

# EVOLVE



## Desensitisation

Has the increased use of violent graphics in media created a generational divide?

## Why Fashion Trends Return

Do you stop to think about the cyclical nature of fashion? Why is it that trends return?

## Editors Recommend

Get all of your media recommendations for half-term binging!

Penguin Autumn 2021 Issue 1



Dear Reader,

Well, this is new, isn't it? Much like this past half term, which has felt so familiar, yet touched with a sense of perplexity that we're actually here. Suddenly you realise we'd become so used to mid-morning assemblies over Teams that now trooping downstairs en masse to the Sports Hall is a somewhat foreign sensation. It's safe to say we'd adapted over lockdown, we'd changed, we'd evolved.

Much like the timetable, the Penguin has changed for this new year. Firstly, we have a new team, full of amazing writers, illustrators, editors, and designers who have joined the crew as we embark on this new journey. Secondly, we will be releasing issues every half term, in true 'more the merrier' spirit. Indeed, in these past 8 weeks we have already broken all previous records for the most articles submitted in the shortest amount of time. Thirdly – and this should already be evident – each of these issues (save 1) will be fully digitised, allowing you to peruse the Penguin whenever and wherever you'd like.

So, as the winds of change blow further into Autumn, tighten your seatbelts, grab your belongings (high-heeled shoes may tear the evacuation slides), and come along with us as we start this new chapter. We hope you enjoy.

The Penguin Team

# Letter from the Editors

Lola | Penelope

Thea | Juliana

Tasneem | Milly | Esme

Ella | Sofia

Izzy | Nykia | Olivia  
Madeleine | Livia | Lydia  
Isadora | Sasha | Amy  
Tamara | Poppy | Zoya  
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We would like to thank Ms Pearce for her help and support with this issue, as well as all the editors, designers and contributors for their amazing work!

Front cover design by Thea

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# How has lockdown changed the way we exercise?

Joe Wicks, Pamela Reif and Chloe Ting. Three names I am sure we have all heard many times over lockdown. After months of “ab challenges” and “two-week shreds”, it is safe to say that I am more than happy to be back training netball at school, although, we will all miss the encouraging emails about the GDST’s Get Active competition. The pandemic has not only had a significant effect on academic learning, but also on the way we exercise. With gyms closed and teams unable to train together, the UK took to YouTube in search of a new way to exercise. Thirty-minute HIIT workouts and dance inspired exercise videos dominated the internet. This led to popular fitness gurus like Joe Wicks gaining thousands of new subscribers during lockdown.



Entertaining and easily accessible, these videos saved everyone from boredom and encouraged us to stay fit over the last year. However, despite the increased awareness

around the importance of physical health, lockdown has also negatively impacted team sports, competitions, and professional athletes. Young people in particular have found it difficult to stay motivated while waiting for their sports to return back to normal.



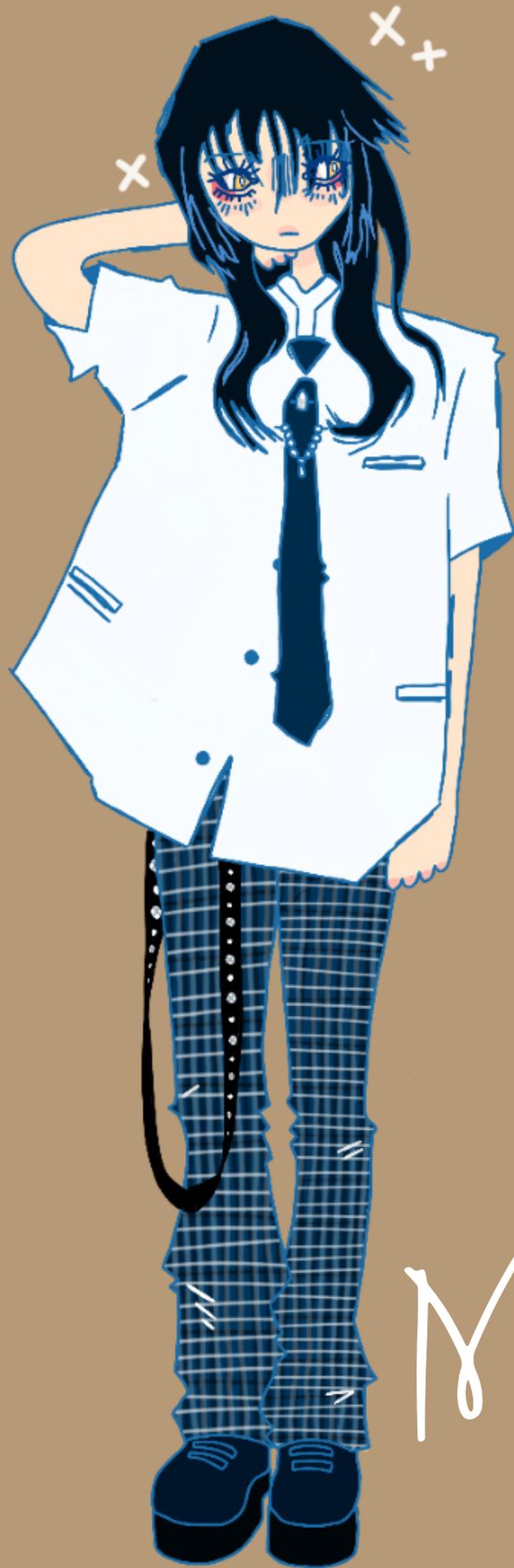
Looking at people from the ages of 11 to 20, a noticeable pattern forms. After not having access to regular training during lockdown, many resorted to gyms or at home workout machines and have stopped training their sport altogether. As a result, the world of team sport and competition has been on the decline. Professional athletes also faced an unprecedented challenge in 2020: the cancellation of the Tokyo Olympic and Paralympic Games. The Olympics have only ever been cancelled 3 times due to World Wars. Professional racing cyclist, Emma White, believed it was “going to be a big mental battle” as athletes all over the world had to

keep up motivation and momentum for another year of gruelling training they had not planned for. There were also massive financial consequences for everyone involved in the 2020 games. In April 2020, it was estimated that \$10 billion had already been spent on preparing for the games; the expenses that come with being a professional athlete were significantly exacerbated, with training sessions continuing for a further twelve months.

Lockdown has had a remarkable impact on everyone, both good and bad. Returning to normal after all this time will prove difficult for us all, but our competitive spirit and love for sport will bring us back together. After all, who could possibly wish for another online sports day after seeing teachers line up for the staff relay IRL?



Written by  
Mila Y11



Mila



# Why fashion trends return

Madeleine Y12

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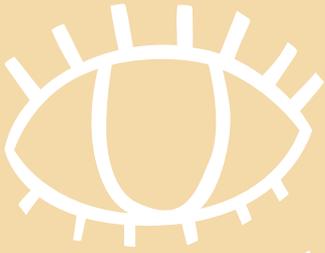
In her 2020 album *Evermore*, Taylor Swift sings, “I come back stronger than a 90s trend”; a phrase that reflects the return of fashion from this era. We’ve all seen the photos of Bella Hadid wearing low-rise jeans, Lizzo posing with mini handbags, Paris Hilton in “juicy couture” tracksuits and Hailey Bieber in leather blazers – all are trends returned from the 1990s. However, current fashion is also being inspired by older trends, with corset tops taken from the 19th century and bright, patterned flared jeans from the 70s back in circulation.

