

THE KILT

Head Editor: Isabel Corbett
Deputy Head Editor: Zubiya Jafri
July, 2023

Hello from the NEW Kilt Team!

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Zubiya Jafri teaches us about the Manggahan Festival

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Hello from the new editors!

Isabel Corbett and Zubiya Jafri

It is an incredible privilege to be able to edit for The Kilt, something I knew I wanted when I first learned what the newspaper was. How amazing that the school community could come together to write about their interests, whatever they may be, and share it with people of all ages!

My first piece was on the BeReal epidemic, debating whether it was a passing craze or had a place amongst the 'greats' such as Instagram. If I only knew how it would take off! Since then, I've written many a piece, about experiences I've had and my interests, with the knowledge that they had a place in The Kilt.

I feel very lucky that I now get to welcome the next set of writers and fan the flames of upcoming journalists everywhere. I can't wait to see articles of all different shapes and sizes, and maybe I'll write a few of my own.

This edition's articles are from the new year 13 editors, the very pieces that we sent to the wonderful previous Head Editor, Sian, to complete our applications to be editors. So please enjoy and I hope to see many, many, many articles this year!

Izzy Corbett

Hello from the new 2023-24 Kilt team!



Top Row (left to right): Isabelle BurrIDGE (Science Editor), Samantha White (Lifestyle Editor), Pearl Patten (History and Politics Editor), Eva Black (Opinion Editor), Caitlin Feakes (Sports Editor), Khadijat Ayoola (History and Politics Editor), Gabrielle NgahAteba (Head of Marketing and Opinion Editor)

Bottom Row (left to right): Nikita Saha (Breaktime), Blessy Sam (Science), Arthi Vijayamurugan (Law), Izzy Corbett (Head Editor), Zubiya Jafri (Deputy Head Editor and Current Affairs), Nishka Sheik (World News), Vithika Muli (Sports Editor)

Welcome back to another year at CCHSG and congratulations to those beginning their CCHSG journey.

The Kilt for me has been a special endeavour. I started with an article about the history of Kashmir in Year 10 and went on to explore cancer in my most recent article about the history of the disease. From both of these articles I was able to explore topics close to my heart as well as broaden my subject knowledge and experiment with different writing styles, allowing me to develop key writing skills.

This not only helped me for essays within subjects but also taught me a transferable skill which I can use in my future career.

The most exciting part for me was being able to research and learn independently on any topic. School gives us fixed topics which we must learn and revise and be tested on and at times it can take away from the fun of learning new and exciting facts such as Karkinoma or carcinoma (καρκινος) in Greek which translates to crab as the tumour has a central

body with tumour extensions, branching out like the legs of a crab (you can tell I'm a STEM student). It is from this that I got a break from the hustle of academic life and, without pressure, was able to produce an article that displayed my passion. So, for me The Kilt brought back the curiosity and enthusiasm for learning that years of schooling had saturated me of, bouncing me back into the world of knowledge.

So, on the behalf of The Kilt team, I would like to invite you to a world that brings unlimited opportunity for anyone looking to expand themselves into the writing world. With no commitment, you can write as many articles as you want through the year, on any topic. There's no limit to what you can get up to with so many topics at your disposal. Whether it be going for a walk in a park, discovering that kiwi birds don't have wings or talking about the economic development of the world. Whatever it may be, The Kilt team wants to hear your story, your voice, your passions.

Zubiya Jafri

Catching up with last year's Head Editor: Alice Mainwood

Time has once again slipped away from me (oh, how reminiscent of my days of English Language A-Level coursework). How a year has passed since I left CCHSG, the Kilt, and Colchester, truly escapes me. To think that a year ago we were circulating the last edition of this newspaper that I edited is an overwhelmingly unexpected trick of time, and one that I can barely believe.



To the new editorial team: congratulations!

I really do hope that those of you on the year 13 editorial team – and the writers and contributors from all other year groups – have been able to enjoy working on the Kilt. It has been such a genuine pleasure to see it be passed on and continually worked so hard on as you all have.

Being asked to write this piece has encouraged me to really reflect on the year I've had since leaving CCHSG. Busy wouldn't cut it. After publishing my final edition of the Kilt, organising a prom, and cramming a few exams in there as well,

I was on the first Eurostar to Paris to devote my Summer to pizza, very delayed trains, and some really quite disgusting hostel rooms.

I made a fairly bitter reappearance into the country (who wouldn't when swapping the south of France sun for the impending doom of moving to Uni) just in time to collect some results. After that, and before I knew it, I was moving into my Cambridge student halls, and trying to work out what 'matriculation' actually means. Signing a very old book and putting a fancy gown on – if you're unsure.



Year 13, your long summer will absolutely fly by. Make the most of it. Spend as much time with each other as you can. Enjoy your break from academia. It's such a precious time, and I really do hope you all treasure it.

Moving to Uni is absolutely terrifying, but don't fret – everyone else is scared too – and everyone is going to be okay. It's a complete change from the home comforts and structured learning that we get so cosy with in school and sixth form.

But the great perils of freshers (it's actually not that bad, I promise) are countered by the enormous joy that you will find living with new friends, learning things currently unimaginable, and going to a club other than Colchester's beloved Atik (there are better options, and they're waiting for you at Uni).

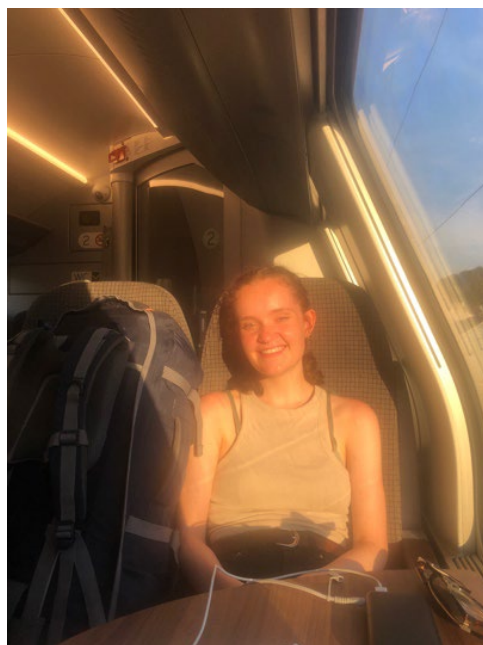


Leaving the Kilt was so bittersweet for me. I loved being Head Editor so much, yet I really was excited for (albeit scared of) what would come next. I've found myself completely unable to leave student newspaper with The Kilt, however, and have thus since found myself working on Cambridge's independent newspaper, Varsity. Editing Lifestyle and Fashion for the past two terms has reaffirmed my love for student journalism and left me so excited for my next steps. I've proudly stepped into the student journo role, and I have The Kilt to thank for setting me up to hit the ground running.

As I wrote in my outgoing comment as Head Editor last year, there was a lot I was leaving behind at CCHSG, but also a lot I was reaching out to as well. To now be in the midst of what I was reaching out to is such a blissful feeling. The people, places, opportunities, and ambition waiting for you are unmatchedable.

The things waiting for you beyond CCHSG are so huge. I really do hope knowing that will take the edge off the sting of leaving CCHSG, if this year is your last. My advice to you?

Look out for each other as you take your next steps, whatever direction they may be in. After all, you'll all need someone to call when you are fed up with your flatmates who've trashed your kitchen or can't for the life of you work out how to get into your lecture hall. And take what you've learned at CCHSG with you, be it your academic learning, your first steps in journalism, or learning to look out for each other when things are tricky. The next bit is scary, but absolutely incredible – and you'll be much more ready than you think you are. Good luck!



Business is booming!

Isabel Corbett, 12E

Young enterprise is a yearly competition in which young people work in teams to cultivate a successful business. The aim of the program is to 'empower young people to discover, develop and celebrate their skills and potential', and that is exactly what this year's Year 12 teams did!



