

PENGUIN

WINTER TERM 2023



Letter From The Editors

Dear Readers,

We are sad to announce that this will be our final issue as Editors-in-Chief; working alongside our amazing team and Ms Pearce has been wonderful, and we've loved watching each edition come together as students across all year groups have contributed and shared their creativity. The Penguin will certainly be left in good hands and we are confident that next year, as we hand over, it will be full of even more fantastic content and we can't wait to see how the magazine will continue to flourish. With that being said, we hope you enjoy reading this Winter issue, which once again sees even more amazing articles and designs, covering a diverse range of topics. On behalf of The Penguin Team, we hope you have a great holiday!

- Mila & Nicola

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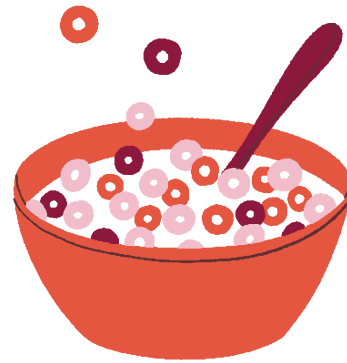
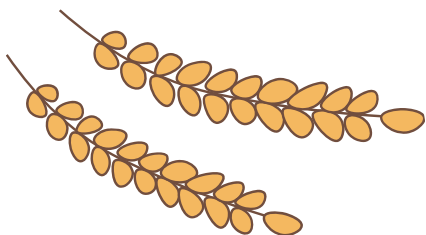
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Can You Have Cereal For Dinner?

Cereal. It's the classic rushing out of the house, have to cram in a meal in under five minutes breakfast. Whether you pour the milk or the cereal first, prefer your Weetabix soggy or crunchy, or even controversially add fresh fruit, cereal plays a part in all our lives. I am not a breakfast dictator and firmly believe in the totally unique idiom that I coined: live and let live, but on one point I cannot be lenient. Cereal is a breakfast food. It is not brunch, not lunch and certainly not dinner. After a long day of school, especially in winter, you want something warm, filling, hearty - a lovely stew, steaming soup or even a cheeky casserole.



The last thing you need is cold, overly sugared, ultra-processed cereal. My opponents will say, but what about muesli? It's a perfectly healthy and low-sugar breakfast alternative. To which I say, nobody should be having muesli. It is horrible. Cereal is characteristically not full of nutritional value and not that filling, which is fine for a quick bite to eat in the morning, but for dinner, your last meal of the day, you should have something nutritious that fills you with energy, so you can do that homework I know you've been avoiding.

Written by Isabella, Y13
Designed by Lydia, Y7

How To Escape Your Own Reality

Now, obviously, none of us can escape reality for a long enough time to completely forget about our problems, no matter how small they may seem, but I have some ideas on how to support you in keeping yourself on top of your stress levels and relax in a way that suits you.

I have a few ideas, but one in particular I like, which, I know, it's cliché, but works so well for me, is finding a hobby. For years, people said, 'find a hobby', and I never listened, because I never found anything I was truly invested in – until recently. For my birthday I received a record player, and it has been the best gift I've ever received – listening to music is my new hobby, and it helps me escape my reality. Finding music that you enjoy releases dopamine, a hormone that positively affects your brain and can impact your thoughts in a relaxing manner, whether you begin feeling more confident in who you are whilst dancing with a hairbrush mic, or imagining yourself in your own music video riddled with main-character moments, it can boost your mood enough to be able to return to your work, without a brain crash. It is my favourite way to escape reality, even for a second, whilst screaming the lyrics to "We Will Rock You" and annoying my family.



Secondly, give yourself a personal spa day. Again, a cliché, but the way I see it is after a warm shower (and singing session within it), even a face mask from Superdrug and facial cleanser can refresh and

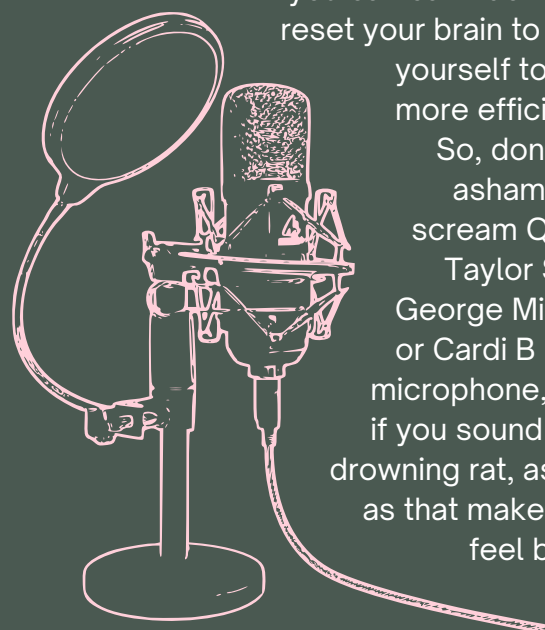
revitalise you. Just feeling the experience of a relaxing treatment can make you feel calm and at peace with yourself. The release of endorphins, which relieve pain and stress as much as possible, is definitely a refreshing change from the hustle and bustle of day-to-day life.

Furthermore, another of my favourite tactics to relieve stress is taking a walk. Now, this can be "performed" in any way people desire, whether you make it fulfil your aesthetic, by wearing a specifically selected outfit, grabbing a hot drink and enjoying the scenery and maybe reading a book, or you can run around in the rain and have a playful time in the woods. Either way, by ignoring your life where stress is associated (desk meaning studying and hard work/mirrors meaning thinking about your insecurities) and embracing the world around you that doesn't focus on the Pythagorean theorem can make you relax and feel far better.

My underlying point here is Take. A. Break. It's important, you need it. If you don't, you will get a burden of work and that annoying tingling feeling of anxiety whenever you're trying to enjoy yourself; by taking a break,

you can calm down and reset your brain to allow yourself to work more efficiently.

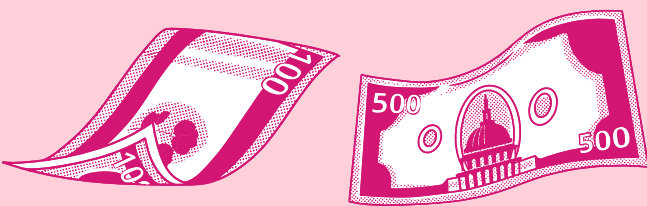
So, don't feel ashamed to scream Queen, Taylor Swift, George Michael or Cardi B into a microphone, even if you sound like a drowning rat, as long as that makes you feel better.



Swift's Eras Tour: Pop Music Meets Inflation

These are two things you would certainly not expect to be put together; however, in light of Taylor's recent success with her Eras Tour which pays homage to her 17-year career, it is hard for her impact on the economic world to go unnoticed.

Anyone who has tried to get tickets will know of the struggle, and likely disappointment, of doing so, the selection being purely a game of luck. This serves to show the astronomical demand faced, so much so that the platform 'Ticketmaster' crashed due to the heavy site traffic. To somewhat gauge an idea of the scale of the tour, it is set to become the biggest of all time, despite it being only a third of the way through its run. By next March it has been estimated that it will likely surpass the \$1 billion mark whilst touring internationally, exceeding the record of Elton John's, which accumulated \$939 million and spanned multiple years.



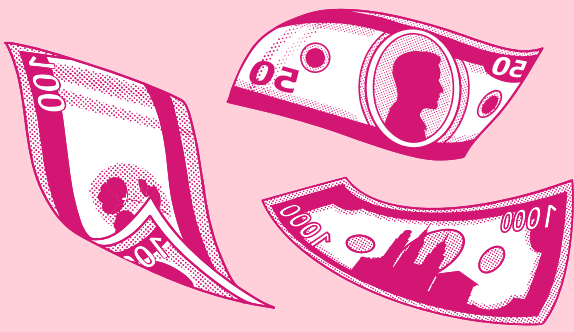
Beyond being an appreciation of the fans' love of her music, bringing lyrics that resonate with many, the success generated has been a culmination of various other factors, one proposed reason being the timing, providing an immersive live-music experience post-pandemic, as Alice Enders, a music industry analyst and former senior economist of the World Trade Organisation suggests: 'We are in an experience economy where people crave going out and participating in social events'.

Furthermore, she has succeeded in revolutionising the music industry enterprise by gradually re-recording her songs in a bid to retain master rights; she has demonstrated a connection to her body of work in ways that few other artists have, by writing all her own lyrics and being protective of that.

There is no doubt therefore that she has generated significant amounts of revenue for each city she's visited, and money is also being spent on other complement goods, such as hotels, outfits and merchandise; these expenses typically amount to \$300 for every \$100 spent on live performances yet, for the Eras Tour, this figure rises exponentially as Swifties on average are willing to drop an estimated \$1,300-1,500, boosting local economies by hundreds of millions of dollars in one weekend. In the United States alone, it has been estimated that the tour will generate close to \$5 billion in consumer spending. Another somewhat unprecedented source of revenue has been due to the growth of physical copies of her music.



Image: AP Photo



Enders highlights how ‘streaming has taken over the purchase of the physical album product, but Taylor Swift is among one of the few artists that still makes money from vinyl and CDs because they’ve become collector’s items for her fans’. In fact, her album ‘Midnights’ was the top-selling vinyl record in 2022, with 945,000 copies sold, making it the best-selling physical album since 1991. In addition to that, for those who didn’t manage to attend the live tour, or indeed wish to experience the thrill again, the documentary of the process was recently released; first day sales alone topped \$26 million and are expected to reach the standards of other high-grossing movies such as ‘Barbie’.

These staggering figures demonstrate the amount of money circulating as a result of this tour, therefore it is not surprising that experts have been suspicious of her potential influence on inflation, which is a general and sustained increase in the price of goods and services.

The standard way of measuring this is done using the Consumer Price Index (CPI), which compares the prices of a basket of goods and services over time. These prices are weighted, so it takes into account the proportion one might spend on such things. In this instance, concerts, theatres and cinemas have a weight of less than 0.8% in the basket, so it would be unexpected for nationwide inflation to jump as a result of a single event unless, of course, it is on a scale like that of the Eras Tour.

It could be argued that price rises in one area should be offset by falling prices in another, therefore limiting the impact on inflation; this likely is due to the fact that consumers will try to save money, after spending so much on tickets, by refraining from staying in hotels for example. However, this is not necessarily the case for countries with much smaller populations, which could indeed face a small, temporary bump in inflation, as Tony Yates, a former economist at the Bank of England suggests. This may be seen in Singapore, a city state of around 5.6 million people, where six shows are scheduled – her only dates in South-East Asia. Theoretically, this would allow roughly 6% of the population to attend, with many also flying in from across the region. As a result, there will no doubt be a surge of demand which in turn also limits the supply of hotels. The analysis then follows that prices will rise in order to accommodate for the excess demand which could be sufficient to slightly raise the level of inflation. Adding to this effect is the fact that people will likely be taking out money from their savings in order to finance the tickets: when people save less and spend more, inflation similarly rises. Despite this, the surge would only be short-lived as prices will once again fall in line with the decreased demand following the end of the tour in that area. For this reason, Mr Yates reassures central bankers that tours are probably not something they should worry about.

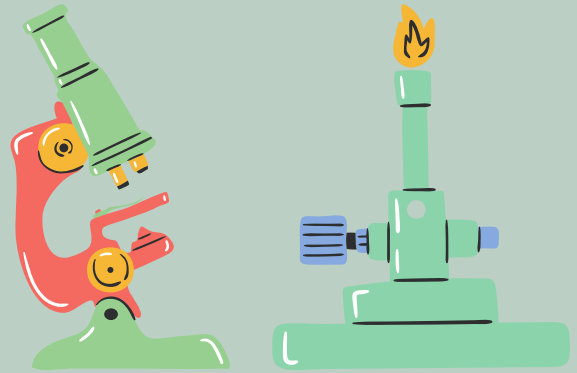


Written by Nicola, Y13
Designed by Zara, Y12

Who put the A in STEAM?

STEAM: Science, Technology, Engineering, Arts and Maths, the latest 'woke' translation of an old concept into a new one. At its heart, the intentions are good – by including the Arts, institutions want to bolster STEM learning and lead to new student understanding, reaching out to a wider cohort. But not all are keen to usher in the new acronym – there are fears it will dilute (and detract from) the original message.