But what drives the need to revive these trends?

Television, an environmentally conscious attitude leading to an appeal for vintage clothing, and younger generations wanting to experiment with fashion are all significant factors. In December 2020, the Regency period drama *Bridgerton* hit our screens. Set in 1813, the characters are seen wearing immaculate Regency-era gowns as well as dainty corsets. Since its release, corset tops have become a staple item for many high street brands, including H&M and Urban Outfitters, demonstrating the influence of popular culture on fashion.



Another TV show that is inspiring the outfits of the younger generation is the hit 90s sitcom *F.R.I.E.N.D.S.* I have often taken outfit inspiration from one of its leading characters, Rachel Green. As a result, the fashion world is seeing the rise of layered dresses on tops, the reintroduction of sweetheart necklines as well as celebrities rocking leather blazers. All of these outfits or fashions are typical of the 90s and early 2000s and are now being worn by the teenagers and 20-year-olds of today, further showing the impact television has on fashion.



Additionally, a more current reason why many older fashion trends are returning is people choosing to shop in charity shops instead of high street brands. This is because they want to be more environmentally conscious to combat fast fashion.

Fast fashion, represented by brands like Boohoo or Pretty Little Thing, is an industry that sees 10,000 items sent to landfill every five minutes in Britain alone. Through consumers buying second-hand clothes and avoiding supporting the fast fashion industry, noughties clothes have been rediscovered. This in turn incites brands to produce similar clothes to satisfy the demand, causing these styles to come back into fashion. Moreover, this recycling of items such as previously discarded low-rise jeans or leather blazers has been greatly beneficial for the environment.

Vogue tells us that fashion trends often return every twenty or thirty years. A reason for this is the appeal of “vintage”; if you place “vintage” on a label, the price will increase dramatically. This is because people like the idea of owning something that other people do not or perhaps cannot. Vintage clearly fits these criteria, explaining its recent resurgence.



A final reason to explain the recurrence of trends is that young people always want to explore and experiment with fashion. This can be seen in the 60s, when we suddenly had miniskirts and shift dresses for women, in contrast to the 50s’ A-line midi skirts – think Sandy in Grease. Now, we have the resurgence of low-rise jeans as well as the creation of mini shades. This shows how Gen Z is no exception to the need for experimentation in fashion and, moreover, that they will happily return to previous decades for looks, leading to a rise in older fashion trends.

So, I would suggest you hold on to those matching sets – 2040 you be thankful!



# LBGTQ+ People who have been Overlooked in History

Throughout history, there have been many examples of great minds who have been part of the LGBTQ+ community. Many of them had to hide their identity, as society was not as accepting as today. The following people are well known in history, but you probably didn't realize they were part of the community.

## Alexander the Great

Alexander the Great? More like Alexander the Gay... As one of the most well-known figures in Greek history, we have all at some point heard of Alexander the Great. His creation of the Persian Empire is widely known, and he is said to have been one of the most successful military minds in history. However, in about 1999, historians made a discovery: Alexander was gay. Before then, they had known of a friendship between him and another man named Hephaestion, but they realized that it was more than a 'friendship'. Roman writer Athenaeus said that Alexander had been 'quite keen on boys' and the pair were often compared to Achilles and Patroclus (another gay couple in Greek history). This is sometimes used as evidence to prove that Macedonian courts were a lot more accepting of adult gay couples.

## Frida Kahlo

Frida Kahlo is one of the most famous female artists in history, and her story is inspirational to many young, female artists around the world. Her expressive art is known for its unusual style and amazing detail, and her personal life was more tied into her art than you might think. She was openly bisexual, and she used her paintings to depict topics such as female sexuality, pain, and women's beauty standards, mainly through self-portraits. She also loved to express Mexican culture

through this medium, which is how she met her husband Diego Rivera. The pair married, but Kahlo is known to have had affairs with both men and women, including Josephine Baker and Leon Trotsky.

## Alexander Hamilton

Next on the list is Alexander Hamilton, who you probably will have heard of from a certain musical... He was a financier, lawyer, the first Secretary of the Treasury of the United States, and he fought in the American Revolutionary War. We know him to have been married to Elizabeth Schuyler but love letters have been found between Hamilton and his close friend and fellow soldier, John Laurens. However, since his love for Elizabeth was genuine, this has led historians to believe that Hamilton was bisexual. According to other comrades-in-arms, Laurens and Hamilton were inseparable and were rarely seen apart. Hamilton went on to be the only bisexual founding father.

## Virginia Woolf

Virginia Woolf was a writer, feminist, and modernist, her most famous books including *Mrs Dalloway* and *To the Lighthouse*. She was part of a group of intellectuals called The Bloomsbury Group, of which the majority of members were gay, bisexual, or lesbian. Virginia was bisexual, and even though she married Leonard Woolf, she is noted to have had several other notable affairs, including ones with Sibyl Colefax, Mary Hutchinson, Lady Ottoline Morrell, and Madge Symonds.



## Sally Ride

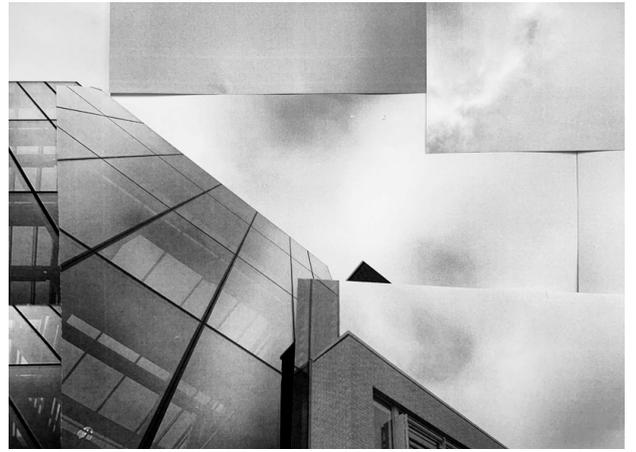
Sally Ride was the first American woman in space, as well as the first lesbian in space (Whooo!). She is one of the most famous female astronauts in history, and she is a lesbian icon all around the world. In 1982, she married fellow astronaut Steven Hawley, but they soon divorced in 1987 for unknown reasons. However, it emerged after her death that she had a partner, Tam O'Shaughnessy. O'Shaughnessy was Ride's childhood friend, and the two had written six children's science books together. The relationship was confirmed by Ride's sister, who explained that Ride liked to keep her personal life private. This made Sally Ride the first ever lesbian astronaut in history.