SewSoy at the Essex finals



All4theTote at the Meadows trade fair

This year, CCHSG entered two teams, All4thetote, who created tote bags in order to combat the plastic bag crisis, and SewSoy, who created soy wax wraps to replace cling film as a more sustainable option. Both teams did incredibly well in the competition, but their journey did not come without challenges.

Both teams started out with a bang at the CCHSG Christmas fair. They were given the opportunity to have a stall each in order to raise money for the competition. The fair presented many challenges; the teams had little time to prepare, only forming their teams the month before and confirming their ideas a short while after.



SewSoy logo

This sent the teams into frantic disarray, with SewSoy making use of their frees to iron their wraps, and All4thetote worked diligently to create 80 bags for their debut. In addition to tote bags, All4thetote also sold claw clips, hot chocolate, lollipops, handmade bracelets and lodge themed notebooks. Both teams did incredibly well, with SewSoy making over £100 and All4thetote making upwards of £300.



Logo for All4thetote

After the Christmas fair, the journey continued to the official competition. All teams began to sell their finalised product, after acting upon feedback given by customers and their business adviser, Clive Bass. With the support of Clive and Mr Fletcher, the teams began to make profit, and entering competitions posted by Young Enterprise, such as the advertising competition, where All4thetote made a short advert starring some of the team members.

Then in March, the two teams travelled to the Meadows shopping centre in Chelmsford to participate in a trade market with several other teams from other schools. The market doubled as a competition with prizes for best customer service, best stall design, best marketing and most sustainable. All4thetote won all 4 of these prizes and both teams became Essex finalists.



All4theTote product

The teams attended the Essex finals in April where they took part in an interview with the judges, gave a presentation about their respective journeys and had their stalls judged by the panel. All4thetote won best marketing, undoubtedly due to their amazing sales skills, but did not make it through to the next round, however SewSoy made it through to the next round attending the Young Enterprise Southeast Regional Finals as a representative of Essex at the Samsung KX headquarters. They missed out on receiving the best company award, which would have seen them through to the next round, but still won the most sustainable award and were runners-up.



SewSoy products

Both All4thetote and SewSoy walked away with awards and a sizeable profit, with All4thetote making over £1000 and SewSoy making over £300. Everyone who took part in the experience would recommend it, with one member saying, "Young Enterprise is a great experience for those who like to push themselves and get a taste of the real world."

Both teams would like to give a big thank you to Mr Fletcher and their business adviser, Clive Bass, who supported them throughout the competition.

Wagner's March on Moscow

Nishka Sheik, 12T

One of the largest foreign affairs currently dominating the news is the Russia-Ukraine war. The war was playing in Putin's favour, as he was advancing through Ukraine. It was shaping out to be the end of Ukraine's independence, until a critical event on June 23rd altered the course of the war. The mutiny of Wagner. This article gives a 7-minute summary of the recent turn-of-events in the Russia-Ukraine war, and how this may alter the future of the conflict.

The war began with Putin ordering the first invasion of Ukraine's capital Kyiv on 24th February 2022. The Russian forces were nearly double the size of the Ukrainian forces. On the evening of June 23rd, Yevgeny Prigozhin mutinied, along with the troops in the Wagner mercenary group. Over the next 24 hours, they captured Rostov-on-Don (Russia's 9th largest city) and embarked on a lightning-fast 1,000 km charge towards Moscow, before striking a deal and turning around with about 200 km to go. Having criticized the botched invasion, Mr Prigozhin was calling for the defence minister and the chief to the general staff to be asked to step down.

It is still unclear whether either man has gone or is planning to. But Mr Prigozhin, who has apparently gone into exile in Belarus has inflicted severe damage on Putin and his war. Wagner's troops are supposedly going back to the bases they left from on June 23rd. By contrast, Russia and its president find themselves stuck in dangerous new territory.

In terms of tactics, the Wagner mutiny has divided and distracted the Russian army. In the trenches, the soldiers will know that, while they are being ordered to give up their lives for a war that Mr Prigozhin has branded as 'corrupt', their commanders are squabbling among themselves over power and influence. In the barracks, officers will be splitting their attention between the war and their own future. They know if there is a struggle in power, they need to end up on the right side.

For Ukraine, by contrast, the mutiny is an opportunity. The counter-offensive, now 3 weeks old, has fallen behind schedule. Although most Ukrainian forces remain in reserve, progress has been hard. There could be no better moment to break through Russian lines. It is surely no accident that the Ukrainians appear to be trying to retake Bakhmut, which Russians believe to be their side's major gain over the past year.

Putin hasn't been very pleased with the latest betrayal of the Wagner group, on top of Ukraine's increasing military strength and advancements. In a furious address to the Russian people on Saturday morning, he denounced Prigozhin's "betrayal" and swore a harsh punishment. However, the charges against Mr Prigozhin have now been dropped as part of a deal apparently negotiated with a helping hand from Alexander Lukashenko, the president of Belarus.

No one can say whether the Wagner mutiny has started something that will bring down Mr Putin, but during this turbulent weekend, with his comparison of the war to the October revolution, Putin betrayed his own fears.

Why Latin Has a Place in the 21st Century Classroom

Eva Black, 12C

Latin has a reputation as a dull, elitist subject that is outdated on modern curricula but classicists like Mary Beard and Steven Hunt are working to change people's approach to the ancient language.



Mary Beard

The biggest objection to Latin's value as a subject is that it's a dead language so is no longer spoken, but this doesn't negate its usefulness. Whilst Latin's use in modern English is only thought to be the abbreviations i.e., et al., etc., or platitudes like *carpe diem* (seize the day), the true extent of its influence on our language is huge. Around 60% of English words are taken from Latin and gaining a deeper understanding of the etymology and evolution of words enables a greater command of our own language, as well as helping in learning Romance languages like Italian and French.

As well as translation skills, an often overlooked aspect of learning Latin is the world of ancient literature it opens up. Even at GCSE, half of the course is devoted to studying both Latin prose and verse like Virgil's epic poem *The Aeneid* and the works of Tacitus. These create endless opportunities for analysis and discussion and are particularly interesting in exploring how themes of human nature, religion and war are timeless. Latin literature can be just as provocative and meaningful as English literature,

yet it is rarely thought of in the same way. For example, in the popular film 'Dead Poets Society', the students are encouraged to escape the tedium of learning Latin grammar from dusty textbooks and develop a passion for poetry, but why shouldn't the poetry of the Romans be afforded the same enthusiasm?

Working through Latin translations also provides an interesting insight into the complex - and often turbulent - politics of Ancient Rome, making Latin a study of Roman history as much as it is a language. The passages we translate in class cover a variety of topics, ranging from the bizarre world of Roman mythology, to civil issues faced by ordinary Romans, matters of the senate and the many trials and tribulations of wars. Roman politicians were also trained to be skilled orators and examining how they manipulated their speech to convince audiences teaches students of Latin not just about grammar, but also about rhetoric and public speaking.

How the senate dealt with threats to Rome and prevented civil unrest remains relevant today. For example, the 2022 AS level Latin paper featured a translation about musicians striking and refusing to play at religious ceremonies because they were disgruntled at the senate's treatment of them. The senators then faced the task of convincing the musicians to return to their duties by meeting their requests. This is especially topical at the moment and demonstrates how we can learn from the Romans, not necessarily as role models of a perfect civilisation, but with a critical eye.

A large issue with teaching Latin in schools is its limited accessibility: it is taught in less than 3% of state schools in the UK whereas it is far more common in private schools. To try and combat this

in 2022 the Department for Education began their £4 million scheme to introduce Latin at KS3 level to 40 state schools across the country, with the aim of changing people's perceptions towards Latin and allowing more students to enjoy the benefits of learning it.