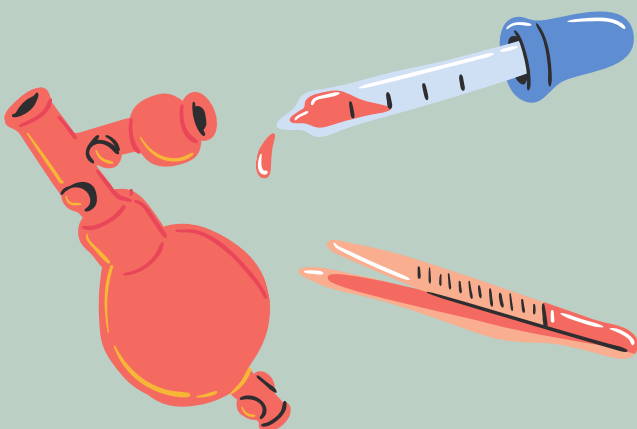
The term STEM was first introduced in 2001 as a re-ordering of the U.S. National Science Foundation's 'SMET' acronym. The acronym had been used in the same way as STEM is today: a quick way to group together the four core disciplines of hard sciences, seen as vital in capturing people's attention to encourage them to study STEM and therefore fulfil the growing demand in the workplace for programmers, engineers, scientists and mathematicians. Everyone loves a catchy acronym - would 'LASER' tag be as appealing if it were called 'Light Amplification by Stimulated Emission of Radiation' tag? But it seemed SMET wasn't catchy enough - it wasn't a real word, and its aural similarities to words like 'sweat' weren't great. The name needed to change so people's minds could make and hold positive connections. So, SMET became STEM – with the image of a green shoot, new life and opportunity instinctively coming to mind - and new momentum came to the acronym.



In 2005, STEM got its own caucus in the American Congress (the bipartisan Science and Math (STEM) Educational Caucus, aiming to strengthen STEM education at all levels). In 2008, it started grabbing headlines. Now, people were beginning to pay attention.

This was more necessary than ever, as shortages in STEM-skilled workers became more acute. In 2010, nearly half of all organisations told researchers they were struggling to find staff with STEM skills, and even more companies expressed concerns about an increased shortage of employees over the next three years. In 2018, the shortage of STEM workers was costing businesses £1.5 billion a year in temporary staffing, additional training costs, inflated salaries and recruitment.

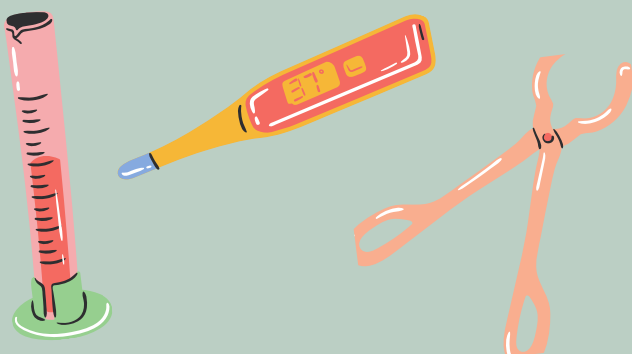
Grouping together STEM disciplines not only meant they were easier to present and start conversations about but emphasised their connections - in any one of the subjects, you need a baseline understanding of the others. Students within one of the STEM disciplines felt more connected to the other disciplines and began to place additional value in them. As a result, students accessed a new depth of understanding in their subjects, by drawing on knowledge and experience in other areas they previously might have thought unrelated. It is partly this idea of subject interconnectivity and transferable skills that STEAM supporters want to hack into.



Teaching the Arts with STEM could encourage more diverse and creative ways of thinking. This diversity of thought could help to break down the stereotypes of STEM careers being information orientated, based on facts and statistics, instead promoting the idea that those in STEM should also learn ‘soft’ skills, as those in the Arts do. After all, a doctor needs to communicate with a patient just as much as an actor needs to communicate with their audience. By incorporating skills from the Arts with STEM careers, more capable employees could be seen going into the workplace.

Furthermore, viewing and experiencing art stimulates the ventral striatum, the same part of the brain associated with learning, and studies have shown that students with a strong foundation in the Arts perform better academically as a whole - the University of Florida found “on average, students who study the arts for four years in high school score 98 points higher on the SATs compared to those who study the same for half a year or less”. As such, the incorporation of Arts subjects while teaching STEM could mean student’s understanding of it becomes more comprehensive, and the learning more accessible.

However, adding A to STEM could distract from the original message that urged people to follow STEM careers, despite preconceived ideas of difficulty or lack of flair. As a result, people considering a career in STEM may be tempted to switch to the Arts, due to the readiness and constant apparentness of the option in the STEAM acronym. If you want Chinese food, you go to a Chinese restaurant; if you want to go into Maths, you start looking into STEM.



But if the Chinese restaurant is selling burgers as well as noodles, you may find yourself tempted to go for something you did not come for - and if Arts are on the menu, Pythagoras and Newton may get left behind.

Additionally, students studying STEM don’t need it to be called STEAM for them to have studied - or to study - the Arts as well as STEM, and to apply creative thinking to STEM. Nothing is barring Maths being taught alongside Music; studying the Sciences doesn’t mean you’re banned from Drama. The benefits of STEAM are not exclusive to changing the acronym - they could also be accessed through a new style of teaching, one that places more weight on soft skills and more creative ways of thinking.

There’s been a huge push to increase the accessibility of STEM careers in the last few years. In 2019, STEM subjects accounted for 41.3% of A-level entries, part of a steadily increasing trend from 40.7% in 2017 and 29.6% in 2016. But still, the consequences of further distractions from increasing participation in STEM could be dire. Though the Arts, and the soft skills they develop, are important, STEM areas are experiencing hundreds of job vacancies, whereas the Arts have been described as ‘oversubscribed’ - a word that doesn’t seem so harsh when you consider that over 2,700 new English books are launched every day. What we should focus on now is not changing the acronym, but changing the teaching, encouraging the Arts alongside STEM, and integrating more creativity into STEM. We don’t need STEAM, but we do need to rethink STEM - after all, rethinking is what innovation is all about.

Written by Chiara, Y11
Designed by Zara, Y12

Worms (and other disgusting long things)

I would like to warn anyone who finds worms (or other long, slimy things vaguely resembling shoelaces) disgusting against reading this article. While some of the species listed are perfectly harmless and, in my opinion, some of the greatest animals to ever exist, others are undeniably repulsive. In fact, most of the species listed below are either parasitic, hideous or both. You have been warned.

Firstly, there are two terms mentioned in this article that should be clarified before I start ranting about worms for the next page or so: Annelida and Nematoda. Annelida is a phylum of segmented worms which includes earthworms, leeches and many others. It is defined by ring-like segments across the body and is said to be the most complex form of the worm-like body plan. Nematodes, or roundworms, belong to the phylum Nematoda. These are worms with smooth, unsegmented bodies that include threadworms, whipworms, etc. Although these are not the only phyla in which worms can be found, they are mentioned more often in this article.



The first worm on the list (and the most cheerful) is the Christmas tree worm, *Spirobranchus Giganteus*, so named for its elaborate colourful crowns. These annelid worms are perfectly harmless filter feeders which use tiny hairs called cilia to create weak water currents around them. The currents allow the worm to bring in and digest phytoplankton without moving, as the worms often hide their bodies into burrows when startled and leave only their crowns exposed.

They have a lifespan of about 40 years but often die earlier due to unexpected changes in their environment or predation by sea urchins, crabs and shrimp. Christmas tree worms are found in tropical oceans between the Caribbean and Indo-Pacific, in shallow waters where they live in groups of up to 100 per coral head in stony or brain coral habitats. They are polychaetes (marine segmented worms often adorned with bristles) that can grow up to 3.8cm in length and remain sedentary for much of their lives.



The tubifex worm, also called the sludge or sewage worm, is a slimy annelid worm that thrives in polluted bodies of water up to 3m deep. Tubifex worms can grow up to 20cm in length and will bury their heads in the sediment to feast on dead plants and bacteria, leaving their tails to float around in the current.

They breathe through their skin, by letting oxygen diffuse into their bodies from the surrounding freshwater, which makes them perfectly adapted to low-oxygen environments in which few other species can survive. What is possibly the most repulsive fact about these worms, however, is that in the absence of sewage to cling to, they will clump together and form giant squirming masses, as movement from one worm causes the rest of the colony to move as well. Despite their monstrous appearance in groups, tubifex worms have several uses, such as determining water safety and serving as live fish food.



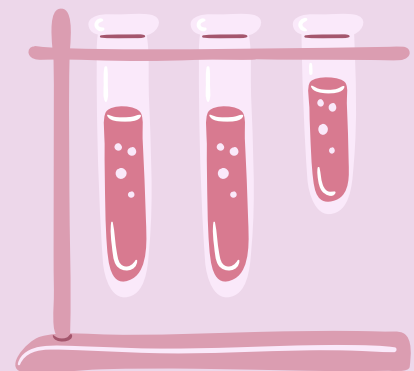
If you started reading this article in hope that you would find something straight out of a post-apocalyptic horror movie, look no further than the horsehair worm. These vile little worms grow up to 4 inches long and are parasitic menaces to insects such as crickets, roaches, beetles and grasshoppers in the worst possible way. The larvae of a horsehair worm are eaten by an unsuspecting insect and hatch inside the host, slowly growing in the insect's abdomen and digesting their insides until they are almost adults.

Then, the worm will take control of the insect's body and induce responses to light, driving the insect towards a body of water. Following this, the horsehair worm will tear out of its host's flesh, possibly drowning the insect in the process. The worst part is that they're deemed beneficial, as they control the insect populations.

The last worm on the list is the Guinea worm (*Dracunculus medinensis*), a parasitic nematode found in remote parts of Africa. Guinea worm larvae are consumed in



dirty water, where they will grow beneath the host's skin until they reach up to 80cm in length before erupting through the skin around the ankle 10-14 months after infection. And the worst part? The only treatment available after then is to wrap the worm around a stick and remove it centimetre by centimetre over the course of weeks to prevent parts of the worm from breaking and being left inside the body. There are no vaccines or other treatments available, besides possible surgery to remove the worm quickly. However, the disease is now almost entirely eradicated, with ongoing efforts having brought annual cases down to 15.



Written by Sofiia P, Y10
Designed by Amalie, Y12

Mic drop: a survival guide

If you haven't flicked past this article yet, there's a good chance that you're something like me. Perhaps you shy away from icebreaker questions - for example, the age-old 'What do you want to be when you're older?' Perhaps you don't believe that, in the immortal words of my mother, 'There's no career in music.'

- a** She is wrong.
- b** But only if you're smart about it.

This guide explores some of the steepest steps to break into the world of rising stars that is the music industry, and more importantly, how to become one of them.



Tip 1. School Clubs

I'm sure I can't be the only one who sat down after choosing clubs and realised: 'Oh wait, I picked seventeen music clubs, none of which are related - and five are at the same time.' It's very easy to do and much harder to rectify because it inevitably leads to a very stressful lunch break of figuring out which to drop.

So if you're like me and have (secret) hopes of breaking into the music industry, here's a quick guide to the best clubs:

- **Student Voices:** If you're into pop music and slightly chaotic vibes, this is the choir for you.
- **Concert Band:** Provided you play a wind or brass instrument, anyone in years 7-9 is welcome to play a variety of styles and gain experience playing with others.

Tip 2. Practice

"I do practise!" I hear you say. But the question is: Do you practise right? There are essentially infinite ways to practise, but only some will work for you, and only some of those will be effective.

Do: Set a timer. Realistically, you are more likely to practice for the full half-hour (or hour, or whatever time period works for you) if you hold yourself to it.

Don't: Get too comfortable. This sounds absurd, but there's truth in it: if you practise a piece wrong, chances are you'll perform it wrong.



to the music industry



Do: Drill yourself. If, as I do, you have an upcoming grade exam, I find it very helpful to repeat the same bar/melody/scale until I can get it exactly right a few times.