## Michelangelo

Michelangelo was a painter, sculptor, poet, and architect during the High Renaissance period. He is most famous for his work in the Sistine Chapel, his sculpture *Pietà*, and his painting of *The Last Judgement*. Not much is known about his life outside of the arts, but the speculation about his sexuality lies in his poetry. His longest poem was written to Tommaso dei Cavalieri, 23 years old when Michelangelo met him in 1532, and contains what is described as 'deep romantic feeling'. Cavalieri wrote back saying he swore to return his love and stayed faithful to him until Michelangelo's death. There have been other accounts of different relationships with other men, leading historians to believe that Michelangelo was gay.

LGBTQ+ people have been largely overlooked in history, but they defied stereotypes and paved the way for members of the community today.

By Anna Y7





# | Photography

Photos by:  
Mira – Y11  
Lita – Y13  
Thea – Y13  
Tara – Y13  
Ella – Y12

# FEMINIST STEREOTYPES - HARMFUL MISCONCEPTIONS

- Written by Natasha Y10

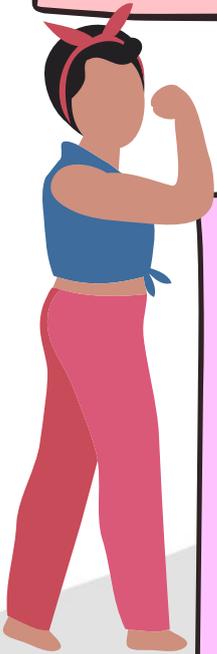
Feminism is and always has been a celebrated part of SHHS. The school's creation itself could be seen as a revolutionary result of the feminist movement, having been among the first all-girls schools established in the UK. We have long progressed from the Victorian-style domestic classes that were often the only 'education' offered to some girls. At SHHS we have societies dedicated to feminism and many other causes; we are surrounded by teachers who never limit the projections of our lives and careers and push us to be our best selves. Therefore, it is without a doubt that at SHHS we are very aware of the meaning of feminism, its origins, and its narrative. However, outside of our penguin-filled halls, the aims and image of a feminist appear too often to be misunderstood.

Feminism aims to address historical inequalities, but not at the expense of other societal groups. Of course, there are extremes in every movement where the definitions of feminism may be radicalised, but this shouldn't be used as a reason not to support the movement.

Commonly held stereotypes surround members of many other campaigns. Take the infamous example of a short-haired, vegan, perpetually angry woman. This is, of course, a small-minded projection of those who represent the animal rights movement. Not all animal rights activists have short hair. Many are not female. This is just a much-held misconception held by a public keeping their distance from a movement perceived to be frequently vocal and aggressive. A similar case can be made for the feminist movement, which is often misrepresented, or just misunderstood.

These misconceptions demonstrate an ongoing need for feminists and feminism, to honour the fight for equality for all. In themselves, they also show that feminists are still a matter of ridicule to some, especially when dismissed with a scoff and something about generations these days being far too 'right on' and politically correct. However, opening conversations about different aspects of the movement, educating, adapting, and helping redefine it can help us move in a more positive direction, acting as a more inclusive representation of what feminists can be.

Recent events around the world have highlighted the need for the continuation of the feminist movement. We must always remember to look back at the lack of rights women have suffered and the issues we still face. One example is gender-based violence, which rose significantly during the UK's lockdowns but still occurs less frequently here compared to other countries around the world. Location isn't a reason for us to stop being feminists; if not for ourselves then for the welfare of women around the world.





-Thea

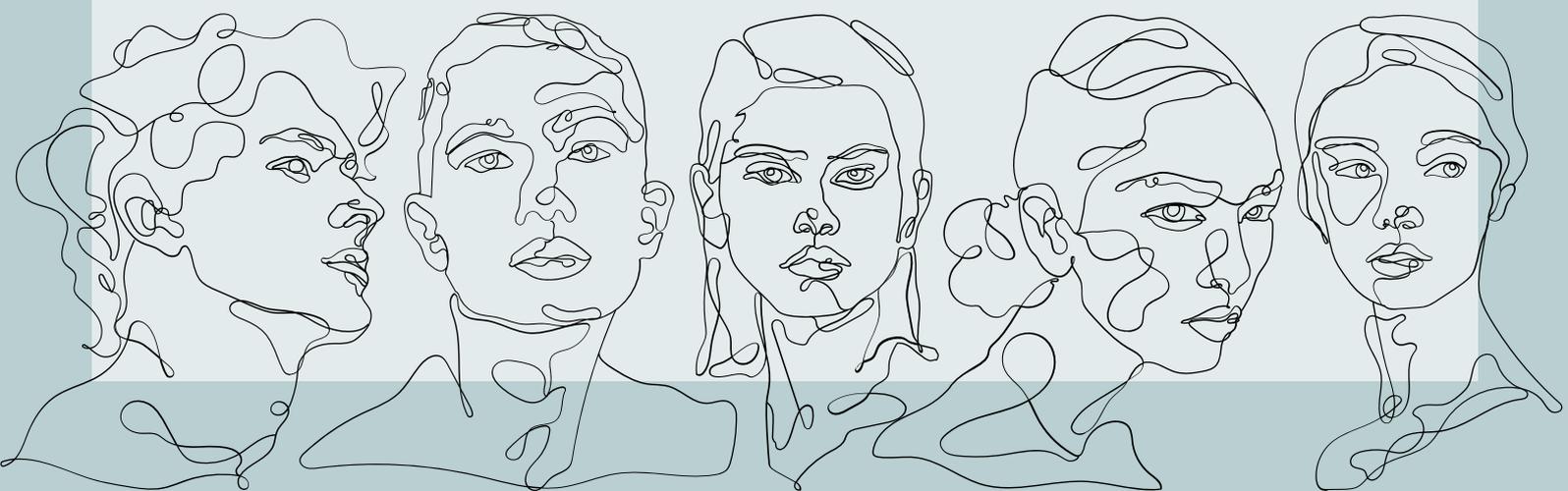
# Who is behind our beauty standards?

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As much as I would like to say that beauty standards are a past phenomenon, we've all had multiple PSHE lessons demonstrating that's not the case. In a rather depressing summary, they're nothing short of an embodiment of everything that's wrong with the world. You'd think that with the surge in female empowerment, diversity, and gender equality, the term 'beauty standards' wouldn't even exist anymore, that the idea of measuring beauty, something so unique, personal and forever-evolving wouldn't even cross our minds.

However, beauty standards have permanently scarred our society, which is why the statistic that 78% of girls are ashamed of the way they look due to pictures they saw online won't come as much of a surprise to you. If these doctored pictures are so toxic, shouldn't we just stop plastering billboards with Wellwoman adverts and Tess Daley showing off her perfect life?

Whilst researching this article, I was surprised to find out that beauty standards can be traced back to Ancient Egyptian, Greek, and Roman societies, where they took on a considerably different meaning to what we'd define them as today. Beauty came to be associated with divinity, and eventually a spiritual quality where lighter features such as the coveted blonde hair, blue eyes and light skin were seen as a physical manifestation of the 'light of gods'. From this point onwards, lighter skin was seen as a more favourable attribute and colonisers weren't hesitant to feed this information to Asia, Africa, and Latin America. Even after slavery was abolished, the unreasonable mindset that associates white with supreme beauty remained. And what inspired this? The answer is capitalism, an economic strategy controlled by private owners with an insatiability for profit. Simply put, capitalism ignores the individual's needs in favour of exponential growth, ultimately resulting in wealth inequality and a system



that promotes unequal opportunities between different groups in society.