Improving access to Latin is something Professor Mary Beard is very passionate about. She recognises that currently 'there is an image of classics as a subject studied by rich White boys' and kept exclusive to old Etonians, but is determined that more people should be given the opportunity to study what is an 'extraordinarily enriching subject'. Also working to bring Latin to more classrooms is the charity Classics for All, whose mission by 2025 is 'to introduce the study of ancient history, classical civilisation, Latin and Greek to at least 1,500 state primary and secondary schools, many in areas of socio-economic disadvantage. They have reached over 1200 schools so far and have reported improved literacy as well as a greater love for languages and history in students.

Another common perception of Latin is that it's boring, inspiring the classroom rhyme:

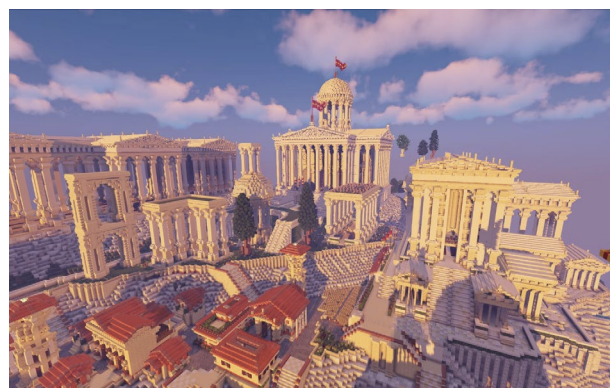
*Latin is a language,
Dead as dead can be,
First it killed the Romans,
And now it's killing me!*

Traditionally, Latin may have been learnt by memorising lists of nouns and obscure grammar rules, but modern teachers are exploring new teaching methods to enthuse their students. Steven Hunt, who taught Latin for 35 years and also trains Latin teachers, recently published a guide to teaching Latin which promotes more imaginative ways to introduce Latin grammar and encourages a greater focus on speaking Latin. Speaking a dead language seems useless, but he argues that there is no better way to immerse yourself in the grammar and vocabulary needed for translations.

In an effort to encourage his students to engage with ancient poetry, one university tutor asked his students to first translate popular songs into Latin, even producing a Latin version of the well-known Taylor Swift song 'Bad Blood':

*Quod, care, nunc malum sanguinem habemus.
'Cause baby now we got bad blood.*

This application of Latin to the modern world may seem strange, but Latin teachers have to try novel methods to pique their students' interest. Latin scholars are using creative ways to implement Latin in familiar contexts to increase students' exposure to it, including dubbing a scene from Jurassic Park into Latin, using Minecraft to make ancient Roman sites vivid and even producing *Commentarii de Inepto Puero*, a translation of Jeff Kinney's *Diary of a Wimpy Kid* book. There is also the *Quomodo Dicitur?* (*How is it said?*) podcast which tests the limits of speaking in an ancient language in the 21st century by discussing randomised topics entirely in Latin.



In conclusion, Latin is a valuable subject that encourages careful attention to detail alongside an analytical approach to an eclectic variety of texts, and it deserves a place on the curriculum - a word derived from Latin itself - as much as the core subjects.

Joe Goldberg: A Loveable Villain

Gabrielle Ateba, 120

Since the Pilot, viewers of the show *You* have regarded Joe Goldberg as a compelling and endearing character, despite his tendency to pervert love into something more sinister. As I continue my investigation of Joe Goldberg, I have noticed that he is regarded as a complex individual in some scenes, while in others, he is seen as nothing more than an ardent admirer who fans cannot help but love.

Like Milton's portrayal of Satan as an attractive protagonist in *Paradise Lost*, the writers and producers of *You* make the obsessed stalker- Joe Goldberg- utterly charming and undoubtedly loveable. Joe's character is full of pathos, as he is revealed as an orphan at the story's outset, having been born into a dysfunctional relationship. Viewers commend Mr. Mooney for taking the misguided and troubled juvenile under his wing and offering him a job at a bookstore.



Joe's charming first encounter with grad student Guinevere Beck quickly turns into something more nefarious as he becomes obsessed with her. Despite his incessant social media stalking and morally questionable acts, viewers tend to overlook his disturbing obsession and justify his actions with his willingness to go to great lengths to protect Beck. Also, Joe's desire to help her become a better person and successful writer further demonstrates his capacity for love.

If Joe's portrayal as a helpless romantic doesn't make him a loveable villain, his interactions with his young neighbour Paco certainly do. Joe's nurturing and protective side is particularly endearing as he lends Paco several books and provides him with money throughout the series.

Furthermore, Joe's passion for literature paired with his dedication to the bookstore and maintaining the pristine conditions of books, makes him a relatable and sympathetic character. Well-read individuals certainly admire Joe for his extensive literature knowledge as he quotes from classics ranging from *Wuthering Heights*, Dante's *Inferno*, and famously Oscar Wilde's *The Picture of Dorian Gray* when he says, "I can resist anything except temptation." Who couldn't love a cultured bibliophile?

Season 2 of *You* reveals a new side of Joe Goldberg. His romantic relationship with Love showcases his ability to be vulnerable and willingness to be honest with those he loves. Joe's deep love for his family is further demonstrated when he says, "I will do anything to protect my son. Anything." However, some viewers may find it irredeemable and difficult to forgive Joe for leaving his son with Gabe, especially after he promised he would never do such a thing.

Albeit Joe's witty inner monologue beguiles viewers and allows them to see his more vulnerable side as well as articulating his affectionate intentions, even if he is unscrupulous at times.

So, *You*. What do *You* think...

Could the Aviation Industry ever be sustainable?

Blessy Sam, 12T

Global warming stands at the forefront of world issues today, having prompted a worldwide effort to create a more sustainable way of life. However, despite the revolution of electric cars and renewable energy production, the aviation industry seems to fall behind in initiating a change for the better of our environment.

Currently, aircraft accounts for 1.9% of global greenhouse gas emissions. With the industry expected to double to over eight billion passengers by 2050 due to increased connectivity, faster manufacturing and reduced costs, this figure is only projected to rise.

Today's most used aircraft, a Boeing 737 produces 115g per passenger per km, totalling around 90kg of CO₂ per hour of cruising flight. Not only do aircraft produce CO₂ but nitrous oxides, water contrails and soot all have damaging consequences for the environment. Nitrous oxides catalyse the breakdown of the ozone layer and affect methane levels, subsequently affecting the Earth's radiative balance.



Water contrails from a plane

Surprisingly, CO₂ is not the most dangerous contributor to the environment, instead, it is the contrails; the patterns left behind the engines during their cruising phase. Though they seem harmless, persistent contrails increase the cloudiness of the atmosphere and can grow to form extensive cloud cover.

Clouds are vital in regulating the temperature of the Earth's atmosphere so changes in cloudiness could cause long-term changes and could impact the availability of natural resources and human health.

But decarbonising aircraft is not just an aspiration. Airbus, one of the world's largest aerospace manufacturers has been pioneering ways to achieve its objective of net-zero carbon emissions for 2050 through Sustainable Aviation Fuel (SAF), low-carbon aviation and innovative redesign.

The primary fuel used by aircraft is kerosene, which when burned in the combustion chamber of engines produces CO₂. Sustainable aviation fuel is an alternative to regular jet fuel and is composed of used fat, municipal waste, and forestry waste with only 50% jet fuel.

SAF is a proven alternative to reducing CO₂ emissions; up to 80% in carbon emissions over its life cycle and thus its use in aviation promises a significant impact. Although research for this fuel is ongoing, in March of this year, the Airbus A321neo, was the first to test 100% SAF on both engines.

There is also research into alternative propulsion systems that do not require fuel. Electric aircraft ideally is the best approach to green air travel. However, the energy density of batteries in comparison to their weight is an issue. A battery weighs thirty times heavier than the volume of jet fuel which could provide the same amount of energy.

