term. Sometimes a small break from school work can be the perfect thing. However, homework is inevitable. But what can be avoided is the stress. Simply get the majority done on Friday and Saturday and enjoy a relaxing, stress – free break! It's not often you're left without homework, you know.

Make plans with friends

You can really miss your friends in the holidays, so it is most necessary to meet up with them one day! Going shopping or just coming over for tea to catch up is a great idea. And, to be honest, it may have felt like an eternity since you have talked! I'm sure they'll have lots to say!



Get lots of sleep

Sleep is really important and, in fact, teenagers require nine and a half hours of sleep every night. If you have fallen into this unhealthy cycle and can't seem to start again, use the half term effectively. If you don't need to get up in the morning, get a good night's sleep and try to marginally decrease the time you get up until you reach the time you should get up for school.

All in all, take this as a chance to chill out, relax and unwind.

Why I Love Spark

By Oliver Mather

Spark – the student newsletter- is one of my favourite after-school clubs! If I were you when you join this school or if you are in this school already then I would advise you to go and sign yourself up!

Spark takes place on Friday in room 201 between 2:40 to 3:30 I can't even explain how good it is - you can talk about ideas for articles with your friends or even make ideas at home and if you want to you could share your ideas and help other people if they have no ideas.

The teachers who run the club are Miss Edwards and Mr Prince. If someone asked me "how would you improve Spark?" I would say I could not improve Spark because it is a good and fantastic club!



Top 5 Things To Do At Lunch By Brogan Fogg

Read a book

If you're bored at lunch, read a book in the library as it is the quietest place in the school and reading is a great way to pass the time.

Do your homework

Nobody wants a detention, so do your homework. It will help you! Another reason is the chance to earn merits, meaning the more likely it will be that you will get rewards!

Talk to your friends

Talk to your friends - there is nothing better to do than talk to your friends as this will make you happier as you talk to people you get along with.

Make some new friends

There are lots of students in our school – and they are all very friendly! Boost your own confidence and make some new friends by speaking to people who you don't normally – you may be surprised what they have to say!

Draw

If you want to be alone for a bit of peace and quiet, drawing is a great idea as it helps ease the mind and lets you relax.



Darker Weather, Stay Safe! By Daniel Kuchnik

In Winter, days are a lot shorter than usual and it will be a lot darker earlier.

One way to stay safe when walking in the dark is to stay to the pavement, because if you are walking in the middle of the road or somewhere else, then it might be a lot more dangerous. When you are on your way home and you want to cross the road then you should try to get to a lollipop lady or any other way to cross.



Try to stay close to lampposts, as you will be able to see more when travelling on the pavement. It is better to stay close to lampposts as it may be very tough to keep on track otherwise when walking.

In winter it is colder, so try to get a warm coat and wear the Stockport Academy jumper – you will be glad you did when you are warmer!

New Student Librarians By Kaitlynn Diamond

On Tuesday, September 24th, Librarian Mr. Clarke announced the official student librarians for 2019. Despite an abundance of applications, he could only appoint the very best. So, who got the job?

I interviewed one of the new Librarians, Ted, to see what he had to say!

Why did you apply?

I love to help people out with problems. Plus, the library is a great place and I love books too. It seemed a really good job to apply for.

What skills do you contribute?

I'm a friendly person who's always ready to help out. I believe I'm a very organised person so sorting books is great.

Advice for next applicants?

Make a good impression with your behaviour. It's unlikely you'll receive the job if you're breaking rules.

Year 7

Edward Burke
Ethan Chilvers
Penny Bramwell
Harry Taylor

Year 8

Luke Bowden
Josie Chappell

Year 9

Daniel Chilvers
Elle Whelan
Harriet Thomas
Niamh Roberts
Fred Roberts
Rhys McNish



A Uniform Review By Jake Coffey

The Stockport Academy uniform has changed, and I personally like it. I think it looks very smart and I hope every other student and parent does too.

Who likes the uniform?

I do! I think most of the students like it. The teachers don't have to wear the academy uniform, but they do take care in what they wear, the teachers don't come in with dirty clothes or tatty hair they come in with smart clothes and good hair so they must take pride!

Why do they do badges?

Because it inspires children to do more clubs and pushes them on to do more. I think it is important because it makes them want to do more to get more badges so they will want to do more clubs and learn more things that they don't get taught in school. If you attend more than 120 club sessions, you get a badge and a reward. I think it's a good idea and I think others do too.