How did this play a role in beauty standards? Capitalism was able to take advantage of people's insecurities, stemming from many generations who felt that their value was intrinsically determined by how they looked. TV commercials, billboards, companies, all seized this revolutionary opportunity to sell products aimed to solve problems that ultimately came down to a woman's physical appearance, whether this was the perfect body, glowing skin, or luscious hair, and at the heart of it all – money. We can take a closer look at this and realise that we are constantly surrounded by beauty marketing. With the rise of the internet, technology and, crucially, social media have become ingrained into our everyday lives. It should therefore come as no surprise that this has become one of the main ways beauty standards evolve and travel, as with half the world's population immersed in social media, efficacy is a guarantee. Take a look at popular influencers, how many times do you see the AD signal crop up in the corner of a post, or YouTube videos that guarantee a thigh gap and flat stomach in a week?

Inevitably, we're drawn to these because the message that these will make our lives somewhat better is ingrained into us, due to the common misconception that the feminine beauty ideal comes packaged with personal and professional success. Eventually, what we personally find beautiful becomes indistinguishable from what society tells us is beautiful. Furthermore, this results in a society that washes out culture and individuality – to such an extent that one can now purchase creams to lighten their skin.

Essentially, beauty standards are a product of capitalist society, designed to keep us constantly consuming. The worst part is that it's teenagers that are affected by this the most. Social media is second nature to us unlike the older generation; adolescence is a period of time where people want to stand out and be accepted, yet in the process, we most often lose what makes us unique.

– *By Nicola. 211*



# AUTUMN FASHION TRENDS

The days are shorter, the leaves are falling, and the temperature is dropping. This is autumn. It is also the season for great fashion and this year we're being encouraged to mix it up and be bold, adapt to the climate and embrace long sleeves.

## Experimenting with colour

This year has been far from normal with life being disrupted more than in living memory. Luckily for us, the fashion industry recognizes this and aims to represent it in new trends this autumn. They are trying to step away from the normal trends and instead turn to a more colourful look. In this case, it is mixing your outfit up by experimenting with different colours that don't often work together - Matchy Matchy is out and eccentric color pairings are in. While this can be an adventurous and fun look with flattering results, you do have to be careful that the colours are not too contrasting. No one wants colours such as neon pink and mustard yellow being paired together - that would be a true fashion disaster!





### Adapting to the weather

With climate change affecting the world now more than ever, it is hard to plan what you are going to wear. The world is adapting but so is fashion, and many designers have taken this into account by making some fabulous coats ready for any weather and any temperature. That means they have oversized jackets that are light and airy so perfect for warm weather. However, the sleeves inside are quite wide, so you can wear a cardigan underneath if it gets cold. This makes it less airy and means it will actually fit. Balenciaga and Loewe have perfectly embodied this jacket. With this design being so versatile, no wonder that it is one of the big trends this autumn.

### Let the sleeve fall

Remember that cozy feeling as you pull your school jumper on and pull your sleeves down? That feeling is exactly what the fashion industry is trying to recreate this autumn after a year of events jerking us up and down and out of our comfort zones. We have a sense of longing for normalcy. Coziness feels like a safe retreat from the outside world. So wearing long sleeve jumpers feels like an escape into a world of warmth. My personal favorite take I've seen is Stella McCartney as they've got a variety of different colours. As it's Autumn, the cosiest season, this trend is definitely in!

### Key Tips:

- 1. Experiment with colour!**
- 2. Adapt to the weather.**
- 3. Let the sleeve fall.**



As the nights get longer and the days get colder, why not experiment yourself and come up with a genuinely autumnal look?

By Keya, Y9

# — Desensi

One evening, when I was at a family dinner, the subject of reading came up. As I'm in Year 11, I mentioned that I had read 'All Quiet on the Western Front', a rather graphic book, depicting the horrors of the First World War, as part of a summer reading assignment. However, I was surprised by the rather severe reaction this provoked from one of my family friends at dinner. She seemed completely shocked that I had read such a book, let alone been told to read it at my age. Although the conversation quickly moved on and her outrage had soon been forgotten, I wondered later that evening if her words had had an element of truth.

When I had been told to read the book, I hadn't wondered at all whether it was 'appropriate' for my age, and I was actually pleased to have read it, since I learned a lot more about the Great War. I suppose the books we read as part of the school curriculum do often deal with quite shocking and unsettling matters (I'm still not over Lennie's death), but I never doubted that they weren't suitable for our age group to read. The focus on what is and isn't 'age appropriate' has shifted drastically over the last century, and although where we are right now does seem to be in a good place, we do have to consider whether we are misleading children by the media we show them.

I remember Disney as being the paradigm of 'family friendly TV fun'; it was an easy DVD to watch after a long day. Although a lot of what happened in the films went right over my head, the content of Disney movies has changed considerably since 'Snow White and the Seven Dwarves'. Old Disney films like 'Bambi' or 'Dumbo', tackle issues that many parents would not want to show their children these days. The titular characters of both movies suffer from the deaths of their mothers - deaths that are explored in depth and portrayed very tragically. The older films were certainly problematic in ways, given their occasional inclusion of racist slurs, such as the stereotyped crows who referenced segregation in 'Dumbo', but the complexity of emotion was something that added a layer of seriousness to otherwise light-hearted films.

Films nowadays, however, could not be more different. The films rarely make you as emotional as they used to, and you are more likely to cry because of the perfect happy endings, rather than anything truly heart-wrenching. If and when anything upsetting did happen, like Anna freezing to death in 'Frozen', the

issue was quickly resolved through the 'power of love', and the film had a happy ending with no loose ends. While the films are definitely easier to watch these days, is it fair to be shutting out kids from the real world?



In modern films, even if a parent does die, the matter is glossed over and we move past it hastily. Rarely do we feel sad about a main character's parents dying, since their grief is seldom explored. Some parents don't want their children to see movies like 'Bambi', as they don't want to make them upset, but it's impossible to raise your child completely free of negative emotions. What do you tell them when their hamster, or even a grandparent passes away? Perhaps if children are introduced and exposed to the concept of death through media earlier on, they would be able to better process the tragedy that has occurred to them.