Electric aircraft could power a flight for ten people for around thirty miles before a mandatory recharge, making it unable to deal with the conventional demand for flights today. A battery that had the capability of such power would make the plane too heavy to take off. To circumvent this issue, Airbus is designing aircraft with electric propulsion to work alongside SAF. These hybrid aircraft are projected to reduce CO₂ emissions by up to 5%.

Hydrogen propulsion is another alternative to electric and SAF propulsion. It is estimated that hydrogen could reduce CO₂ emissions by up to 50%. Hydrogen propulsion comprises a fuel stack; a series of efficient fuel cells which conduct chemical reactions to create electrical power. This system has already been implemented in the ZEROe family of Airbus aircraft. Although the ZEROe aircraft are not commercial, Airbus has stated that this technology could produce an operationally viable aircraft by 2035.



Airbus ZEROe Aircraft

But despite the many benefits posed by a green aviation industry, the demands for this to be met are high. The equivalent energy of 10-25 of the world's largest wind farms is required, the same as a solar plant the size of Belgium. To bring about change not only requires alternative energy sources but also extensive changes to airport operations such as operating fully on renewable energy and being equipped to produce or acquire liquid hydrogen. International partnerships and schemes such as Powering Progress by Shell and CORSIA (Carbon Offsetting and Reduction Scheme for International Aviation) are focused on funding the engineering behind this green initiative.

To summarise, the answer to this question is Yes! Despite the intense requirements to truly decarbonize the aviation industry, comprising of; the thorough redesign of aircraft systems, from the engines to fuel storage, wing design and airport operations, these ideas are slowly emerging as prototypes capable of small operations. All that remains is the upscaling of these technologies to meet the growing demand for flying today and sustainable aircraft could be airborne within the next 15 years.

LGBT in nature

Isabelle Burrige, 12C

At the time of writing, it is Pride month, and while we celebrate the month for humans, it is interesting to see how LGBTQ+ is present in nature and has been for a very long time.

Zoos, over the last 20 years have provided a burst of research regarding animals that were 'queer' a term relating to '*a gender identity or a sexuality that does not fit society's traditional ideas about gender or sexuality*' (Cambridge Dictionary). Research in this area has not been previously documented in some of these animals. There is now refutable evidence to show that queer behaviour is present in at least 1,500 different species of animal. So here are a few examples of those animals.

According to some select zookeepers, it has been shown that penguins have been known to be in same-sex relationships. In 1998, there were two male penguins, Roy and Silo, in the New York Zoo who were believed to have a relationship with one another. In 1999, the couple even attempted to hatch an egg that was actually a rock. The zookeepers eventually gave the couple an egg from another penguin couple that were unable to hatch it. This led to them to becoming the fathers of a penguin named Tango. Unfortunately, the penguins split, and Silo was paired with a female penguin. However, due to these two penguins there has been a practice implemented where male penguins can adopt eggs.

Sponges are another example. They are usually synchronous hermaphroditic, but some are also sequential hermaphrodites. An hermaphroditic species is an organism that possess both male and female reproductive organs or tissue, whereas a sequential hermaphrodite is an organism that first individually operates as a male but then later in life operates as a female.

An advantage of being a sequential hermaphroditism is that it can increase the reproductive potential relative to the nontrans forming members of the population.

There are also protandrous hermaphrodites which are very similar to sequential hermaphrodites. These include clown fish, damselfish and black porgies. In the case of clown fish, there is one female, one male and several neuters who are immature males. If the female dies, the male will change into a female and one of the neuters will develop into male. How interesting that they can adapt to support each other!

In 2014 there had been 5 lionesses in Botswana spotted with a mane and displaying male lion-like behaviour. A potential reason for this is that they have had increased levels of testosterone as they have grown up, and it is shown by studies that the presence of testosterone is required for lions to grow manes.



The last animal I am going to mention is a recognisable figure within children's films. In the children's movie, Madagascar, there is an iconic character named King Julien. I believe many people consider him to be one of the better cast members, along with the penguins. In many ring-tailed lemur troops, they are predominantly female run. This means that King Julien is a more likely a female lemur but is a king, showing that the writers of Madagascar may have not done their research. Whether or not we should let it slide as it is a children's film is up to you!

Party, Party, Party

Khadijat Ayoola 12C

It has been three years since we first heard of Covid and many of us still remember how it felt to have that first national lockdown administrated in March 2020. There were restrictions on going to the supermarket, the distance we could sit from each other and of course, mask-wearing. Our government and the Prime Minister, Boris Johnson, imposed these restrictions at the time. One would expect that our government would also adhere to these restrictions but it has recently been revealed, after an inquest, that they were doing quite the contrary. The leaders of our countries who stressed the importance of self-isolating, social distancing and mask-wearing were having a party.



Through 2020-2021, high profile members of the conservative “Tory” party were seen having a party dubbed “Party Gate” while millions of British people were sat at home, unable to see family and friends, some of whom unfortunately passed away due to sickness. Videos of the party were released where members of the party violated clear Covid guidelines and some even ridiculed the event, like Allegra Stratton, who has since resigned.

As expected, when the public heard of these events they were outraged and called for Boris Johnson to be immediately released from his role.

Allegations against Boris Johnson quickly arose and stated he “deliberately misled” Parliament, which were quickly referred to an investigatory Committee. With the investigatory committee substantiating the above allegations, Johnson resigned as an MP and was dubbed a “liar” in the House of Commons by Labour MP, Dawn Butler.

Although Johnson and other members seen in the video have since resigned, many members of the public still feel as though the end outcome was not enough. Although the politicians captured in the video were made to pay fines, and many resigned from their jobs, families still feel wronged as while they were suffering and unable to see their family, the politicians, the effective heads of this country who imposed these rules had breached them.

My question to you is: were the consequences enough? Did Boris Johnson need to resign? Can we still trust the government?

When did Rome really fall?

Pearl Patten 12S



For one thousand years the Roman Empire had control over almost every corner of the West. Its military pursuits, artistic endeavours and developments in architecture still have a significant impact on our world today. However, in September 476 AD, the Goth tribe, Roman's greatest enemy, overthrew Roman leader Augustulus and consequently ended the reign of the Roman Empire. All of this begs the question- how did the most powerful empire in the world fall apart after one threat to their power? The answer is- It didn't.

Whilst many cite the removal of Roman rulers following the 476 AD conflict to be the sole cause of fall of Rome, Rome's decline as an empire was inflicted by many other factors and over a much longer time period.

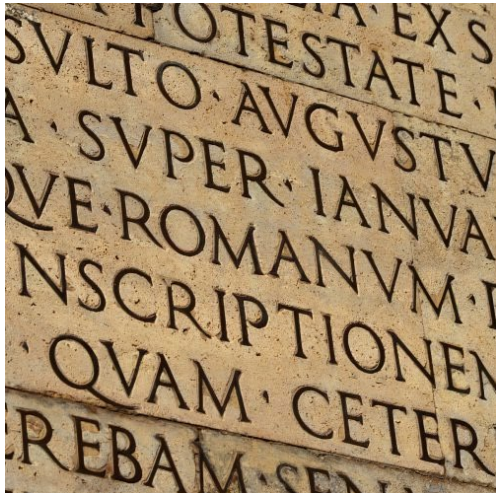
One of the main reasons Rome really fell was its economic status. Although the large size of the empire allowed Rome the power to hold influence and prestige in the world, it also prevented them from being able to properly fund and organise their entire nation.