Don't: Just practice one thing. Chances are, you will be given multiple pieces of music to practice, and you won't be at exactly the same level playing all of them. Identify your weaknesses (perhaps you always get the end of a piece wrong?) and target them as you practice.

Tip 3. Auditions

Every music student fears three things: exams, auditions, and their music teacher after conveniently forgetting to practice all week. I'm going to focus on the second, as it's perhaps one of the best ways to grow your talent. There are plenty of audition opportunities around school, such as for chamber choirs and orchestras and for the Rock and Pop Concert, and I advise throwing yourself into them - with the proper preparation.

My #1 Tip for auditions is to pick your material wisely. Familiar pieces, preferably ones that align with your ability, are the Holy Grail of audition success. Two key things to consider when choosing a piece: does it show off the

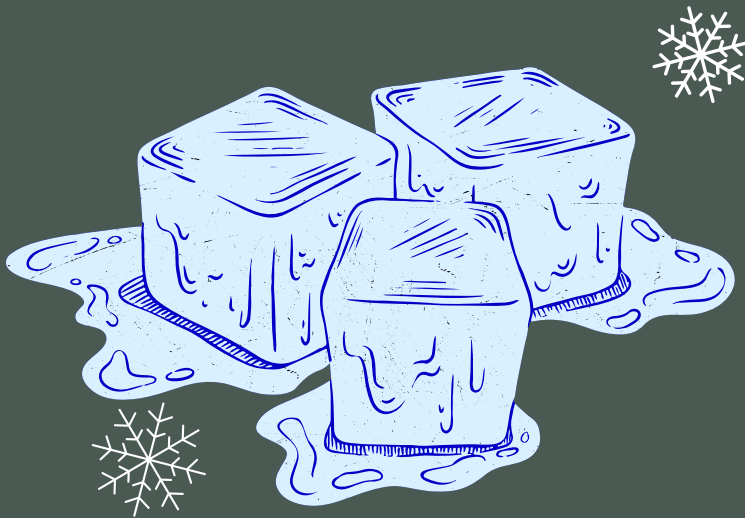


range of your instrument and does it match the genre you want to play? It's generally a good principle to not perform a classical piece when auditioning for a pop band.

From callbacks to contracts, from interviews to internal auditions, the world of music is a complex place, and so much of it can't be picked apart in just two pages. In Taylor Swift's words, 'It's hard to fight when the fight ain't fair', and the music industry isn't always fair. There are ups and downs, there are flaws and biases, and there are good people and bad people. But in the end, everything comes down to confidence, determination, and knowing your goal. And maybe one day, one of us can become a gear in the ever-changing, ever-closer system that runs the world of music.

Written by Electra, Y7
Designed by Ivona, Y11

Why Do Some People Crave Ice?

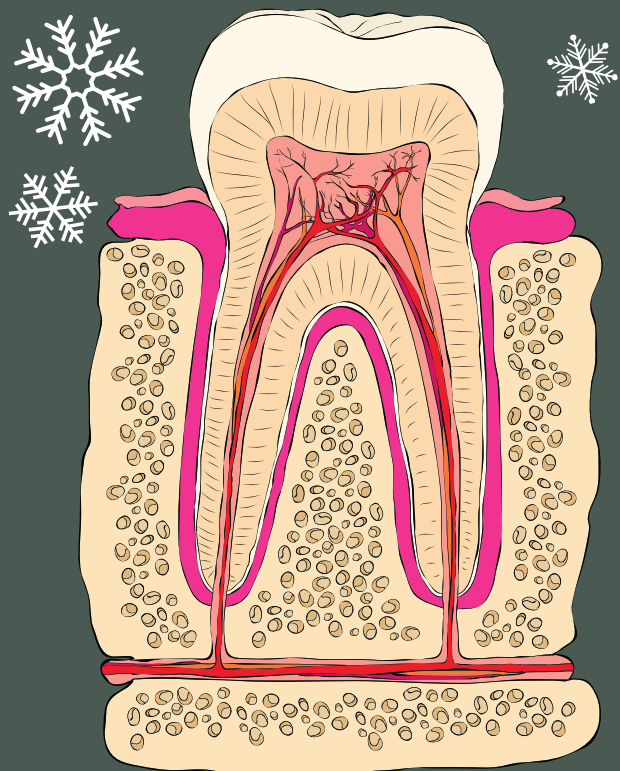


You may have heard someone you know talk about how they crave ice. Although this could sound slightly absurd or like a melodramatic way of saying they like crunching on ice occasionally, it is actually a condition. I am not referring to just munching on ice cubes left over after you have finished your drink, but a more persistent and intense craving for chewing ice. This is known as pagophagia, which is a type of 'pica': a craving for substances that have no nutritional value, like ice, clay or even soil.

Surprisingly, pagophagia is often connected to an iron deficiency. People who crave ice may also experience symptoms such as pale, dry skin, headaches and a rapid heartbeat, which are all associated with anaemia.

Iron deficiency anaemia is when iron levels in your blood are too low, so your body does not produce enough red blood cells, which carry oxygen around the body.

This often occurs due to blood loss or pregnancy, which may explain why so many women report a craving for ice during pregnancy. In one study, 16% of people with iron deficiency anaemia reported a strong craving for chewing ice, and although the exact reason is not known, it is believed that this helps with feeling more alert and mentally sharp, to combat the fatigue associated with anaemia, since more blood is sent to the brain.





However, there are several reasons that may be the cause of pagophagia, which include other deficiencies, like calcium deficiency, or xerostomia (dry mouth). Calcium deficiency, also known as hypocalcemia, can occur due to a lack of vitamin D and may result in brittle nails, chest pain and muscle cramps. Xerostomia is the condition of not having enough saliva to keep the mouth wet, often due to dehydration; chewing on ice, therefore, not only hydrates someone with xerostomia, but also keeps moisture in their mouth.

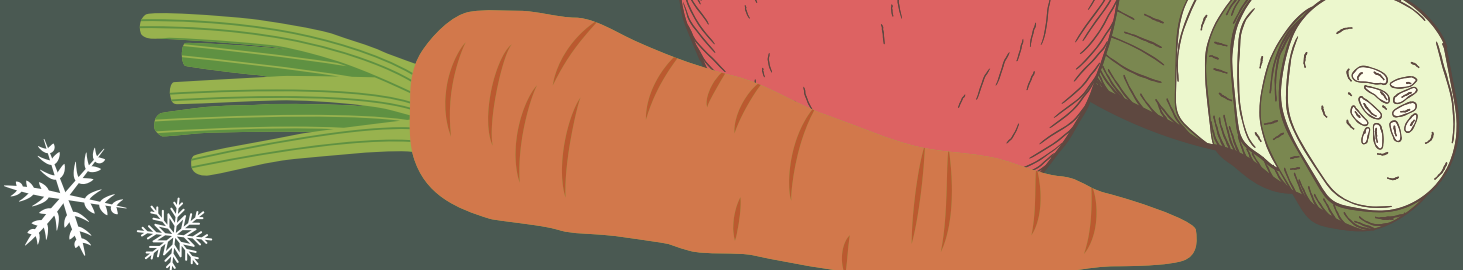


Unfortunately, chewing ice can be very damaging, especially if done regularly. According to the American Dental Association, ice is one of the top ten foods that can harm your teeth. This is due to the fact that it can damage your enamel, leading to an increased risk of cavities, or irritate your gums, causing gum recession. If you have braces, the ice could also cause them to break or bend.

Luckily there are treatments for pagophagia and alternatives to ice. If the pagophagia is connected to iron deficiency, then eating more iron-rich food, like eggs and leafy greens, and iron supplements will increase the iron in your diet, causing an increase in haemoglobin levels in the blood so more oxygen can be carried by red blood cells. Alternatives to ice include cucumber slices, carrot sticks and apples, or any food that has a similar crunchy texture. Dentists also recommend letting the ice melt in your mouth to avoid chewing it, although this may not satisfy the craving as well as a carrot stick.

Written by Mila, Y12

Designed by Irene, Y13



An Exclusive Interview With Mrs Paul

What has been your favourite house event at the school so far?

So far, my favourite is house music, but I am very excited for lip sync – I do really love lip sync myself so I am definitely excited for that.

Do you have any peculiar hobbies?

I have tried to learn ballet as an adult. I don't think it's peculiar to do ballet, but perhaps it's peculiar to try to master it beyond childhood – it's been a real challenge, but I have really enjoyed it and I ended up going to the Central School of Ballet to learn. However, I have paused as my life is quite busy at the moment with my new job.

What type of biscuit are you?

I'm going to go for the M&S extremely chocolatey round biscuit. It reflects my own obsessive love of chocolate – if you look in my bottom drawer in my office you would find a lot of chocolate in there.

On a similar note, what would you say is your spirit animal?

Oh, that's a really interesting question. I think I'm going to start with a deer because of my love of movement, like dance. I'm also rather drawn to the giraffe, for reasons I

can't define, but whenever I take my children to the zoo it's where I head, to see the giraffes.

If you could only watch one movie for the rest of your life, what would it be?

I'm going to go for *Encanto*. I think its messages are great. I love that it explores Colombia, I like the characters and the music.

What is an experience that you've had that has changed your perception or opinion on something?

I'm going to go for two, one more serious than the other. Having my children has really changed my perception of life because it gave me a lot of perspective of what's important; as a working mum it's really helped me to realise that perfection is not possible, that you've just got to make the most of life and accept that you have to make compromises – you can have a really enriching life experience if you accept you're not aiming for perfection, just embracing as much as you possibly can.

Perhaps a more light-hearted experience happened quite recently,

on Halloween, when I took my children trick or treating. As we approached a house, I heard screams of “It’s the headmistress!”, and it was a South Hampstead student. I heard people running inside and then someone opened the door with a lot of chocolate, which made me realise that I have become vaguely known in the local area! I feel lucky to be leading a school where people are so generous and enthusiastic.

What would you say you have enjoyed the most at SHHS so far?

The eclectic events – from big things like dinners with parents to all the different clubs. I loved the ukulele performance that took place spontaneously just before half term. That’s one thing I love about our school - just how many different things are going on at one time. The sheer diversity and energy really encapsulate SHHS.

What has been one of the most difficult obstacles to overcome as a new headteacher?

With over 1000 pupils and staff in our community – as well as so many wonderful parents and alumnae – it’s taking me longer than I would like to master remembering so many names, but I am getting there! On the plus side, I am thoroughly enjoying getting to know everyone. People have been so welcoming.

What’s one of your main aims that you would like to accomplish at the school?

I want you to feel part of where we should go next. SHHS has done so well in the past, which is something to be very proud of. And it’s important we continue to evolve - there are so many opportunities to shape an exciting future as we approach our 150th anniversary in 2026. My fundamental goal is to ensure we celebrate and build upon everything South Hampstead has become and to deliver an illuminating and innovative experience for every individual. I want everyone to feel able to contribute to what our future might look like.

Do you have any key takeaways that you would like to share with the girls?

I would love to hear from you all and would encourage everybody to come and visit me in my office. I enjoy being part of a school, shaping and changing education, and doing that with people. You are always welcome to visit me anytime. I do have all those chocolates in my bottom drawer – I’m very happy to share!

Interviewed by Mila & Nicola, Y13

Designed by Nur, Y13

Operation Mincemeat

a musical review

Operation Mincemeat is the new hit West End musical. Based on a true story, this spectacular show has risen from the Fringe Festival to the Fortune Theatre, gaining 64 5-star reviews. Based on real events from WWII, it follows Charles Cholmondeley, Ewen Montagu, Jean Leslie and Hester Leggett, who are about to gamble all of their futures on a stolen corpse. They aim to fool Hitler into withdrawing his troops from Sicily by convincing him that England's next move is to invade Sardinia. This cast-written show is packed with songs to make you laugh, cry and everything in between. The actors are extremely talented and really 'become' their characters. Eton-educated Ewen Montagu (played by Natasha Hodgson) swanks about, proclaiming that he is 'His Majesty's finest' and, in response to Charles Cholmondeley's (David Cumming) question (in which the cautious, rule-abiding Charles asks, 'Is any of this legal?') he replies, 'That's a good question. The answer is, of course, never mind'. The standout cast member, however, is Jak Malone. His acting style is very versatile, from sinister coroner Bernard Spilsbury and a valiant submarine captain to an over-enthusiastic and optimistic American pilot. However, Jak's outstanding role



from left: Zoe Roberts, Jak Malone and Natasha Hodgson in Operation Mincemeat. Photograph: Matt Crockett

as Hester Leggett, the matron figure of MI5, is a cut above his other parts. Malone's performance of 'Dear Bill' (a song written about a loved one who went down fighting in WWI) is sure to make tears stream down your face. This meaningful number makes you commiserate with Hester and her loss and makes sure that this musical is planted in your head as the best you've ever seen. It will be your favourite every time you see it.