Get Exam Ready

By Abigail Yan

With the first set of school exams just around the corner for Year 11, it is important to remember to not stress out! Just don't put too much pressure on yourself! Remember to do the best that you can, that's all that matters! Here goes with the exam tips:

- Flash cards- write the question/keyword on one side and write the answer/definition on the other. Flash cards are handy because you can carry them around with you all the time!

- Make your revision into a song, make sure it's a song that you know, and use the key information as

lyrics. This will help you because hopefully the song is catchy and will help you to remember the key information you will need.

- You could use the look, cover, write and check method. This is useful as you will be continuously writing out the certain facts that you need and this will hopefully stick into your head.

- Watch a short clip on GCSE pod every day until the exam. Did you know that it has been scientifically proven that revising for 5-10 minutes a day is more beneficial than spending your night revising!



- Post it notes- stick them all around your house and every time you go to do something you have to answer a question. This is useful because you are forcing yourself to answer a question which will help to encourage yourself to revise.

Don't worry if these strategies don't work for you, remember that not everyone is the same! Make sure you find your own unique way to revise, I'm sure you will achieve the grades that you want! Don't stress out and just go for it!

Keep Yourself Kitted Out

By Wasee Syed



Stationery might sound boring, but it is very important. Ideally you should have a neat pencil case with a wide selection of items.

First you need a pen. A pen is what you use to write in your book/planner, sheets of paper for homework and generally if you want to write something. If you don't have a pen for your exams, then you will find yourself in trouble!

Next, you need a pencil and a sharpener. Usually a teacher will give you a sharpener but on the odd chance they don't have one you need to come prepared. Having a sharp pencil will help with writing and drawing.

Another piece of equipment you need is a ruler. All teachers will ask you to underline your date and title. They say this to because it makes your work look neat and tidy and lets you take pride in your work.

One piece of stationery you will need for some parts of your maths lessons is a calculator. Having a calculator might seem pointless because you could just work the sum out on paper but in an exam where time is priceless you want to have a calculator.

Backstage At Mary Poppins

By Holly Stringer

If you watched Mary Poppins on the 17th October to the 18th October, don't you want to know what happened back stage? If you do - read on.

Mary Poppins is a much-loved musical by adults and children which took a lot of work both on stage and back stage.

I spoke to two students involved in the production - here is what they had to say:

What was your job role?

They said that they helped put the nursery on stage and build some of the set.

What was it like being backstage?

They both said that it was good but next year they hope to be in the show.

How did you feel about helping backstage?

They felt honoured.

Did you enjoy taking part in setting up the show?

"Yes, because we got to see the set being built and on stage."



New Year, New Teachers! By Isabelle Webster

In 2019 there have been a lot of new arrivals Year 7, including teachers - and here are some interviews with just a few of the new arrivals at Stockport Academy.

Why did you want to teach at Stockport academy?

Mr Littlemore: *When I came to the interview got a good vibe and felt that I wanted to teach here so I did.*

Ms Edwards: *Because I came for a visit and loved how well behaved the students were.*

Ms Salim: *I liked the school and felt like I could make a difference.*

Why do you love your subject?

Mr Littlemore: *I love English because I love reading and encouraging people to read.*

Ms Edwards: *I love reading.*

Ms Salim: *It is fun and important to the world.*

How did you feel when you became a form tutor?

Ms Edwards: *I was excited because I would be able to help people especially Years 7s in their first year.*

Ms Salim: *Proud and responsible.*

It seems that we are very lucky to have such passionate teachers who are teaching at our school!



Back To Blackpool By Abigail Yan

This trip was arranged for students that had been to prizegiving. An astonishing 109 students went on the trip and we were free to explore the theme park with our friends. My personal favourite rides were Icon, The Big One and Valhalla! The day was jam-packed with fun-filled rides, laughs and a lot of screaming.

When we first got to the theme park, I was terrified of going on the rollercoasters, but by the end of the day I loved them. I thought of it like getting over my worst nightmares! I think going on rollercoasters has given me a big confidence boost to do anything, because if I can go on The Big One (which is over 200 feet tall), I can accomplish anything!



I loved going to Blackpool Pleasure Beach with school as it gave me a chance to overcome fears and give me more confident!