As Barbarian tribes such as the Goths began to grow more and more Rome felt threatened and were forced to overspend on their military to maintain their frontiers. This defence mechanism was effective for some time, but the costs were unsustainable in the long run and Rome's defence had started to break down long before 476 AD. The economic crisis didn't only impact the army, it also had a huge negative effect on the public, who were suffering more poverty than ever before, and it put enormous stress on the Emperors of Rome who knew they could not protect the empire for much longer without it collapsing.

Another major factor that led to the fall of Rome was the rise of Christianity. The popularity of Christian beliefs directly contradicted the Roman Empire's polytheistic principles and rejected many of their classical traditions. These religious changes not only reduced the influence the Roman's had over culture but over politics too. Majority of the political landscape in the early ADs was made up of popes and bishops which created opposition within Rome's governing system.



In addition to the fall of Rome being a much slower and more subtle process than commonly made out to be, there is also evidence that Rome was in fact thriving, even after the success of the Goth's revolt in 476 AD.



Other than the loss of an emperor, the Roman empire stayed almost exactly the same after 476 AD. The new Goth rulers still utilised Roman infrastructure and governing systems, still printed Roman emperor's faces on their coins and most importantly still widely used the Latin language to communicate. The Roman Empire may have been under new management, but it was by no means fallen or destroyed at this time.

It wasn't until almost a century later that the economic problems and religious changes finally took their toll on the Empire. During this time period many of the Roman's buildings and structural implementations were destroyed, giving way to the Dark Ages.

From this we can see that contrary to popular belief, the fall of Rome was not in September of 476 AD as many seem to believe, it was a much more gradual process. By confining this majestic nation's end to one event we are massively undermining the gravitas of the Roman Empire and the long-lasting impressions it has made to Western society.



The Natural Law Theory in Today's Law

Arthi Vijayamurugan, 12H

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The natural law theory is an ideology that implies that human beings own an intrinsic sense of morality, and they innately want to behave in a way that is in the best interest of the general public. It challenges the concept that law and morality are completely separate, or that they ought to be separate.

Contemporary natural law theorists particularly attack the notion in legal positivism (the idea is that law is a social phenomenon posited into existence by human beings and legal systems are artefacts of human creation; the idea that there are different sets of social fact that determine what laws exist, not morality) that states that law is simply a set of rules that judges must apply to fact in order to make an adjudication. This is because they believe that adjudicators make judgments also using their own moral values.

An overwhelming sense of legal positivism in our current legal system can be sensed in the very recent issuing of the Illegal Migration Bill. On 7th March 2023 the Illegal Migration Bill was introduced to stop people from entering the UK on small boats. Rishi Sunak claims that this bill will deter entry into the UK due to the fact that the current citizens alone cannot be facilitated for; combat people smuggling due to the illegal trade that needs regulating; and make it easier to remove people who did not have a legal right to remain. There are many moral dilemmas that this raises as it does not considerably account for why people are seeking asylum, rids vulnerable people of the opportunity to even

put forward a case, immorally dumps people in countries such as Rwanda, and does not consider the fact that those from disadvantaged countries do not have the means to approach migration legally. Despite several human right concerns being raised, the source of law is parliament, and their ruling has no obligation to recognise what the public think or be moral.

This piece of public law has been argued to dismiss all mentions of morality as it is simply a rule that Parliament has sourced for convenience reasons. However, a natural law theorist would argue that this bill still completely stems from a sense of morality, but Sunak has simply directed this moral action to a different demographic compared to whom the public believe the morality should be predominantly focussed on.



The house of commons debating on a bill to become a law.

As explained earlier, many believe that vulnerable asylum seekers being unaccounted for in this bill means that there is no prospect

for morality to play a role in this law, however, natural law theorists would argue otherwise. Explanations for the issuing of this bill includes the intention to protect those who already reside in England. Rishi Sunak arguably exercised his morality by recognising the fact that the civilians of this country are currently suffering from the scarce resources, whether it be energy, healthcare, or food, and he would be perhaps acting immorally if he allowed this struggle to be increasingly strained by the entrance of more people into the country, and thus the entrance of more responsibility. Moreover, it could be argued immoral to be a bystander of the illegal trading that occurs on small boats that enter the UK, because it would be unfair to those who trade legally. Someone's priorities regarding morality may be warped due to their short-sightedness, their upbringing, or various other environmental factors, however, the concept of morality is still arguably present in the existence of law. Therefore, the law, in this case public law, can stem from the entrenched sense of morality that humans have which compels them to act in a manner that they believe is in the public interest.



Rishi Sunak's Stop the Boats Press Conference

The nature of sexual offences has been focussed on when discussing them under legal positivism, however positivists often find difficulty in justifying the initial existence of this criminal law. Statutory rape is an offence that privately

impacts people without affecting the entire economy, efficiency in society, or any factors that arguably serve solely for convenience. Yes, this law was posited into existence by people, however the positing of this law is simply the surface of how it came into existence, and the reason behind what this law truly is stems from a deep-rooted principle that 'no man may profit from his own wrong'.

In addition, the tort of negligence in civil law has been explained to play a regulatory role in society, simply to supplement civilisation, however it arguably also carries the weight of morality. The source of tort law is to shield society from chaos and pandemonium by establishing a court in which one individual can bring a claim against another, without resorting to private revenge.

To conclude, although a law may seem to have no recognition of morality, a natural theorist would argue that there are always underlying principles that govern people's behaviour that some observers may simply miss, and they consequently translate into law so when it comes to settling disputes that breach these principles there are clear outlines of how to handle the case. Moreover, as social, economic, and political climates continue to fluctuate, so does the rule of law, conveying how people's morality still plays a role in establishing legislation even if their morals are capable of being swayed by environmental factors. Therefore, it can be argued that under the current criminal, public, and civil law, an innate moral principle, that humans naturally want to act in the best interest of the general public, can be found.

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What is a sport?

Vithika Muli, 12T

I was sitting down one day, procrastinating as I usually do, when a thought crossed my mind. Is chess a sport? Unable to reach a conclusion, I naturally opened up my laptop and began some of the most rigorous and intense research of all my school life. What I was greeted with upon first searching up my question was numerous chess players insisting that yes, yes it is.

In fact, the International Olympic Committee recognises chess as a sport, specifically as a mind sport, something which I had never known was a category. Apparently, the Mind Sports Olympiad is an international event, held annually since 1997. While 1997 may seem ancient to some of us at CCHSG (not the teachers of course!), it is not quite an Olympiad rooted in history, and on their website, a brief description of the Olympiad is followed by a request to join their discord server. Pierre de Coubertin, one of the founders of the modern Olympics, rolls in his grave.



While gymnastics, dance and horse riding are all widely considered sports, with all but dance included in the Olympics, there are some who doubt whether they meet the criteria. All three sports require a lot of physical exertion (yes, even horse riding) and are able to be performed competitively, yet there is still some controversy over whether they are truly sports. In the case of gymnastics and dance, many call it purely aesthetic, as they consider it an art form. However, these people are the minority, with the majority of people recognising the years of training required to gain the skill required for both sports.



Although it doesn't look like it, horse riding is just as physically challenging, despite protests from a few that the horse is doing all the work. I won't get into all the nitty gritty of horse riding, but needless to say, the strength required to stay on your horse and control its movements is enough that it is an Olympic sport, and who are we to argue with International Olympic Committee?

According to pokernews.com, “given that poker is an activity involving physical and mental exertion with a set of rules and customs where players compete against others, poker clearly meets mainstream definitions of a sport”, which begs the question, what exactly are these physical exertions that players face in poker? Might the trustworthy website pokernews.com be a little biased? Amateur poker players in just an hour begin to get sore forearms, from picking up and putting down cards, moving poker chips, and not to mention the soreness from sitting for so long. Truly, poker can be considered just as physically demanding as, say, rugby.