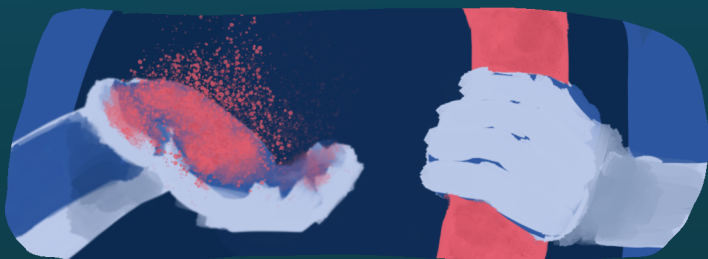
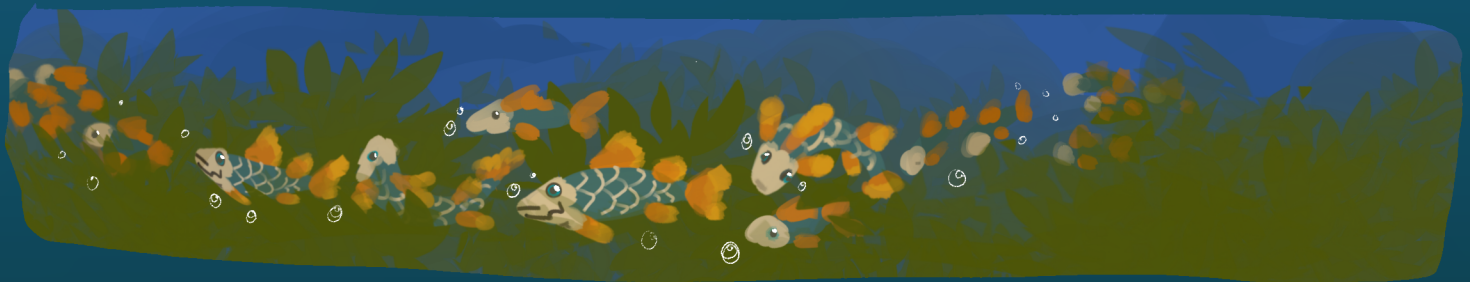
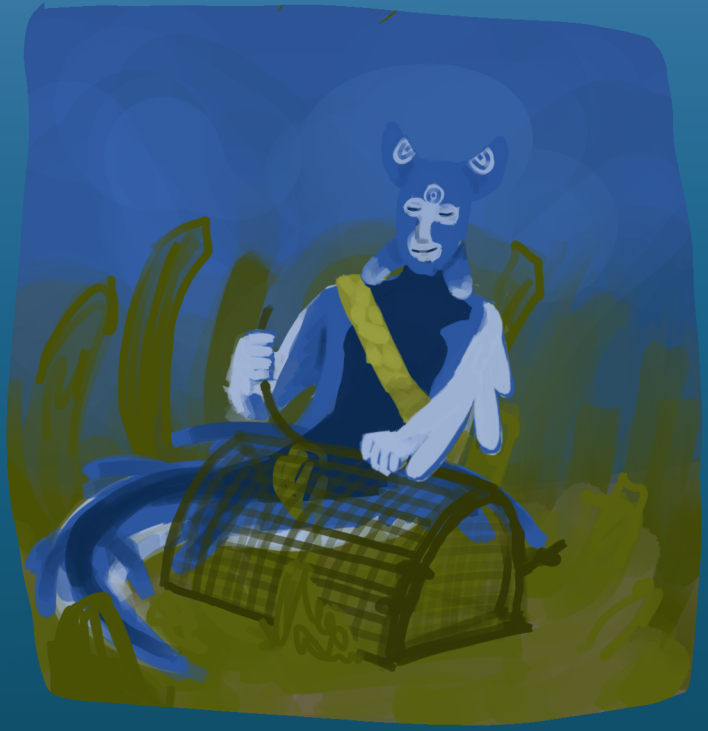
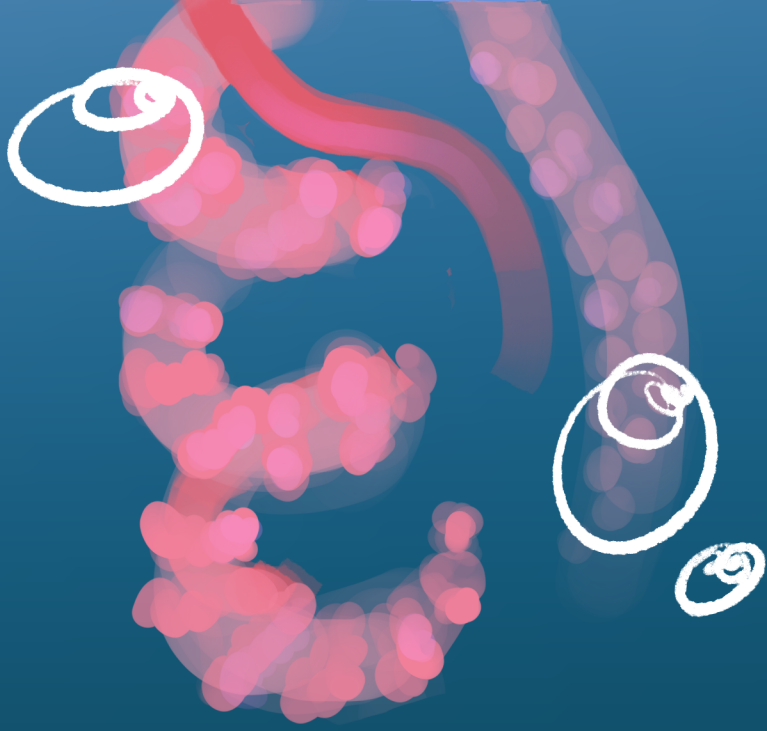
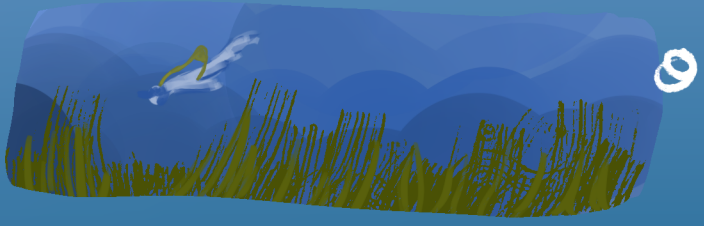
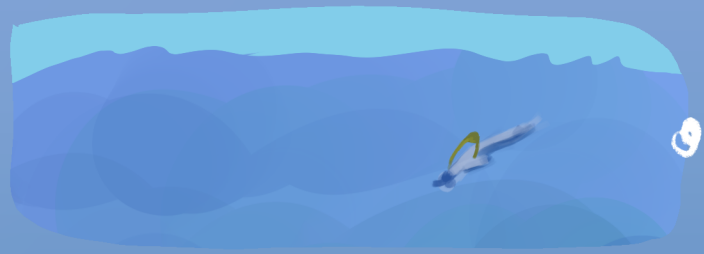
If you love history, this musical is for you. If you love drama, this musical is for you. If you love suspense and soul, this musical is for you. No matter your interests, Operation Mincemeat always has something in store for anyone who watches it. Book tickets today at their website; just search 'Operation Mincemeat Musical'.

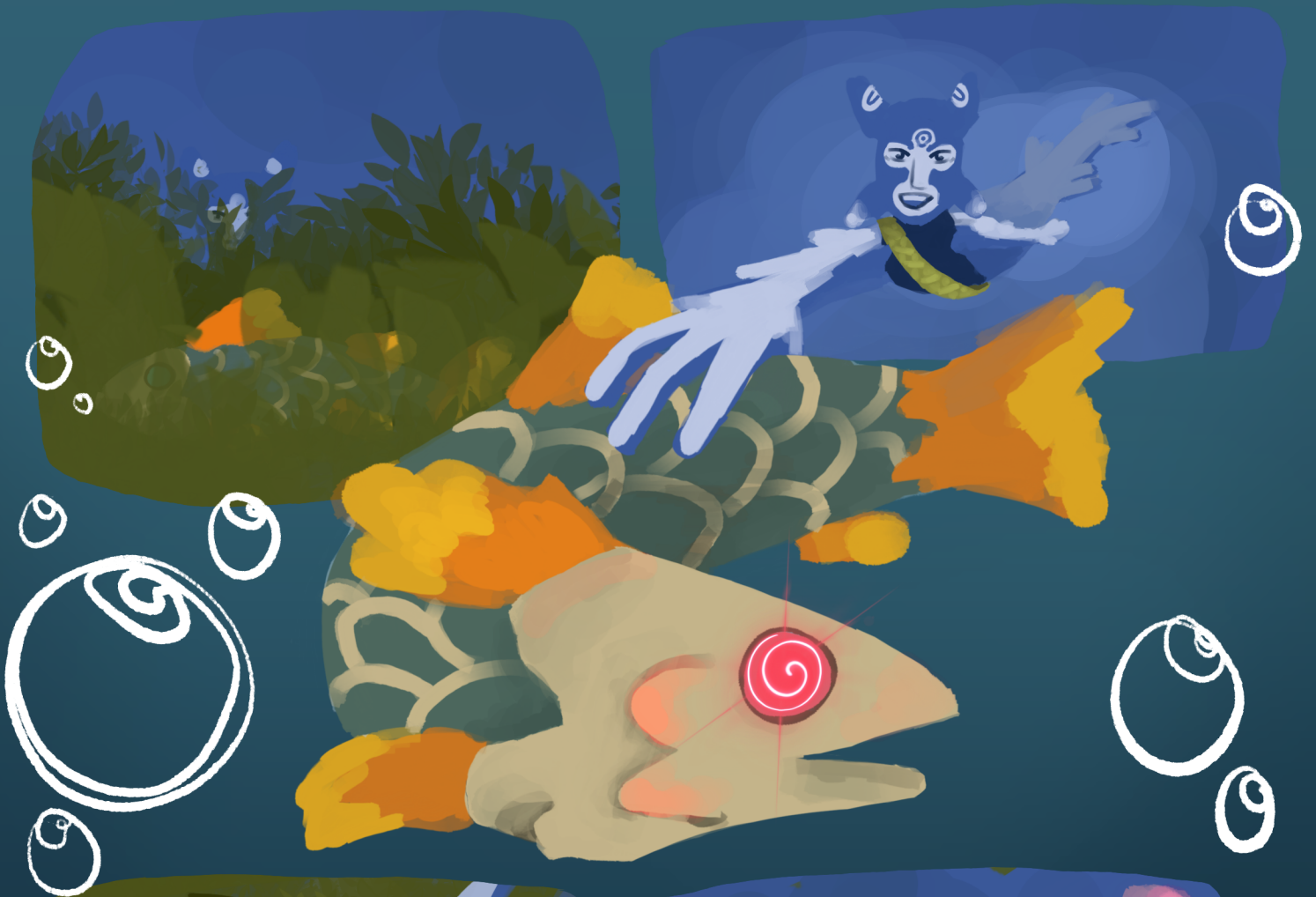
Written by Miranda, Y8
Designed by Nur, Y13