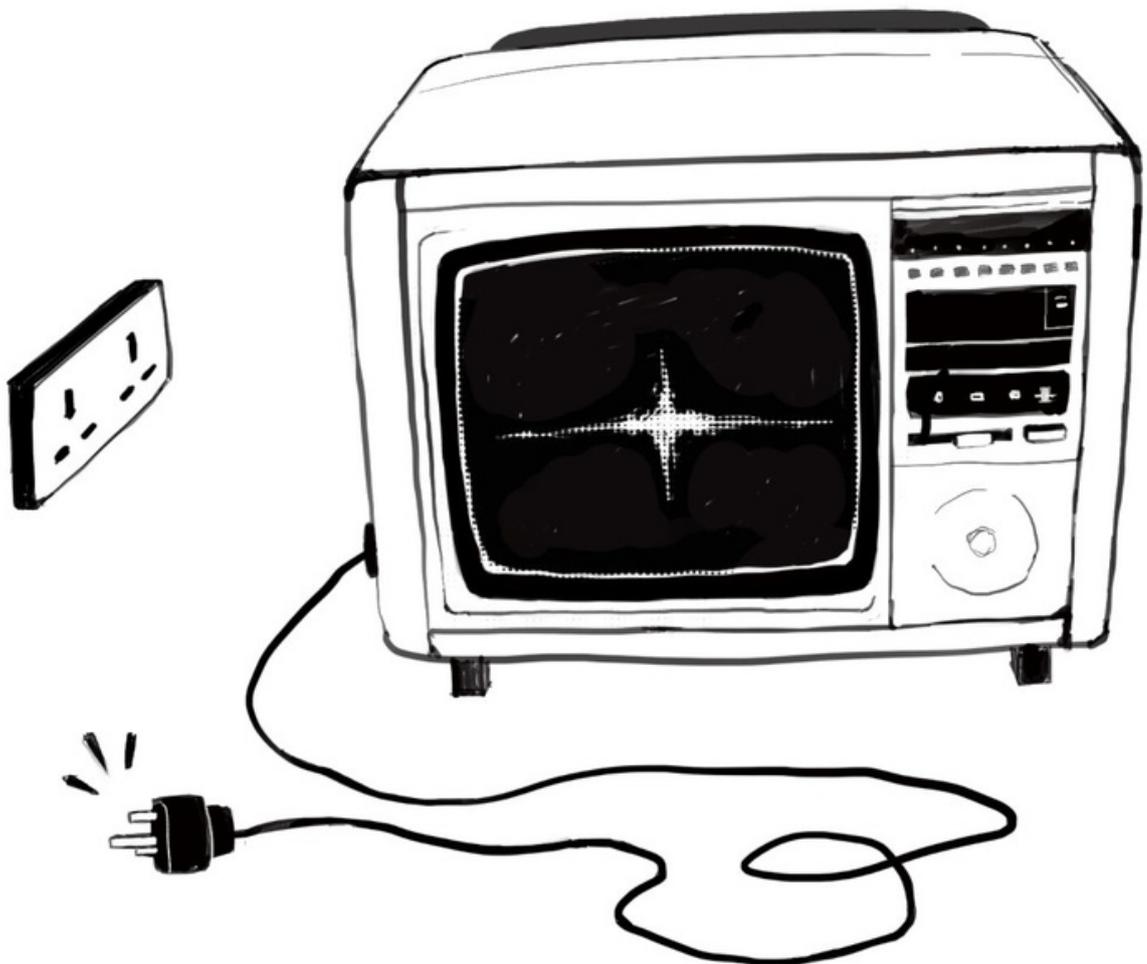
# tisation —○

However, the reluctance to show death in film seems to be the opposite in other media. Video games have gotten increasingly graphic in the past twenty years, with gruesome murders, sexually explicit content and exposure to other older players. It's not uncommon to see a nine year old murdering hundreds of zombies in a video game. So why is gruesome murder condoned in video games, but not in films? Perhaps it's because when an NPC (or non-player character) dies in a video game, it's insignificant – in fact, it's considered perfectly alright and you may actually be rewarded for it. But when a child sees a beloved character die in a film, they feel the sadness like it's their own. It's alright for children to see guts and innards splattered all over a TV screen, but for them to be exposed to death in films is suddenly taboo.

I don't want to make it sound like I'm suggesting children should watch and read heartbreaking content; I wouldn't want my young child to watch 'Schindler's List'.

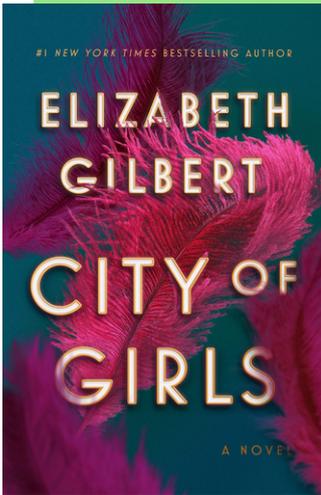
However, I do think that parents and filmmakers have a certain responsibility to educate children to an extent on some of the harder aspects of life. While I am very pleased that love and acceptance are being celebrated so much on children's TV, I do believe that death should, at the very least, be shown as tragic, rather than simply an overlooked part of a character's backstory. Obviously, many children want to watch adventures and not just characters being sad about their parents dying, but death shouldn't be ignored altogether. What would you want to show your kids?

By Isabella, Y11

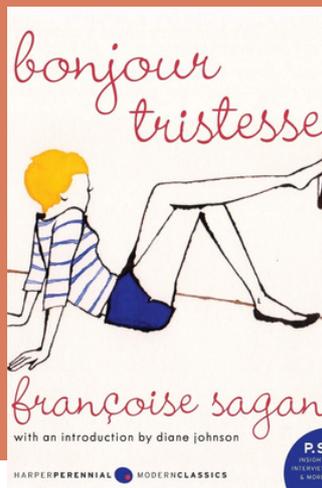
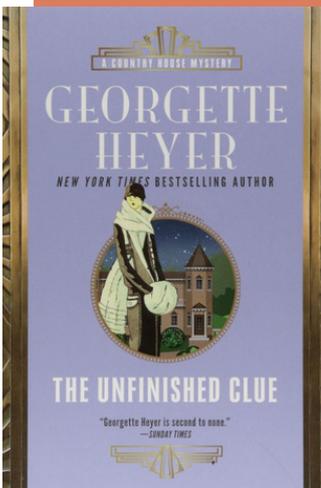


# Editors Recommend

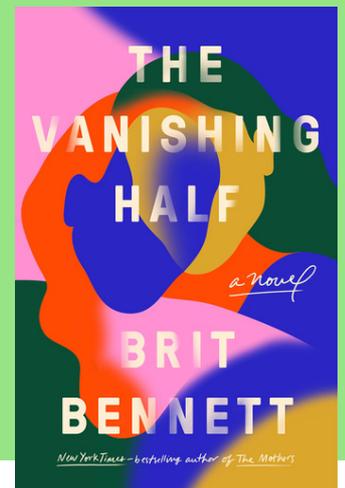
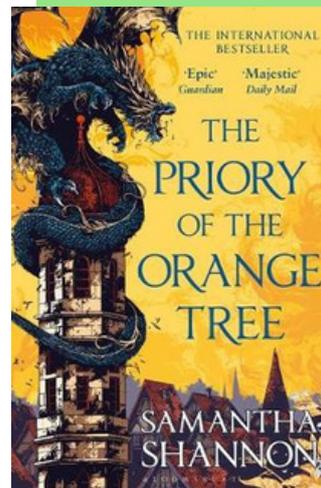
Our Year 12 Editors share their favourite reads for your half-term enjoyment