It makes one wonder, however, whether competitive knitting is also a sport according to these so-called “mainstream definitions”. Martha Stewart, avid knitter, says, “Carson's book reminded me to drink water while I knit, confirming my secret belief that knitting is an athletic event and should clearly be inducted into the Olympics”. While her passion is clear, it seems she is taking the advice of Carson Demers, physical therapist and knitter, a little too seriously. If drinking water is the only criteria for a sport then I, one of the least coordinated people you'll ever meet, with terrible stamina, am also one of the sportiest people around. After all, I drink water constantly! How shocking that I have not yet heard the whispers of, “There she goes again, pushing herself to the physical extreme, “ every time I reach for my water bottle in English! Martha Stewart has unwittingly given water the ability to transform the mundane into the most challenging of sports. Bravo, Martha Stewart.



More feasibly, boxing is not only a sport, but an Olympic one. While the precedent itself of standing in a ring, swatting at another human in order to win a trophy seems a bit silly to the unseasoned viewer, it undeniably requires a lot of strength and endurance. However, in a turn of events, it seems that boxing will be excluded from the 2028 Olympics, perhaps leaving a space open for poker or chess? That is, if Martha Stewart hasn't already secured a place for knitting in the Olympics, as she so desires.

Admittedly, I could go on for a while into sports and half-sports, talking about pool or car racing and whether those fit the definition of a sport. Yet it seems clear that a sport must both be physically demanding, and also competitive, and while many things are competitive, such as poker, they are certainly not physically demanding, and some things are neither.

Why pets heal our minds

Samantha White, 12T

Pets can truly be a lifesaver when it comes to our mental health and wellbeing.

Cortisol, our stress hormone, can feel as if its running through every vein during the exam season. Stress levels can hit a fine line between helpful stress, and damaging. Pets are researched to reduce this hormone, making them the unaware heroes during distressing times. The happy hormones, dopamine and serotonin are also released when interacting with pets.

Feeling lonely is a widespread, mutual feeling for many. We often spend time with people who drain our social battery, which can make us feel even more lonely than before. Pets offer a different kind of unique support, which a human cannot. In fact, most pets can sense their owner's emotions as animals have intuition to what we are feeling.

Mindfulness is something we have all been bound to listen to and try at some point, and it may work for some, but our mental health is not linear. Mental health requires unmatched techniques to fit for each individuals' problems.

The Mental Health Foundation have affirmed that pets increase our motivation and give people someone important to care for and live for. However, we have to realise that not everyone can have a pet, or afford one. Spending time with a friend's pets, visiting rescue centres, and volunteering with animals have all the same rewards.

Exercising our brains takes place every day at school, but cultivating strong physical health is not so easy. Having a pet, such as a dog, encourages you to go outside, walk, run, and play. This acts as a great distraction from stresses, and keeping active. For any other kind of pet, that doesn't require walking, the feeling of a cat's purr, watching a pet fish swim, a guinea pig squeak, all evoke positivity.



The unconditional love of a pet, and your love back to it, provides a stable companionship and support, which you can always rely upon. If you are a person who struggles to be at ease without routine, a pet provides this, a structure to daily life, begging for food at the same hour every day, or whining at the door for a walk. Feeding and cleaning out enclosures or fish tanks every week, again, is a gift of purpose to our human experience.



New pet therapies are being implemented everywhere around us, as we see the healing effects of our companions. Essex Therapy Dogs provide an opportunity for comfort to those who need it. They visit establishments with their fully trained and assessed dogs to provide those moments of kindness and compassion. At some universities, therapy farms visit, lightening up the competitive and harsh academic environment.

Not only do animals emotionally heal, they are physical healers too.

Animals:

- Relax us
- Control blood pressure
- Reduce risk of heart attacks
- Help cardiovascular health

During the covid pandemic, many were left alone in their homes, many elderly people spent all day alone. Pets dramatically helped the elderly during lockdowns, getting them outside, and ensured they had a friend around the house. The bond between a pet and owner is similar to that of a paternal or maternal bond, dedicating time to care for a pet can make us feel accomplished as a human.

Self-care is of the utmost importance during stress, and exams. Taking evenings, even just an hour, to walk or cook something nice. A pet encourages these healthy breaks, having to go out to walk, or buy pet food, can spark new connections with people you meet. When I moved towns, my family did not know the neighbourhood well, but walking our dog interconnected us within the community. Our dog helped bridge the gap to interact with others

The Centre for Mental Health conducted a study with dogs and prisoners. Sadly, many causes of death in prisons are suicide and poor mental health. When the therapy dogs were introduced, feedback was positive. The dogs gave a safe space and were described as 'non judgemental', as a crucial aspect of the fact that dogs allowed them to express feelings and form important bonds.

So next time you're feeling stressed, animals are a cute way to get support.

Guimaras

Manggahan Festival

Zubiya Jafri, 12C

Mangoes are a cultural delight enjoyed in many countries including Pakistan, India and Philippines. With a range of variations of this fruit, from sweet to sour, mangoes hold significance as more than just fruits within the province of Guimaras in the Philippines. On May 22 1992, Guimaras, gained independence as their own province. This joyful day coincided with the peak of mango season. So the governor at the time, Emily Lopez, introduced an extravagant celebration during this season to commemorate their independence, known as the Manggahan festival. The festival is a fantastic display of Guimaras richness of culture. So, let's take a look at some of the activities which can be found within these festivities.

Imbukada

The festival begins on April 29th with the opening of the Agri-fishery and ecotourism expo and art exhibit, an open dance sport competition and a live band.



The highlight of the festival takes place on the weekend of May 19-22 where an influx of local and foreign tourists prepared to fully indulge in each of the municipalities showcasing their culture.

Mango-all-you-can challenge

This challenge is arguably one of the most anticipated activities during the Manggahan festival where ten tons of ripe mangoes are set out. The challenge is to eat as many mangoes as you can within the time limit of 30 minutes; the estimated total of mangoes consumed is an average of four to five mangoes.



Mango harvest festival

Within this activity tourists are given the opportunity to experience mango picking and pay for what they have harvested.

Sports

Manggahan festival has not forgotten about all their sports enthusiasts. There is the opportunity to enjoy water sports and jet ski showcases, judo, basketball, and a volleyball tournament, bike fest and much more.

Nightly entertainment

Nightly entertainment will feature different OPM rock bands, and the celebration will culminate with a firework display at the Capitol grounds, followed by performances of two big OPM rock bands on the last night of the festival.

These are just a few of the activities that the festival caters to, however there are non-stop activities which bring colour to this festival including a battle of the bands, a cook-off challenge, a bike fest, a street dance battle, a job fair, a colour fun run with celebrity guests, a folk-dance competition, and a dog show.

The festival ends on May 22, in conjunction with the **anniversary of Guimaras becoming a province**. On this special day a thanksgiving mass is offered before the province hood anniversary program and as if the festival couldn't get more exciting, five competing hubons from the municipalities will showcase the rich culture and history of Guimaras in the Manggahan Cultural Competition.



The Manggahan festival is an extravagant display of culture and blessings found within Guimaras, Philippines. The pack filled month caters to all tourists with their vibrant culture, mouth-watering cuisine, astounding landscapes of Guimaras and not to mention the 10 ton ripe mangoes set aside for this beautiful season. The Philippines isn't called the Mango Capital for nothing so buckle up and get ready for a breath-taking experience.



The Perfectly Imperfect Indian Revolutionary Movie: RRR

Maathumai Sivakumar, 12S

A year ago, I was, as usual, listening to Tamil songs on YouTube at home, when I made a discovery. Some background information for you - I'm from Sri Lanka and I speak Tamil, but most of us (Sri Lankans) consume Indian (Tamil) cinema.