Blue Dragon Jellygleam

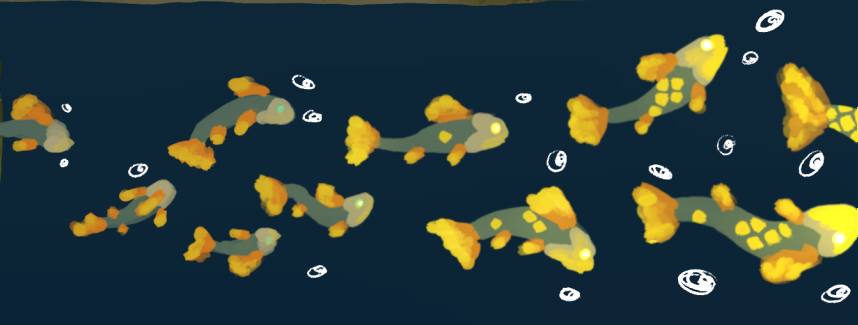
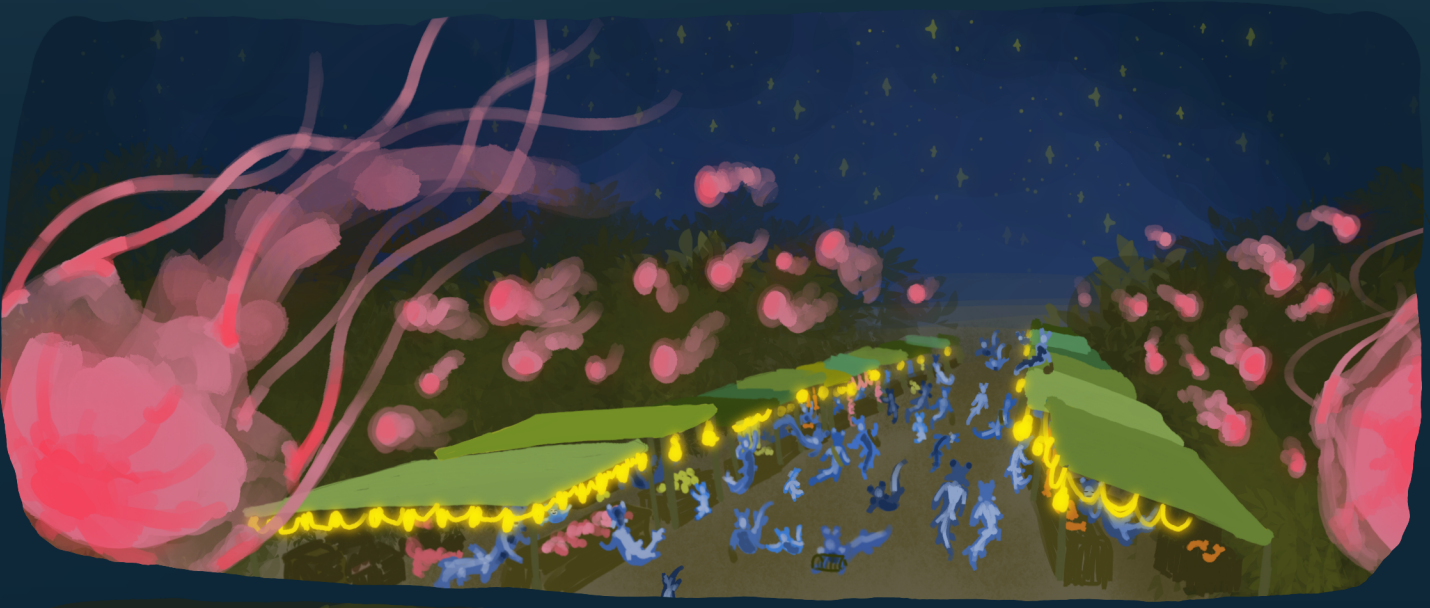
blue dragon sea slugs and a phosphorescent festival

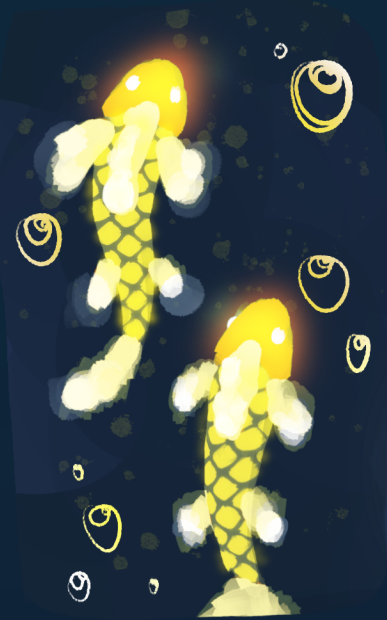






Jellygleam Festival





Inspired by blue dragon
sea slugs & man'o'wars

Story and art by: Irene Y13

Nils Olav

51 years have passed since Nils Olav was given the rank of *Visekorporal* (Lance corporal)... But why is this important, you might ask? Well, Major Sir Nils Olav is not a normal person! In fact, he is not a person at all. This highly-ranked general is none other than A KING PENGUIN!

It all began when the Norwegian king adopted a penguin. Yes, a penguin! Within a few short weeks, he had been given the title of ‘major general’-ridiculous!

Imagine walking through the streets of Edinburgh and stumbling across a procession of military soldiers. Among their ranks is a... tiny penguin!?!

Now, you may be wondering how Nils Olav is still alive if he was first knighted 51 years ago.

The answer is: he isn't. Sadly, in 1987, he passed away, leaving Scotland without a famous penguin. That was until the guards decided to adopt a second...

Within a mere 4 days, the Norwegian army acquired a brand-new mascot- ‘Nils Olav II’, a near copy of the original!



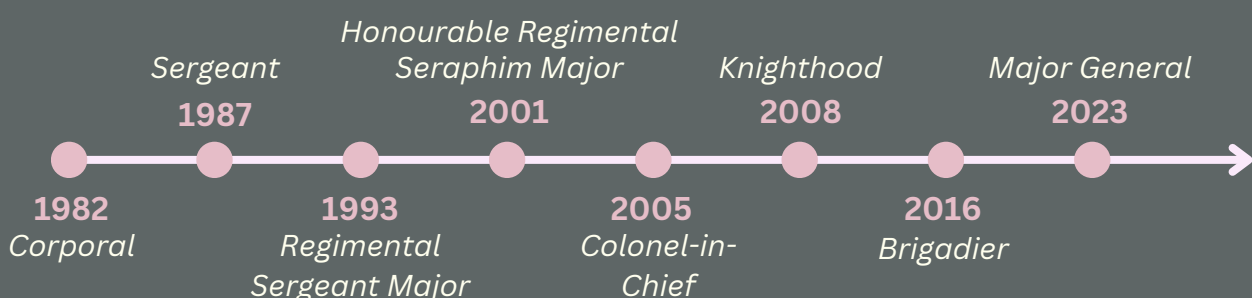
Written by
Sophia R, Y7
Designed by
Amalie, Y12

But that was not the end of the name ‘Nils Olav’, and all its ranks have been passed down through three generations of penguins!

Did you know that a Major General is actually the third highest rank in the Norwegian army?

Nils Olav is such an important penguin that two 4-foot-tall bronze statues have been built in his honour. One resides in Edinburgh Zoo’s penguin rock, and the other in the King’s Guard compound at Huseby Leir, Oslo!

For those of you who are interested to read more, here is a timeline of Nils Olav’s ranks throughout the years:

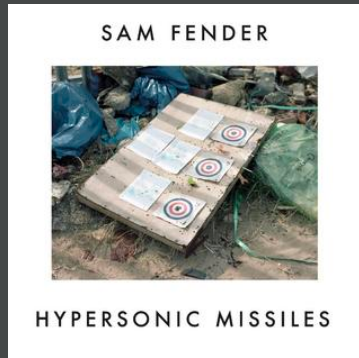


The Editor's Recommended

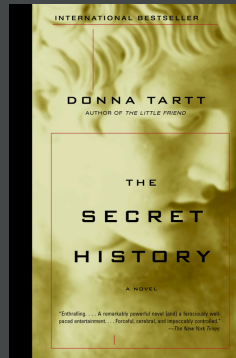
We've collected a few of each of our own favourite books, TV shows, movies, exhibitions, plays and more to keep you entertained during the holidays!

Note: Remember that some of this content may not be suitable for younger audiences, so make sure to check any ratings before you start bingeing!

Mila V, Y13

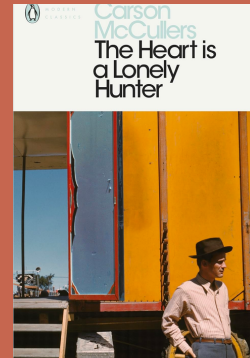


Hypersonic Missiles, Sam Fender (album)

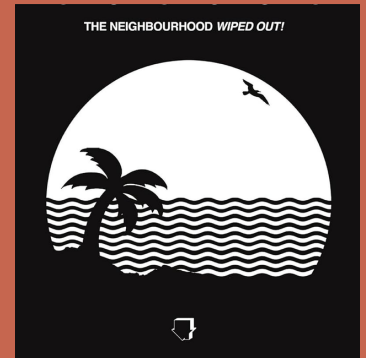


The Secret History, Donna Tartt (book)

Nicola, Y13

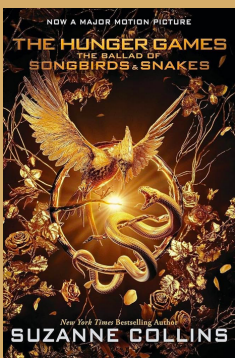


The Heart is a Lonely Hunter, Carson McCullen (book)



Wiped Out!, The Neighbourhood (album)

Lucy L, Y13



The Ballad of Songbirds & Snakes (movie)

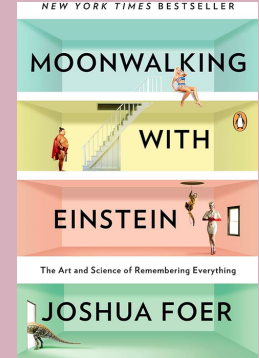


Guts, Olivia Rodrigo (album)

Emilie A, Y13



Blood Harmony, Larkin Poe (album)



Moonwalking With Einstein, Joshua Foer (book)

Aisling K, Y13

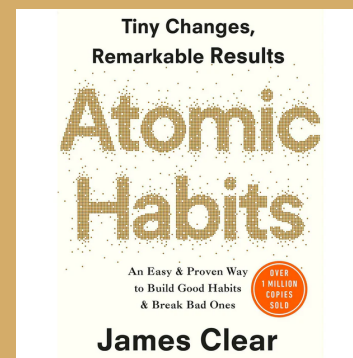


AKMU (artist)

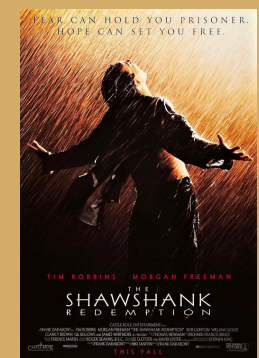


At the Moment (TV show)

Riva M, Y13

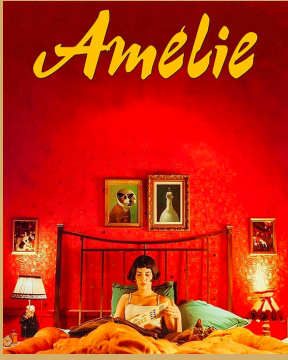


Atomic Habits, James Clear (book)

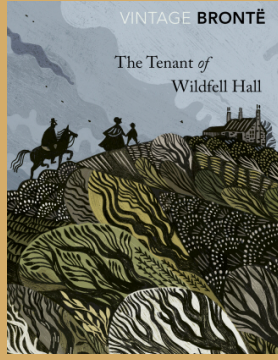


The Shawshank Redemption (book)

Isabella L, Y13

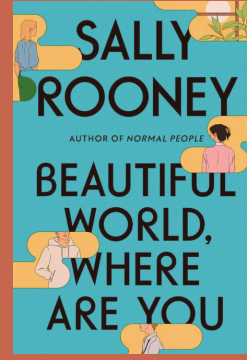


Amélie (movie)



The Tenant of Wildfell Hall, Anne Brontë (book)

Nur T, Y13



Beautiful World, Where Are You, Sally Rooney (book)



The Great Escape, blur (album)