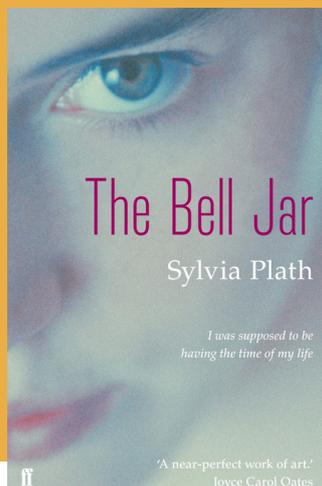
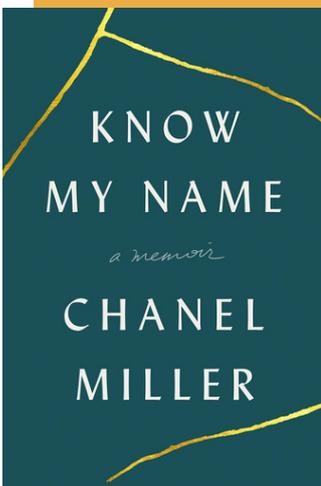
Olivia



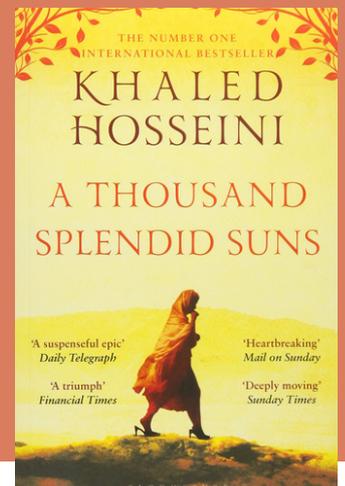
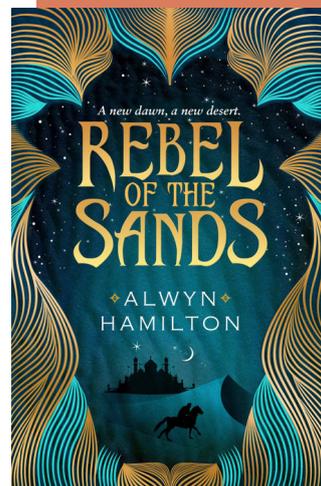
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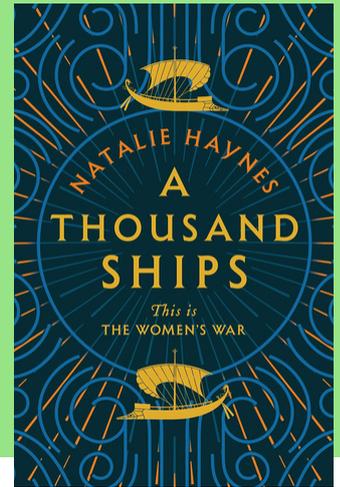
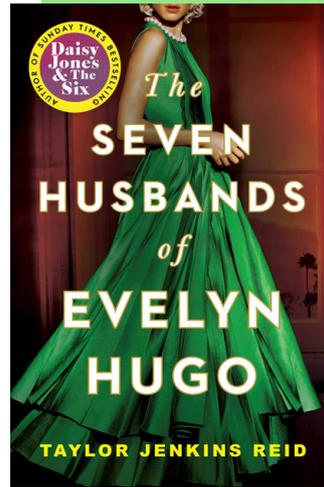
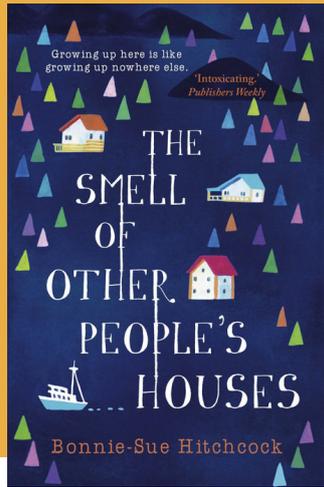
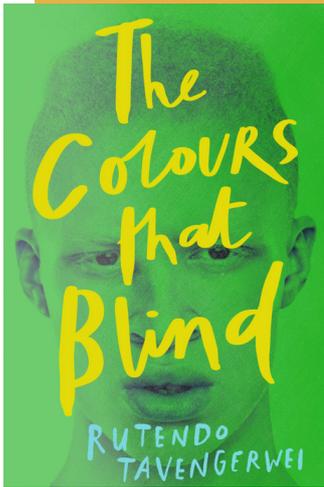
Sasha



Izzy

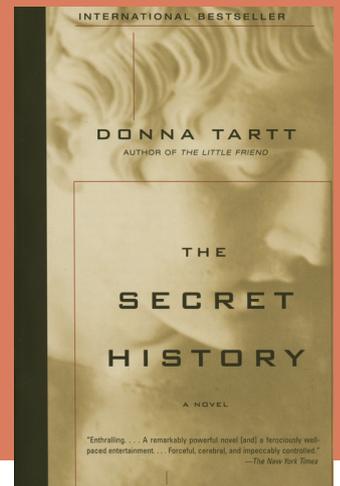
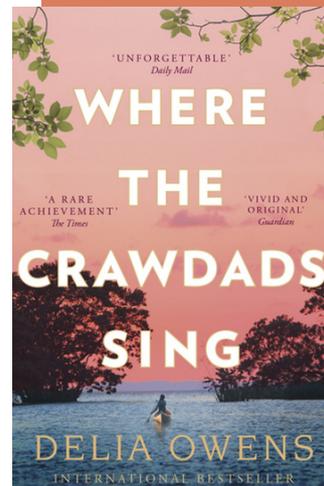
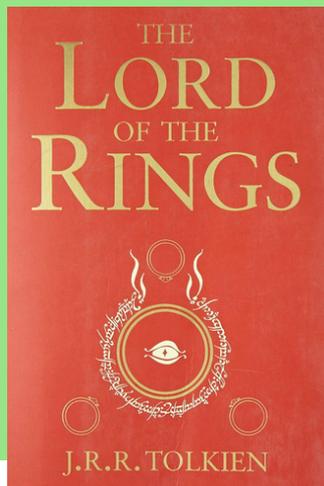
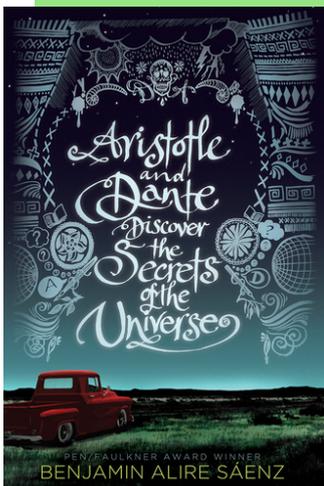