The discovery in question was 'Naatu Naatu', a Telugu song which won the 2022 Oscar for 'Best Original Song'. Now, regardless of whether you've heard about the song or not, I'm not here to talk about that. Well, not just that. I could list many flaws in the re-enactment of the dance in the Oscars if that was the case, but that's bound to take some time, so let's talk about the movie it comes from, RRR. RRR is a Telugu-language movie which was released in 2022, and took a fictitious approach towards outlining an imaginary friendship between two freedom fighters, Alluri Sitarama Raju and Komaram Bheem. The movie was directed by S. S. Rajamouli, a Telugu director who has recently met particular critical acclaim for his blockbuster hit franchise, Baahubali. He's also instrumental in advocating the recent 'Pan-India' movement that became widespread as a result of the simultaneous release of Baahubali in Telugu, Tamil, Malayalam, Kannada and Hindi. It is not to be confused with dubbed movies, which are ad-libbed in the studio and paired with the original footage. Pan-Indian movies were coined solely for the purpose of achieving a wide reach across all of India, regardless of the language it was filmed in, as there are many film industries within India. The success of Baahubali in blurring the lines between the myriad of Indian film industries has allowed South Indian movies to gain similar traction to Bollywood movies in

recent years. Concerning RRR, I would like to dissect the friendship between the two freedom fighters as a means of informing readers of the Indian independence movement. I'm sure you've all heard of notable figures such as Gandhi, Bhagat Singh and Chandra Bose, however, there are many more obscure freedom fighters who were just as influential in driving India towards independence in 1947.



Let me give you an overview on both freedom fighters before delving into the movie's portrayal of their characters. Alluri Sitarama Raju, played by famed Telugu actor Ram Charan, was a sanyasi or 'mendicant' born on the 4th of July, 1897. He fought for the rights of tribals under the Visakha agency area in Andhra Pradesh against the British, which would have disabled them from keeping their Podu cultivation going via the Madras Forest Act, 1882. He was purportedly a strong believer in the 'armed struggle' and 'led raids on police stations of Chintapalli, Rajavommangi, Addateegala, Rampachodavaram and Devipatnam in order to seize ammunition and firearms in broad daylight.' However, for leading a huge revolt against the ruling

class, the British arrested him the 7th of May, 1924, and Alluri Sitarama Raju was later shot by them. In honour of his efforts, the Andhra Pradesh government created a district in his name, which comprises some parts of the Visakhapatnam and East Godavari districts.



Komaram Bheem was born on the 22nd of October, 1901 to a Gondu Family in Hyderabad State, British India and in current Sankepally Village of Asifabad Mandal in Komaram Bheem District. He was a revolutionary tribal leader who fought against the Asaf Jahi

Dynasty for the freedom of Adivasis through a guerrilla campaign. He was also responsible for allocating the forest the motto: Jal, Jungle, Jameen or 'Water, Forest, Land', meaning people of the forest are entitled to the resources in the forest. When Bheem was barely 15 years old, his father, Komaram Chinnu was killed by forest officials for asserting Adivasis' rights. Soon after, Bheem married a woman named Som Bai, moved to Bhabejhari within Gond and attempted to lead a normal life by Jhum farming. After being threatened by forest officials who forced him to leave his home and being compelled into hiding from police in Assam, Bheem worked as a labourer for five years, experiencing the frustrations of his occupation and teaching himself to read and write.

After having their cess forcibly collected from them, the Adivasis under Bheem's lead started guerrilla warfare and waged war against the Nizam army. This lasted between the years of 1928 to 1940.

Bheem and his followers died by shooting on the 27th of October, 1940, after the Nizam army was informed of

their hiding spot by a traitor. Adivasis consider Aswiujna Pournami as Bheem's death anniversary, and observe it every year.

Now, before delving into the fictitious relationship between these two freedom fighters in RRR, it should be recognised that the movie was equally met with both appraisal and criticism in India. Why, you ask? As much as it was emphasised by the crew that both characters assumed personalities that were potentially different to the figures they were based on, some didn't appreciate the Muslim depiction of Bheem in certain parts of the movie, who, as an Adivasi did not belong to any religion. Others didn't like the Hindu-advocating representation of Ram at the end of the movie, or the fact that his love interest was named Sita, as both were famed mythological characters from the Hindu epic of the Ramayana. Regardless, S. S. Rajamouli made it clear that RRR was a fictional work and not a retelling of the lives of the two freedom fighters.



All in all, the reason why R.R.R. worked so well that it surpassed not only regional barriers, but also international is because of its depiction of friendship, which is authentic and managed the impressive feat of bringing together two A-listers in the same movie, a feat which hasn't been seen in Indian cinema for decades. It validated friendships borne of a shared goal despite varying backgrounds, and justified both characters' weaknesses in that their respective strengths allowed both of them to overcome any difficulties which came their way, together.

“I think these are yours.”

Nikita Saha, 12E

Winters were always the most unwelcoming. Days were getting shorter, and the temperatures would dip so low, that stepping outside without a coat (for even a few seconds) seemed audacious. The sky would be washed to a monotonous grey and very rarely would the earth be blessed with timid rays of sunlight.

Sighing, I adjusted my hat, shoving back the strands of hair that fell loose by a blast of frigid air. The hat was one of the few items which I had managed to scavenge from someone's trash, along with a pair of battered gloves, though they barely held together the day after. Making use of others' waste was not only a daily ritual, but rather a necessity. To survive. To live. To pull through.

So were the coins in the plastic cup on my right. I leant slightly forward to study the small pile, assessing if I would sleep on an empty stomach tonight. Another sigh. Then a series of growls followed as if in answer. My mind wandered back to yesterday when a stranger had given me a freshly wrapped sandwich out of pity. “Poor thing”, he said.



Swallowing the little pride that I had, I had eaten it. I had eaten the sandwich despite the utter humiliation that came out of it, as he watched, satisfied.

I ate until I had finished every crumb, as my hunger was far greater than my pride...

... I snapped back, lifting my eyes back up, watching the tumultuous waves of people passing through the subway. The dim lights flickered as they shone through the continuous bobbing of heads. The specks of puddle water spraying my face didn't help either; I was greeted with a frantic “sorry”, a strained laugh a second later, and then the sound of heels clicking into the distance. Wiping away the grime, I pushed back onto the tiles of the wall and waited. Waited for the crowd – most likely passengers from the last train – to die down.



It kept on going: doctors and builders and students and couples. There were some faces I recognised from my previous visits, most of which, however, seemed to ignore my pointed glances at them, as I were some mere debris on the ground. Others tried to look sympathetic, but I could see through their façade. See their disgust. See their condescending thoughts. See their reluctance to walk near me.

Or so I had thought.

About twenty meters ahead, someone, however, was walking towards me. Not just anybody, I realised. He wore a uniform that was similar to a few others in the train station: radio, high-vis jacket, air of authority. From his unwavering glare, I knew what I had to do. He diminished the distance between us. Fifteen feet. Ten feet. Five feet. Without looking back, I made a haste towards the exit, clutching onto my two-days' worth of earnings. The uneven click of the coppers sounded, as I met the wrath of cold air. The shock lingered for a second, before the harsh familiarity settled in again. So, I continued. Continued jogging, until I could only see the white puffs of air escaping from my lips.

Shuddering, I eventually slowed down. My hands were aching for warmth; I slipped them into my pockets, along with the coins. Unfortunately, I pushed a bit too far, to the point that some fell through the hole, clattering onto the pavement. Crouching, I begrudgingly pulled my right hand out, reaching out for a ten pence piece. Numbing needles of pain shot through my fingertips, as they made contact with the frosty ground. A sharp inhale, and then I tried again. A pink-gloved hand appeared a moment later- it plucked at the ground, collecting the coppers.



"Here." A sweet, artless voice. "I think these are yours."