Irene P, Y13

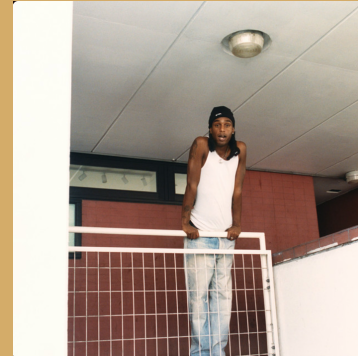


Mammalian Sighing Reflex, Wilbur Soot (album)

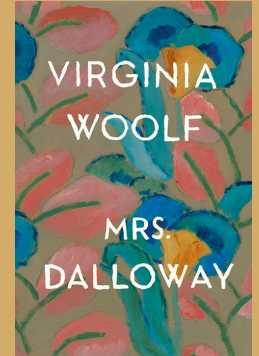


Pluto, Naoki Urasawa (anime on Netflix)

Nelly R, Y12



Halo, Bakar (album)

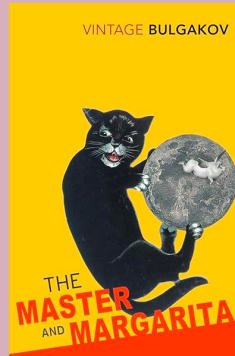


Mrs. Dalloway, Virginia Woolf (book)

Isidora H, Y12

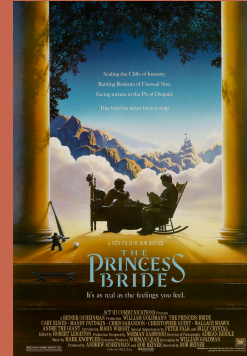


The Grand Budapest Hotel (movie)

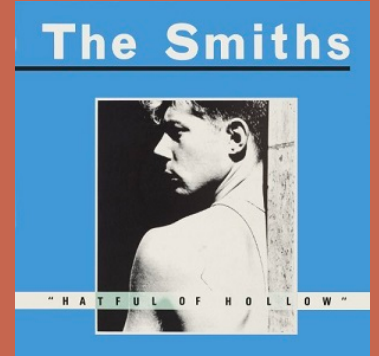


The Master and Margarita, Mikhail Bulgakov (book)

Ellen B, Y12



The Princess Bride (movie)



Hatful of Hollow, The Smiths (album)

The Penguin Playlist:





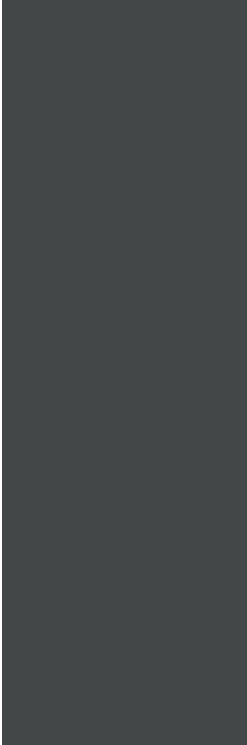
Illustration by Amalie Y12

Photography Features



Nur, Y13







Who's the Coolest Teacher in School?



The teachers at South Hampstead make the place it is today: a school full of laughter, love, and life. Each teacher is unique and different. So, in the Penguin we got thinking and decided to go on a hunt to find the coolest teacher at SHHS. After many votes and inquiries, we settled on these six nominations: Mr Khan, Mr Brown, Ms Elliott, Mr Learoyd, Ms Covey, and Mr Willett. Read below their “How cool are you?” interviews, and then find out who got crowned as we reveal our final decision of ‘Who is the coolest teacher in school?’

Mr Brown

Award: The sweetest teacher

Q: What makes you think you're cool?

A: Because I'm a teacher and I think being a teacher is the coolest profession. You get to do what you enjoy all day, and you don't have to worry about meetings and all that. You can just focus on doing what you enjoy and helping other people.

Q: What are your favourite out-of-school hobbies?

A: Well, I like hanging out with my friends. Friends are so undervalued when you are a teenager. They are always seen as a distraction, but they are actually one of the most valuable things. I also like to read and play sports.

Mr Khan

Award: The funniest interview

Q: Who is your teacher best friend and why?

A: I haven't got many actually... that will probably cancel me out for the award, but I guess I mainly stick with the maths department, I like the maths department. However, if I had to stick with one, probably Ms. See.

Q: What are your favourite traits in a person?

A: Someone who is funny of course, and someone who is ambitious. Someone who wants to do challenging stuff, something like climbing a mountain or going on a hike or something insane like bungee jumping. Like I'm down for that. That's me.

Mr Willett

Award: Best real talk

Mr Willett had quite an interesting take to our interview. Instead of answering our questions, he gave us some intriguing views of our school.

Q: What makes you think you're cool?

A: What you guys don't understand is that no one who goes to school, either as a staff member or a student, is cool. We're all huge losers.

But after some convincing, we got him to answer some of our questions anyway.

Q: Who is your teacher best friend?

A: Ooo I'm gonna hurt some people if I don't say the right thing right now. I think number one Mr Beecroft obviously, because I've known him for years. Otherwise, Ms Sanders and Mr White as well, my office buddies.

Mr Learoyd:

Award: Coolest teacher in school!!

Q: Where do you see yourself in five to ten years?

A: I see myself as headmaster of South Hampstead and at the beach in the Maldives. Or definitely still teaching PE as it's something I'm very passionate about and I love the job that I do.

Q: What are your best words of advice:

A: Don't take life too seriously. You only get one shot at life! There are so many opportunities at South Hampstead, but also in life - so go enjoy it. See the world, meet new people, have fun, but also try as many things as possible!

Ms Elliott:

Award: Coolest teacher in school!!

Q: Why do you think you are worthy of the coolest teacher in school title?

A: *(Lots of laughing)* Honestly, I don't think I am, I don't think I am very cool *(we disagree!)*

Q: What are your best words of advice?

A: I think when you face adversity try to power your way through it. The first time I went on DofE I got to the end of the first day, (this is probably what you guys feel) and thought 'this is the worst day of my life, who does this for fun?', I really wanted to go home but I didn't, I carried on the next day and the next time and now I go on hiking holidays for fun and run DofE, so even when you find things difficult it's worth pushing your way through. When I was around your age, I went to trial at my school for the softball team and I got told I couldn't try out because I was a girl. I wasn't happy about that so we went to the school board and fought for it and got to try out, and obviously I made the team because you know, I was quite good, so don't let setbacks set you back.

Q: Who is your teacher best friend and why?

A: The P.E dept, since we have the same interests so that's why we are quite close, and then also I'm close to people in my department, like Mr Poza.

Ms Covey:

Award: Most interesting teacher

Q: What are your favourite outside of school hobbies?

A: Depends where I am. In the city, I like to meet up with friends, catch up with people, I'm getting into running at the moment. I like planning travels, I love travelling. I like being down on the south coast. I like surfing, and I do lots of surf instructing in the summer holidays.

Q: What are your favourite traits in a person?

A: First thing that comes to mind would be humour. I get on well with people who have a good sense of humour. I'm quite a chatty person. I'm quite outdoorsy as well. When I'm catching up with friends I like going out and doing something, an activity or going for a wander instead of sitting and having a cup of tea!

After an incredibly enjoyable experience of finding out about our teachers from all different departments of South Hampstead, we had a lot of competition and a very big, difficult decision to make. All our nominees deserved some award of their own for their answers and personalities. However, Mr Learoyd's confidence pulled him right through, whilst Ms Elliott's love of life shot her to victory. However, every teacher here is super cool in their own way and bring so much to SHHS!

Interviews by Dia, Y10

Designed by Nur, Y13

The Stranger

My anger was rising, I couldn't help it. This new emotion I had encountered was strange. It was like nothing I had ever experienced before, something new and unknown. Thunder roared from the heavens like a lion being attacked by a hunter. I picked up a thick hard pillow and screamed into it. Red-hot anger flowed out of my heart and through my veins like a volcano erupting. Everywhere I looked I saw red, nothing else, just a deep, red bedroom. I didn't know or understand what was happening.

It was as if I was wearing special lenses that entirely altered my perception of the world. My anger was a prison, and I couldn't escape; I tried squeezing my body through the bars and into the light of joy, but I couldn't escape. I was a stormy cloud creating destruction and madness in my bedroom, my fists uncontrollable like wild, ferocious creatures with a mind of their own.

I stood in the centre of my room and looked around at the turmoil I had created. I looked in the sparkling mirror and saw myself – was this really me?

All I could see was a stranger staring back at me. This hate and anger, how could this be me?

I was a stranger to
myself.

A wave of sadness suddenly washed over me, like water splashing into lava, the hate and rage cooled into sorrow. Looking through my window I could see the thunder had eased;



rain slammed to the ground like a thousand sharp knives hitting the ground and birds endlessly cried out melancholy tunes. Tears started to well up in my eyes and gush out of me, like a burst water pipe. I was out of control. My body was changing and there was nothing I could do to stop it; my emotions were capricious. I had been told that I will experience many changes as a teenager, words which I had replayed in my mind over and over again, but I still could not understand why I felt this way.

Suddenly, I felt the edges of a smile creep gently onto my face. At the same time, the sun peeked out from behind the clouds and the rain was gone. It was like turning on a torch; my room, once blue, was now a bright yellow, filled with the joy and warmth of happiness. A bird turned its welcoming face towards me and sang a sweet melody. This newfound feeling was indescribable, having accepted that I couldn't ever be in control of my fate but that I could certainly control my emotions. That was all I really wanted.

I looked out of my window; the sky was a blank canvas full of possibility. The sun slowly faded beneath the horizon and the birds fell silent. I felt a kind of stillness, no sadness or rage, and that's when I realised, I was back to being myself and in control.

Finally, everything was back to normal.



Written by Izzy, Y8

Art & Design by Irene, Y13

Art heavily inspired by jmfenner

Does The Month You Were Born In Contribute To Your Success?

I am less likely to get into a top university. I have a high likelihood of developing visionary problems. I am less likely to succeed in the competitive sports industry. I was born in June.

Could this be coincidental, or could my birth month affect my life more than I think?

An Israeli study using a group of 300,000 IDF soldiers revealed that June babies are most susceptible to visionary problems in life. After reading the experiment, I was sceptical. Like most things in life, surely it should be luck of the draw? However, I was proven wrong...

The answer that supposedly proves this theory is as follows: the absence of sunlight during key stages in foetal development in the womb can have a large impact on aspects of your health including eyesight. As the light concentration varies during the months of the year, so do your chances of developing eye-sight issues.



Furthermore, in Britain, research emphasized the importance of sunlight in certain trimesters. An article in CBC News states that: 'The study suggested that babies born between March and June are more prone to certain pathologies and disorders, including Parkinson's, diabetes, glaucoma, narcolepsy, autism and multiple sclerosis'. This is due to the absence of vitamin D – which 'regulates thousands of genes during development' – that is supplied by the sun in only certain

months (the summer ones) of the year. Overall, depending on what stage or trimester of development a baby is in during winter – when there is a limited concentration of vitamin D naturally supplied – there can be varied long lasting impacts such as susceptibility to certain diseases.

Of course, one would be correct in thinking that depending on the hemisphere you live in, the opposite months may correlate to your receptivity to certain diseases or other impacts. Therefore, if I was born in Australia, I would not be so susceptible to eyesight issues.

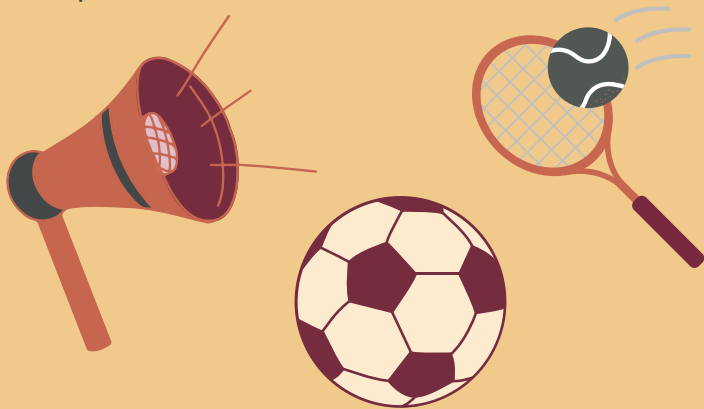
Furthermore, psychological aspects of life are also affected by what month of the year you were born in. Studies have shown that the youngest school children have the greatest likelihood to be unassertive in their academic abilities. This may be a reason why they are the least likely to attend top universities*.