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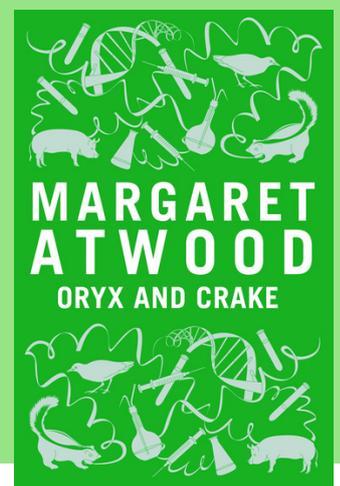
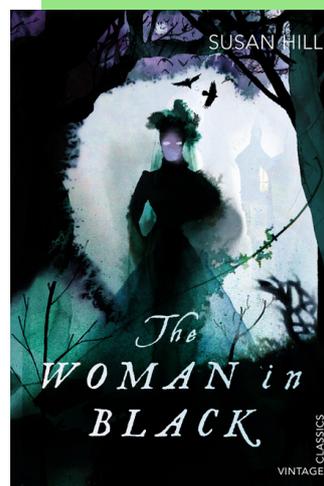
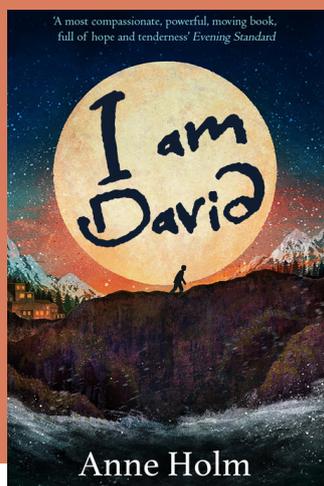
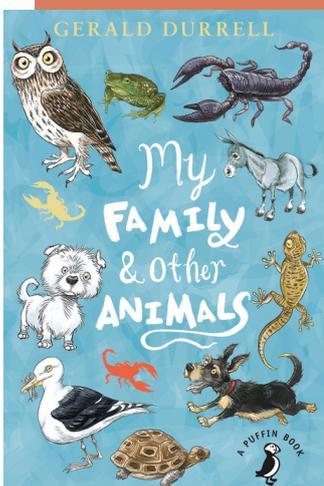
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Ruby

Nykia



Ella

Sofia



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Inbox

New Message



From:

Penelope, Y13

Subject:

# My love letter to animation

Some of my fondest memories of childhood involve watching animated cartoons. All the classics, from Peppa Pig to Ben and Holly, made their way onto DVDs that travelled everywhere with us, played on a tiny 8-inch screen in the back of our car. As technology got better, Disney movies, The Smurfs (the original 1980's TV series) and the Peanuts cartoons were downloaded onto a 1st generation iPad that had just about enough battery life for the Channel Tunnel. Journeys of distance were supplemented with journeys of imagination. But as I grew older, the endless repeats of 'A Charlie Brown Christmas' began to lose their lustre. I stopped watching cartoons, seeking new forms of entertainment for the long family car journeys. I thought I was done with them. But I was wrong.

It is difficult to pinpoint the exact moment of my re-immersion into the animated content sphere. It might have been when I watched every one of the 'Star Wars: Clone Wars' shorts and the subsequent 3D animated series. It might have been when I flopped on the couch next to my

sister, only to discover that she was streaming a certain series called 'Avatar: The Last Airbender' because our parents were out and we had free rein of the TV channels. However, the moment I believe I truly became immersed in the world of animation was when I encountered a certain medium: anime.

Cue the groan, the eye-roll; yes, dear reader, I am one of 'those people'. Anime (usually referring to animated shows and movies produced in Japan, though this is a controversial discussion) has grown massively in popularity over the past few years. I could point to examples such as the Demon Slayer movie, which outstripped other releases in cinemas over lockdown, the massive popularity of series such as Attack on Titan and Haikyuu!, or much-loved Ghibli classics such as Spirited Away which was nominated for (and won) Oscars. But



if these well-known examples haven't convinced you of the appeal of watching anime, what else can I say?

It's difficult for me to explain exactly why I like anime. It goes beyond the storylines, the different worlds, genres, and emotions. It goes beyond an appreciation of the amazing art styles, music, and individual aesthetics of each show. You may have had similar experiences trying to explain why you like certain books or movies, especially ones slightly outside of the mainstream. In the end, however, the reason we can connect with any sort of media is because it has the ability to evoke some sort of emotional response from us. This is what happened for me.

My consumption of the medium sky-rocketed over lockdown, to the slight chagrin of my parents, who couldn't quite understand



00:24

Inbox

New Message



why I was voluntarily watching cartoons with subtitles in my spare time. In a time of a global pandemic, when new films and TV series were delayed or stuck in post-production limbo, when the news was all about the unfolding of crisis and the internet was my lifeline to the world, anime provided a valuable form of escapism.

There was something refreshing about encountering worlds that weren't even trying to look real, countered with characters who often experienced very real emotions, that reminded me of some of my favourite fantasy movies. There was also a little bit of childhood nostalgia – animated cartoons were such a big part of my childhood, and here was a whole new type of entertainment ready and waiting- entertainment that bought to mind simpler times whilst simultaneously channelling more sophisticated themes. At the risk of sounding ridiculously cliché,

something in anime filled a void I wasn't even aware needed filling.

Anime is one of those mediums that admittedly may not be for everyone. I have been on both the giving and receiving end of the eye-roll-groan combination I'm imagining from many of you right now. As with anything else, there are good shows and bad shows, personal preferences, and the additional hurdle of subtitles or bad dubbing to overcome. But if you can find the right series, the right characters, and the right genre that has the ability to evoke some sort of emotional reaction, you may find your journey is only beginning.

And finally, just in case I've managed to pique your interest, here are some of my personal recommendations to send you on your way:



Thriller, Supernatural,  
Psychological:  
Death Note



Comedic, Action,  
Adventure:  
Fullmetal Alchemist  
(Brotherhood)



Forgiveness, Touching,  
Beautiful:  
A Silent Voice



Dark Fantasy, Action:  
Castlevania



Adventure, Fantasy,  
Coming of Age:  
Spirited Away



Romance, Music,  
Sentimental: Your Lie  
in April



-Thea

# Theories of Evolution

Science defines evolution as the process by which organisms are thought to have originated, by gradually developing from earlier forms. More specifically, biological evolution is any type of genetic modification in a species or population that is passed down and inherited over generations; these could be minute or on a larger scale. Throughout history, humans have tested and debated various theories on how humanity (and other species on our planet) came to be.

The first to propose a theory on the transmutation of species was a French naturalist called Lamarck. His theory, nicknamed Lamarckism, was based on the principle that physical changes in organisms that occurred during their lifetime could be transmitted to their offspring. Fundamentally, it involved two main ideas. The first was that a characteristic which is used more regularly by an organism becomes more dominant (whilst one that is unused eventually disappears) and the second, that it could be passed on to its offspring. However, his theory has since been proved wrong by modern science, as simple organisms are still detected in all life forms. Lamarckism cannot account for all observations made about life on Earth. For instance, Lamarck's attempt to explain the evolution of the giraffe is now widely accepted as being incorrect. He based it off the idea that the giraffe's short-necked ancestor repeatedly stretched its neck so it could reach food on higher branches and this stretching permanently elongated the giraffe's neck. Therefore, since it became a useful characteristic, it was passed onto future generations. However, it is now known that the Lamarck's interpretation was wrong, as genetic mutations are what would have created variations in neck length.