I croaked out a small reply of thanks, taking back the coins. I looked at her: why did she help me? A girl, around the age of ten, stared back with an expression that many wouldn't have. Her attire told me enough that she came from a wealthy household; she wore a fine leather coat and leather boots. Her cheeks were plump enough to tell me that she had no problem in daily consumption and her clear pronunciation was enough to know she was educated. We remained crouching. Both of us knew the differences that set us apart, yet she didn't move or seem repulsed by my image.

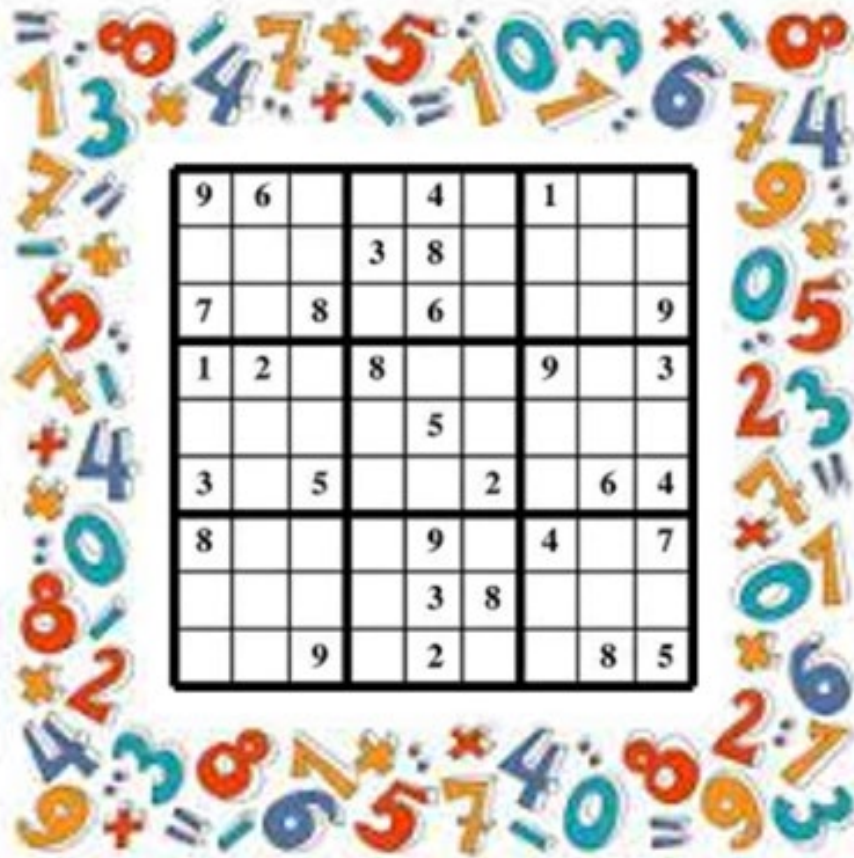
"It's so cold," she announced, dragging out the so. "I hate winter."



Despite the odd attempt to start up a conversation, I found myself wanting to talk to this child, for perhaps we weren't so different. Her grey eyes glowed a few shades brighter than the usual bleak sky. Sparks of interest and curiosity lurked in them, as she gave a toothy grin.

To my surprise, I smiled back.

Sudoku!



Source: <https://www.pinterest.com/pin/1027242055424542/>

"Back Yard" by Carl Sandburg

Nikita Saha, 12E

"Shine on, O moon of summer.

Shine to the leaves of grass, catalpa and oak,

All silver under your rain to-night.

An Italian boy is sending songs to you to-night from an accordion.

A Polish boy is out with his best girl; they marry next month;

to-night they are throwing you kisses.

An old man next door is dreaming over a sheen that sits in a
cherry tree in his back yard.

The clocks say I must go—I stay here sitting on the back porch drinking
white thoughts you rain down.

Shine on, O moon,

Shake out more and more silver changes.



PROBLEM SOLVING POLLY

“Hi Polly,

With exams going on, I’ve been feeling so overwhelmed. It seems like they’re never going to end, and I’m worried I’m not doing enough to study for them. What do I do?”

First of all, it’s okay to be feeling this way – it’s perfectly normal. Everyone is bound to feel a little anxious or stressed when they’re busy with exams. Oftentimes, they take over your life and soon they’re all you can think about until they’re over. But it’s important to remember that they will end. Your exams will be over before you know it. However, until they are well and truly over, it’s important to take care of yourself, especially since burnout is a very real possibility.

Stress isn’t necessarily a bad thing; a little bit can be healthy. It’s been found that it can be a motivator for tasks. Unfortunately, when stress starts to build up, it becomes harmful. Some of the signs that you’re suffering from exam stress are negative thoughts, forgetfulness, lack of motivation and a struggle to maintain your daily life. It’s important you can recognise when stress is taking control of your thoughts, because it can often make you think that you aren’t doing enough work, like you’ve told me, which is when you start to overwork and use up all your energy, which makes you feel more tired and drained than is healthy.

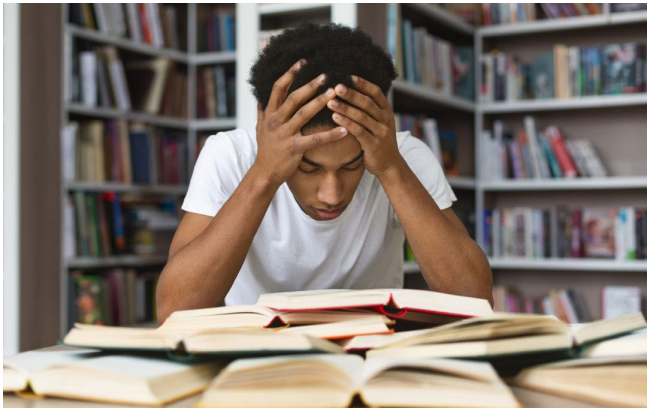
That’s why it’s crucial that you take breaks throughout your revision, even if you feel like you don’t deserve them, because breaks aren’t about whether or not you feel you’ve done enough work to warrant one. They’re needed, both for the body and the mind, after a long period of working, and it helps to allow yourself to rest a little before you hit the books again. At the end of the day, humans are animals, not robots, and we aren’t built to be working 24/7, so get up every now and then; go for a walk, grab a snack, or spend some time on one of your hobbies. Anything from watching a show or playing your favourite sport can make a difference, as long as you’re doing something you enjoy.



Figure 1: Studying with Friends

Studying with friends is a great way of helping the stress, since you’ll be surrounded by people you enjoy being with. Even if you aren’t revising for the same tests, simply being in a group of people can help force you to take breaks and socialise a little, ensuring that you don’t lock yourself away and isolating yourself, making you feel even worse.

On top of these tips, it's vital that you keep yourself healthy. Even if you don't have an appetite, eat something at mealtimes that you like, such as your favourite fruit, snacks etc. If you haven't moved much today, then go for a walk, or a run, since anything that counts as movement counts towards your health. Even just 10-15 minutes of physical activity can increase levels of serotonin, dopamine and norepinephrine, hormones which, among other things, make you feel happier. Regular exercise has proven to reduce anxiety and stress; the exact things which you seem to be struggling with.



Finally, after you've finished an exam, there are still ways to take care of yourself. Don't go over all the questions, comparing answers with your friends and worrying about something which is now out of your control. Instead, make plans to reward yourself. You could plan an activity such as going out to eat with your friends, or if you have another exam to study for, make sure to take a little time to relax and recognise all the work you've been putting in before launching back into work.

The most important thing to remember is that you can ask for help at any time. Keep in mind that these tips are simply coping mechanisms to help reduce these feelings you're having, but they aren't necessarily a cure. Talking to someone, a friend, family member, or trusted teacher, can help you to truly acknowledge that you aren't alone in this. Many people feel this way, or have felt this way at some point in their lives, and it does pass.

Wishing you luck with your exams,

Problem Solving Polly