*N.B. this is an overall statistic of students across the country – I'm sure that SHHS students have an equal acceptance rate at any university regardless of their date of birth!



Finally, I uncovered another shocking statistic whilst reading Malcolm Gladwell's book 'Outliers'. One would expect one-twelfth of athletes to be born from each birth month. However, there is an uneven distribution of birth months in the sports industry. Take ice hockey players for example, as Malcom did. The favourable mode of athletes selected for higher-level teams were those born at the beginning of the school year. I have compiled a list of suitable reasons for this data to try and piece together the answer to this unfair advantage:

1. The older students at school have had on average 6 months more practice of walking and talking than other children and so are more capable of advancing in sports quicker. This links to Malcom's 10,000-hour principle: if you practice purposefully at any skill or hobby for 10,000 hours, you will advance to an extremely high calibre in that field of expertise. Therefore, those who are older may have had more hours of practice in sports than those born later.



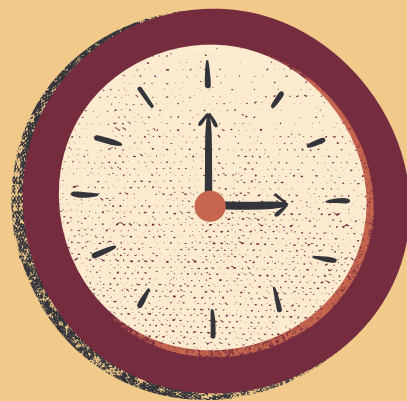
2. The older students may be more confident and outspoken. This could make teachers favour them when picking competitive sports teams at school. Later in life, they will have had more experience in competing in that sport and also feel confident in their abilities to pursue and practice more since they feel that people



have faith in them just as their teachers did.

3. Star signs influence your sporting ability?! The message of this article was to explore meaning to otherwise futile data. Perhaps the month you were born in does not increase your chances of Alzheimer's or decrease your probability of an Oxbridge offer. After all, correlation doesn't prove causation.

Overall, if success in any field of expertise is, as Gladwell claims, most importantly due to hard work and dedicating time, then anyone can become successful. In fact, it may only take 10,000 hours of your time. To summarise: for guaranteed success in life, get a move on and stop reading silly magazine articles!



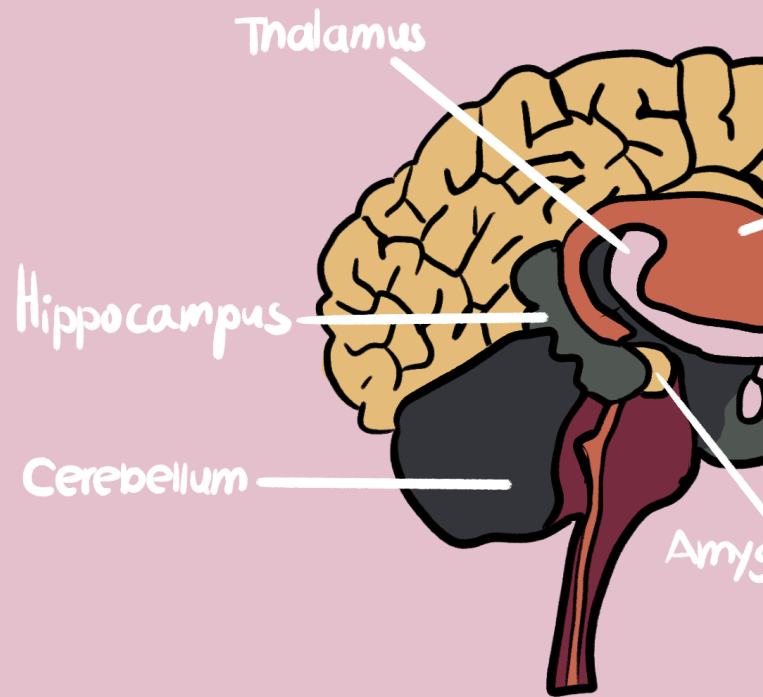
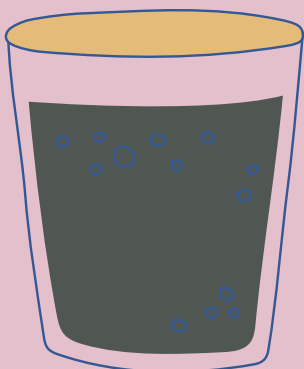
The Science of Memory

Have you ever forgotten vocabulary for a Latin test? Or forgot your homework and had to awkwardly explain your mistake to your teacher? Well, that is all because of memory and understanding it might make situations like the ones above happen less.

Firstly, we have to talk about what memories are. Memories are really just electrical signals in our brain and they come in two types. Explicit memories (memories you can recall and explain) are stored in 3 parts of the brain, the hippocampus, the neocortex and the amygdala.

We then have to understand where memories come from and where they are stored. Episodic memories are stored in the hippocampus, which is in the temporal lobe of the brain. Episodic memories are memories from different points in our lives, for example: going to school with a friend.

Semantic memories are stored in the neocortex, the outermost part of the brain. Semantic memories are about general knowledge and are transported to the neocortex over time. For example:

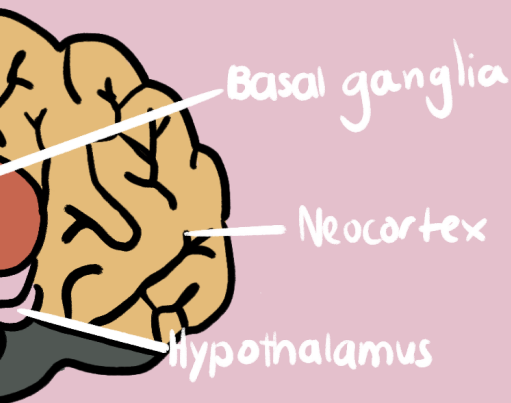


knowing a drink comes in a cup or glass.

The amygdala is an almond-shaped part of the brain in the temporal lobe. It attaches emotional significance to memories that we have. That is why memories with a significant emotion are hard to forget. Embarrassment for example, I am sure we have had those moments when we did something embarrassing and have not forgotten it for a long time. The amygdala also plays a key role in forming new memories related to fear. That is how phobias are formed, they are based on traumatic experiences from the past.

Then there are also implicit memories (the memories that are made unconsciously like throwing a

ball). These memories are stored in the basal ganglia and cerebellum.



The basal ganglia are structures deep in the brain responsible for emotion, reward processing, habit formation, movement and learning. It also coordinates sequences of movement that could be needed for playing netball or learning a musical instrument. The cerebellum is the part of the brain in charge of fine motor controls. For example, holding chopsticks or pressing a piano key is only a tiny bit lighter than normal.

Lastly, there is working memory. This type of memory is stored in the Prefrontal Cortex (PFC). Scientists have found that if we need to hold information in our short-term memory, like the location of a flash of light, the PFC becomes active. There is also a separation between the right and left sides of the PFC. The left side is more involved in verbal, working memory while the right side is more spatial, like where the flash

Now that we know what memory is and where it is stored, let's move on to trying to improve our memory.

Studies have shown that if you review information before you go to sleep, your brain processes and stores that information more efficiently while you are sleeping. If you revise right before bed or do something like Duolingo, you will remember what you did better.

Repetition can also help, to move something from your short-term memory to your long-term memory it has to be repetitive and memorable. For example: use PEEZL. Point, Evidence, Explanation, Zoom-In and Link. Instead of remembering the long dull order of an essay paragraph. You remember PEEZL instead, which is much easier and can be repeated. If something just isn't that memorable, use repetitive methods of study, like flash cards or self-testing (where you actively recall notes).

Try writing things out, to write something out, you need to read through and understand it better, so it creates a lasting and meaningful memory.

Memory is a very complicated thing, and hopefully, after this article, understanding it will become easier.



How Does Society Confine Free Will?

“You can’t just do whatever you want.” But why not? This article will cover free will and guide you through contemplation of its meaning.

The dictionary definition of free will is “the power of acting without the constraint of necessity or fate; the ability to act at one's own discretion”. This essentially means behaving without limit in what you can do, pushing back restrictions until they’re no longer visible. Ask yourself, “Can I behave without constraint, can I do this without punishment?” Is freedom just an illusion?

If you had “true freedom”, then there wouldn’t be disciplinary action. If you do something illegal, you go to jail, or in some countries are sentenced to death, making an example out of the persecuted person to act as a deterrent preventing others from committing crimes. In some ways this is a good thing because people don’t commit crimes which can be harmful to other people, however, in some countries, people are restricted in minuscule things, like what they wear. In the UK, we as people, can’t do things which will affect other people without their permission, or we could get “punished” (be sent to jail or fined). There are some scenarios where you can though, for example, evicting someone. That

is an example of freedom under the watchful eye of the law.

It isn’t just the law and government that prevents us from exercising our freedom, for example (forgive me for sounding like a Y2 maths teacher) – “Sarah’s mum tells Sarah to buy a sweet. She also tells her to buy it with her own money. She goes along the street and across the road to the shop. She decided to buy 3 lollipops, which cost £2 each. She suddenly realises – half her money was robbed along the road!! Now she can only get 1 and a half lollies!” There are 4 types of people who affect Sarah’s choices. Sarah’s mum wants her to buy the sweets with her own money, so she buys them. Then, the shop owners decide what is sold in the shops. The financial workers, who price the sweets. The thief decides how much he steals. In this





scenario, Sarah's choices are influenced by the will of others: her mum, the shops, the shop owners, the financial workers, and the thief.

Humans can be selfish, which impacts their freedom and others. There are highs and lows to life without freedom. Some philosophers theorise that if we had “true freedom”, the world could be a crime-ridden chaos. They argue that it’s human nature to prioritise themselves. The people around you would be in an ‘everyone for themselves’ type situation. Although humankind ‘isn’t all that bad’ and there would be some kind people out there, while unlikely to admit it, most may only do good deeds like donating to charity to satisfy themselves (however heartless may sound). And without people to contribute to society, without laws to structure the skyscraper of the human race, it would topple over, the ground no longer steady enough to hold it in place.

However, having no “true freedom” isn’t so good either. Picture a world where Sarah did whatever was asked, let’s call this version Obedient Sarah, living in a harsh dictatorship. If Obedient Sarah was asked to dive into lava, she would do it, because she has no free will, therefore the need for her to have freedom is useless. Obedient Sarah can’t do anything without commands, and without a commander, Obedient Sarah does nothing. The thought of thinking for herself has never even occurred to Obedient Sarah, because she only thinks what she is told to think.

In conclusion, everything a person does or says, and every choice they make impacts what we do or say, what choices we make, but not always negatively. They impact our freedom because freedom works a bit like ripples in a water container where the walls are pressing in. Imagine someone pushing the water inwards to create the ripples, causing the ripples to push each other outwards, counteracting the motion. That would be the government, which pushes and confines the extent to which we experience freedom, but we do have the choice to agree or disagree, the choice to be the ripples that counteract and balance out the motion.

Animals Facing Extinction: How Can We Save Them?

the amur leopard

About the species:

The Amur leopard is a critically endangered species and has frequently declined in startlingly large numbers these past few years. The Amur Leopard is native to the Primory region of South-Eastern Russia and Northern China. Sadly, there are now around 60 Amur leopards left in the wild!

The Amur tiger is solitary, which means it lives alone and doesn't mate for life. They make temporary homes in forests, unlike other Leopards in the Savannas of Africa. They can run up to 37 miles per hour and jump more than 19 feet horizontally.



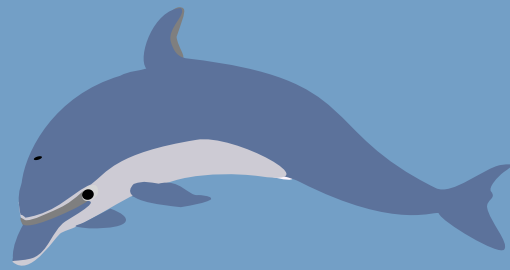
How can we help them?