This was a wonderful opportunity and you should aim to go to prize giving next year and you might be one of the lucky ones going to Blackpool Pleasure Beach!!

Top 5 Sports At Stockport Academy By Ethan Chilvers

This school has many co-curricular activities available and there are multiple PE ones. These standings were provided by CAL of PE Mr McGahey.

1. Boys and Girls Football.

This team sport is incredibly popular and provides boys and girls alike with eye to feet co-ordination. A version of this sport was first played around 1004 in ancient Japan where a ball was passed around between multiple players.

2. Girls Trampolining.

This sport is an amazingly fun one and makes those who take part want to have even more time to continue bouncing around. The first trampolines came from the USA in 1942. They were created by George Nissen and Larry Grissworld.



3. Boys Table Tennis.

This sport is superbly fun and requires immense concentration and hand eye co-ordination. This sport was invented in the late 1880s and was founded in the UK. The creator of the sport was James Devonshire, an engineering student from London.

4. Girls Netball.

This sport is a fantastically fun and exotic one and it has remnants of Basketball. This sport was invented by James Naismith, a Canadian PE instructor, in 1891 whilst he was inventing an indoor sport for his students at YMCA Training School.



5. Girls Rugby

This is a very fun sport that is immensely physical however that is one of the main fun factors. This sport was invented by William Webb Ellis at the Rugby School in Warwickshire, England in 1845. This sport is similar in certain ways to American Football.

Halloween Inspiration

By Daniel Kuchnik

Halloween is coming up soon and you still might not know what to dress up as. So hopefully I will be able to help.

Some things that you could dress up as could be something from the latest horror film or something people, or you, fear. My ideas are a mummy, a swamp monster or even a walking cat! In my opinion the scariest one is the walking cat; imagine seeing that! Great, I'm going to have nightmares...



To be honest you can even dress up as anything you want maybe something funny. Even if you think you should dress up as something frightening, however a laughing emoji or any other great emoji is a good idea.

Now you may ask can you make school activities into a costume? Of course, you can; you could be feared if you dress up as a homework book! Now that is what I call scary.

In the end I would say that dress up as what comes to your mind first because if you keep on thinking you will probably come to Halloween as a giant sleeping machine since you are going to be tired from thinking so much.

What Makes Mr Clarke Tick

By Daniel Evans

1. Interacting With Students

“It is actually the best thing in the world seeing their reading ability grow.”

2. Promoting Books

“I really enjoy when I put posters about a book and students take them out and after they take them out 9/10 of the time students come over and say they really enjoyed the book.”

3. Organising Books

“I hate it when books are out of place, so I spend a lot of time organising books so the library looks neat and tidy.”

4. Running Clubs

“I run three clubs: chess, manga and book club, as I get to spend more time with students who like the same things as me. This also means that students can make friends very easily with people who share the same passions with them.”

5. Telling People To Be Quiet

“I really enjoy telling people to be quiet! Some people think that it's the worst thing and so annoying having to shout at people but some of their reactions make me laugh!”

Stay Safe Online

By Joseph Webb

With hacks, scams, malware and more, the internet can feel like a dangerous place these days, and the recent proliferation of devices, from smartphones to and tablets to internet-connected appliances, has opened us up to even greater risks.

Viruses

We all know what viruses are. They are basically parts of software people have programmed to harm your computer. How do we stay away from these cyber-critters?

You can avoid these 'viruses' by downloading anti-virus software.

My personal recommendation is McAfee or Norton. We also have a Built-in firewall in our computers to prevent the spread of 'viruses', but don't always rely on this!

Spam

Spam consists of unwanted junk mail, from harmless advertising to more serious issues such as attempted fraud. Fraudsters have developed convincing methods of gaining access to people's personal details and bank account being emptied of any money they had. But how can we prevent falling victim to financial fraudsters? My advice is to delete your unwanted junk mail, and if you suspect an e-mail could be a phishing e-mail, delete it immediately.

Create a complex password

We know you've heard it before, but creating strong, secure passwords for all your personal and financial information can help to keep it safe. This is especially true in the era of widespread cooperative hacks, where one database breach can reveal tens of thousands of user passwords. If you reuse your passwords, a hacker can take the leaked data from one attack and use it to login to your other accounts. My advice: use a password manager to help you store and create strong passwords for all your accounts.