We can help them by using less paper, as it leads to the destruction of trees in their forests. We can also use less energy sources to help make their environment healthier. In WWF, you can adopt an Amur Leopard to help the species become less endangered. They are on the top ten list for most endangered animals, so we need to act now. Please help save the Amur Leopards, as they rapidly decline in the wild. They are being poached for their furs, with a male Amur leopard's fur reaching up to £1000. So help bring the Amur leopards back from the brink of extinction.

Written by Elizabeth, Y7



the dolphin



Dolphins are an endangered marine animal, and this is largely because of human activity. Although we put them in danger, we can save dolphins from extinction.

Dolphins are an amazing species worth saving, and if you're not convinced, here are a few **fun facts** to show just how wonderful they are.

Fun Facts:

- Dolphins sleep with only half of their brains: they close one eye to rest that part of the brain and then switch to the other side.
- A dolphin can swim more than 20mph.
- Some whales are dolphins. It may sound confusing, but all dolphins are simply just smaller types of Whales. The whale order (Cetacea) is divided into several different families, one of them including all oceanic dolphin species.
- Dolphins are carnivores.
- In the animal kingdom, dolphins have the longest memory.
- Dolphins are very intelligent. Studies show that they are some of the smartest in the animal kingdom, second only to humans.
- They breathe through their blowhole.
- Dolphins are born with hair- They have a few sparse hairs around the tip of their rostrum but most fall out shortly after birth.
- They don't drink water. Unlike other sea mammals, they hydrate using water from their food.

Ways you can help!

1. Dolphins are amazing creatures and worth saving. There are many causes to support dolphins, but here are some things you can do at home to help this spectacular species.
2. Reduce the use of plastic bags and other single-use products like unsustainably sourced packaging.
3. Eat sustainably sourced fish to prevent overfishing. This upsets not only the dolphins' food chain but lots of other marine life as well.
4. Try to reduce carbon emissions.
5. Avoid items and experiences that exploit marine life.
6. Join beach community clean-ups.

These are only a few of the things to help save this beautiful animal. Despite dolphins proving to be such a fantastic species, unfortunately, they are endangered. This is why people all over the world must act today. Always remember: the tiniest action can make the biggest difference; good or bad. If you are particularly passionate about this cause, then find a charity for dolphins near you and start helping today. For more information, look online and find more things to support dolphins. Help save the dolphins!!!



Written by Mehak, Y7
Spread designed by
Mehak, Y7 & Nur, Y13

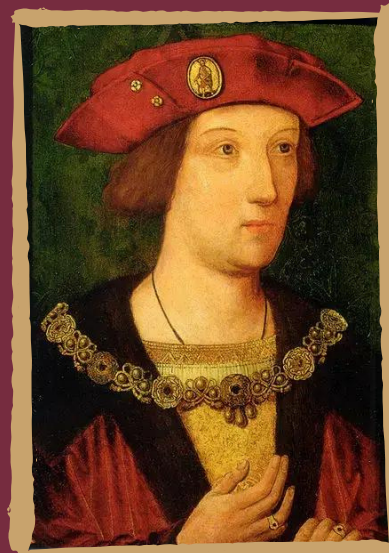
What If Arthur, Prince Of Wales, Became King?

Have you ever considered the effects of a different decision? What if it created an alternate course in history? I sure have, and I am sure it has crossed your mind as well – even if only for a moment! So, in this article, I am going to be talking about the effects of this.

Arthur, Prince of Wales, was the infamous Henry VIII's elder brother. He, unfortunately, died in April 1502 (shortly after his 16th birthday) due to sweating sickness and so was unable to claim his birthright title as King. There are many aspects that would have been changed in history if Arthur had lived and been able to step up to the throne, such as religion, the country's affairs, and the reputation of the Tudor monarchy.

Firstly, one of the main changes Henry VIII had implemented was to break away from the Roman Catholic Church and create the Church of England. He did this to get a divorce from his first wife, Catherine of Aragon. This led to the formation of a new religion, Protestantism, in England. As many of you may know, many people of England – innocent or not – were executed by the accusation of heresy (when you are in a 'wrong' or different religion from the rest of your country). Arthur, however, might have not done this; in fact, Arthur might have not even wanted to divorce Catherine! This

would have kept the Catholic religion restored in England, and it wouldn't have led to the burnings of many Protestants during Queen Mary's reign (if she was even born in this change of events). Additionally, the Church of England wouldn't have been built and so its old practices would have continued.



Arthur
Prince of
Wales,
Behard
van Orley
- c 1500

Another main aspect that would've changed was England's relationship with many other countries. Catherine of Aragon was engaged to Arthur before his death. She then got married to Henry VIII to keep the Anglo-Spanish alliance, however, it didn't last as he divorced her. This led to the tense relationship between England and Spain and later, when Spain tried to invade England, leading to the Armada war. It was triggered by Elizabeth I (Anne

Boleyn's, Henry VIII's second wife, daughter) beheading Mary, Queen of Scots. Now, if Arthur ruled England, he probably wouldn't have divorced Catherine of Aragon as he was raised to be king, and a king can never divorce his wife. This would have kept a great relation between England and Spain reducing the likelihood of Mary, Queen of Scots, execution. This would have maintained a good relationship with Scotland, as Elizabeth I wouldn't have been born, thus not creating a Protestant England that differs in its religion to Scotland's Catholicism.



Flemish tapestry depicting Arthur and Catherine's court, circa early 1500s

he could have just been a normal king and we wouldn't have known as much about the Tudors as much as we do today; probably because there wouldn't have been a huge scandal in England that intrigued us all. Now you may be thinking, "Oh! What if Arthur was exactly like Henry VIII?". Well, this would have been quite unlikely as, like I have mentioned before, he was raised to be a dutiful king and so he would not have made such scandalous decisions.

We have just returned from exploring the "other side" of what would have happened if Arthur, Prince of Wales became king. We have explored the three aspects of religion, relationships and reputation; now the next time you are in history class and your teacher is telling you about a historical event, think to yourself, what would have happened if this happened instead?

Written by Pearl, Y8
Designed by Bella, Y8



Lastly was the reputation of the Tudors themselves. Now when I say the word Tudors, the first thing that probably comes to mind is Henry VIII's famous six wives and their sad fate or Mary's burning of the Protestants.

On the other hand, this could have been different if Arthur had become king. Either, he would have built a strong and prosperous England which could have been very successful, or,

Written by Paloma, Y8
Designed by Nefeli, Y7

COCO

“Luxury must be comfortable, otherwise it is not luxury.” This is one of Gabrielle ‘Coco’ Chanel’s famous quotes, a French haute-couture designer, who really believed in comfort over style. She changed fashion for women in the 1920’s and onwards by attracting wealthy women who were seeking simplicity over the pain of wearing corsets and petticoats. Chanel ruled Paris Haute Couture for almost six decades. After a while, she became well known for her quilted purse, Chanel suit and, of course, the famous “little black dress.”

Chanel was an icon, who succeeded hugely in the industry of fashion, and as well as this, she made history by

changing the evolution of clothing for women by making it accessible and simple. Coco Chanel didn’t have the easiest of childhoods, having grown up in poverty; she lived in the French countryside and couldn’t afford many



Chanel, photographed wearing a sailor's jersey & trousers, 1928



Young Gabrielle Chanel, pictured with a bouquet of flowers

things other than the essentials like food. Her mother passed away when she was young, but her father couldn’t handle a small child alone and therefore abandoned her at an orphanage. As a result, in Chanel’s teenage years, she had to begin life on her own without really knowing much about the world. She had a few small jobs, for example, working at a shop as well as spending a couple of years singing in a café. Later in her adulthood, she became associated

CHANEL

with a few wealthy men and in 1913 she and a financial assistant, Arthur Capel, opened a millinery shop in Deauville where they sold simple sportswear including jersey sweaters. Although Chanel was aiming to please people of a lower status, this jersey look inspired many wealthy women which led Chanel to believe that simplicity was the key.

When the late 1920s came around, Chanel as a brand, was at its peak selling point with more than 2,000 employees. Chanel became worth millions. However, Chanel no longer only sold textiles but also became popular for perfume and jewellery, for example, the perfume Chanel No.5, which was their most popular item in that range, made with the help of Ernest Beaux, who was a



Dorothea McGowan modelling Chanel, Vogue, Paris, 1960, photographed by William Klein

specialist in perfumes. The financial income for the brand was chiefly provided by this perfume which was released in 1921.

Chanel gave her haute-couture brand to several assistants with no official boss after her tragic death in 1971, however later on Karl Lagerfeld took the position in 1983. He continued working as the creative director until he passed away in 2019.

Currently, Virginie Viard is in charge and has been keeping 'Chanel' as the iconic brand it is. She has made sure to empower the femininity that was once Gabrielle Bonheur Chanel's main ambition.



One of the first adverts which appeared for her most famous fragrance - Chanel No.5.



Scrumptious Strawberry Santas:

What you'll need:

100g medium-large strawberries
100g Philadelphia Light cream cheese
4-6 teaspoons of icing sugar
chocolate chips

Instructions:

1. First, get your favourite Christmas songs playing - 'It's beginning to look a lot like Christmas' is a must! Now you're ready to get slicing.
2. Cut off the top third of each strawberry and put it aside. Place the strawberry bases on a serving platter.
3. Mix the cream cheese and icing sugar until it has a smooth and creamy consistency.
4. Pipe or spoon 1 teaspoon of cream onto the flat strawberry tops.
5. Place the reserved strawberry tops on top. Use the smallest piping nozzle to pipe the mixture onto the tip of the strawberry 'hat' and 'chest'.
6. Place 2 chocolate pieces onto each cream 'face' for your Santas' eyes.
7. Refrigerate until you are ready to enjoy your adorable Santas this festive season!



overheard @ SHHS

I called a teacher 'bro'
the other day.

Do you ever
wonder
whether Tom
is Tom's real
name?

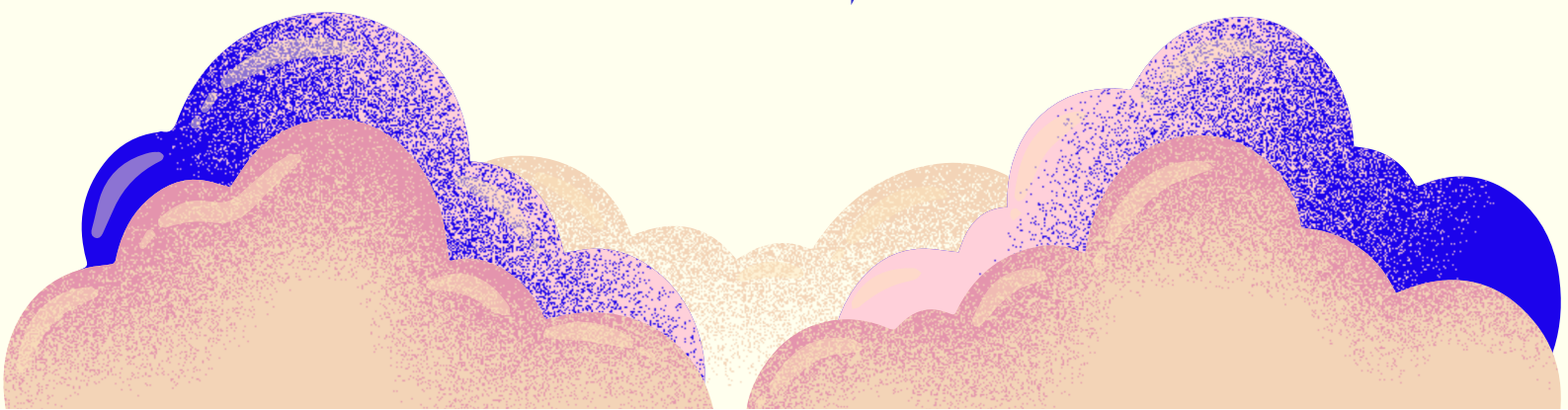
They work in
the mines?
Some retinol
would do them
good.

Artificial
Intelligence
can't replace
you if you're
not intelligent.

Mr Arundale is
the definition of
pookie.

ATMs - I use them for
tax evasion personally.

#lowkeycheesebaguette



Cover illustration
by Amalie, Y12