Another naturalist who developed a theory of evolution was Alfred Russel Wallace. Wallace has been credited for independently conceiving the theory of evolution through natural selection; his paper on the subject was jointly published with some of Charles Darwin's later work in 1858. Known for his courageous views on scientific, social and spiritualist subjects, Wallace became a public figure in England during the second half of the 19th century. Yet, the main difference between Wallace and Darwin was that the latter argued that human evolution could be explained primarily by natural selection, with sexual selection being a significant supplementary principle. Wallace always had doubts about this view of sexual selection, and ultimately concluded that natural selection alone was insufficient to account for a set of uniquely human characteristics. He challenged Darwin's concept of sexual selection, contending that female birds were less brightly coloured than males because their dull colours would offer them protection from predators and ensure their survival. Wallace has been nicknamed the 'forgotten man' of evolution because he originally formed the theory of natural selection

but did not achieve the same level of renown as Charles Darwin. Recently, the Natural History Museum in London launched Wallace 100, a project that aims to right this wrong and give Wallace more recognition for his work. His portrait is currently hung beside the grand statue of Darwin in the main hall.

Furthermore, although it has been overlooked by the average person, the evolution of the universe has also been debated through forums such as the Apparent Age Theories (or settled science). This Christian text argues the world is not old, it just looks like it is because God designed the Earth with built-in apparent age. The view is expressed that scientific dating methods are invalid as God formed all mature mountains and trees. Nevertheless, this argument is critically flawed because it contradicts what is seen as the nature of God. The Christian God is universally depicted as an omniscient, omnibenevolent, and omnipotent being, but the Apparent Age Theories portray an almost deceptive God. This issue is progressed when applied to ancient cities. Bible Genealogists believe that there was no human activity on earth until about 6000 years ago despite archaeologists uncovering cities that are much older. One example of this is the biblical city of Jericho which is believed to have had its first settlers about 10 000 years ago. If, as the Apparent Age Theories claim, God planted this evidence, a lot of Christianity would be undermined. Consequently, the views expressed by this text are not widely held but are useful when shedding some light on abstract ideologies for the evolution of the universe.

In 1859, Charles Darwin published his famous – or infamous – work 'On the Origin of Species' based on studies of creature he had encountered on his travels. He put forth the theory that all creatures have developed over millions of years, from more primitive life forms, through a process of natural selection. Although an established geologist and Cambridge Graduate, Darwin was also a notable Christian and his theories clashed with the beliefs of holy books. For this reason, his findings outraged many as they clashed with the Christian belief that God created humans 'in his own image'. His revolutionary work challenged the assumption that humans were superior to all other creatures, and that the Christian God designed the universe. The idea that living things adapt to their environment was very controversial at the time, yet this theory of evolution is well supported by modern science and continues to provide the most plausible explanation for our existence.

# How to Rewild the... Wilds?

– By Iman Y9 –

Rewilding is another ecological craze and protection method for our wilderness. It is defined as the process of replanting and protecting natural and wild areas. It is essentially 'letting nature do its own thing', re-creating fully functioning ecosystems. This will increase biodiversity and reduce the effects of climate change by encouraging more growth and reinstating habitats.



When I went on Holiday to Norfolk this summer, I managed to stay in one of the many resorts supporting rewilding. As part of this process, it is keeping or replanting woodland, grassland and marshland that would have been or was previously destroyed.



In England, forestry laws were finally introduced in the mid-17th century. However, large amounts of timber had already been used to provide fuel for the growing population, and more was removed during WW1 & 2 when importing timber was extremely difficult. So, in these areas of natural beauty, a lot of trees are now being planted to replace what was removed in the past. Rewilding can also help support endangered flora, as well as provide habitats for creatures whose numbers have been threatened by the shrinking wild spaces.



A more controversial aspect of rewilding is allowing apex predators to be reintroduced, namely animals like wolves and lynx. These animals pose a threat to livestock so many people, especially farmers whose livelihoods are then placed at risk, are against it. But these predators play an important role in controlling herbivore populations. However, due to the difficult balancing act, most projects have focused on reintroducing other animals, like moles, which was evident in the number of mole hills dotted around the resort I visited!

An example of this predator reintroduction is the white-tailed eagle, the UK's largest bird of prey, in Norfolk. In the 20th century they were extinct in the UK and Ireland. There have already been successful reintroductions in Scotland and the Isle of White. It is hoped that the Norfolk eagles will connect the birds in Scotland and Ireland with South England and other parts of Europe. The reintroduction of white-tailed eagles has been welcomed by the local public with 91% of those surveyed West Norfolk supporting their return.

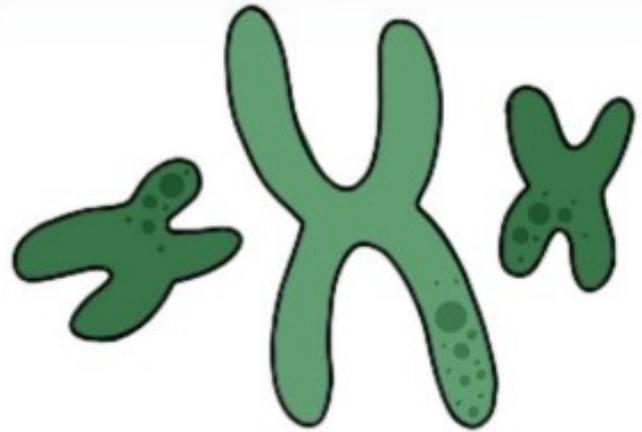
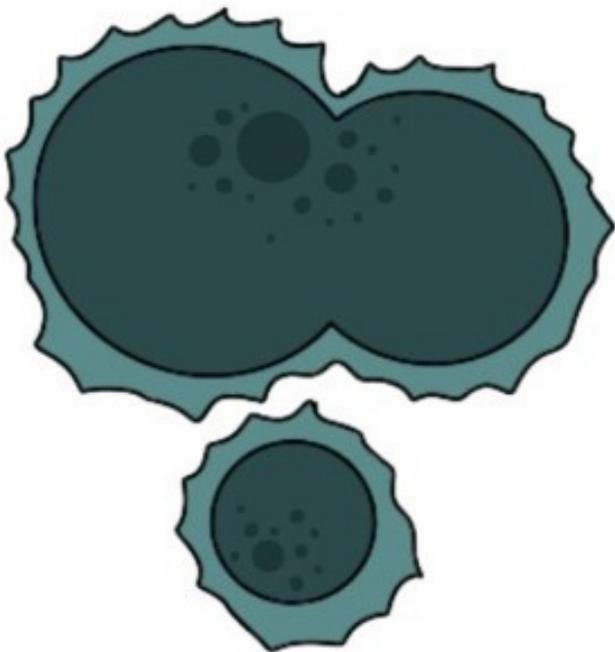
Rewilding does seem like a promising process for the environment. Scientists in Brazil recently found that restoring the most promising 15% of ecosystems, including former forests, degraded grasslands, and wetlands could counter 30% of all the CO<sub>2</sub> released since the Industrial Revolution, helping avoid 60% of expected extinctions. It is true that replanting trees isn't the single solution to climate change but this process that also reintroduces wildlife and helps trees to survive on their own suggests that if it's done right, it will have positive effect on the environment.



# SUBSURFACE MICROBES

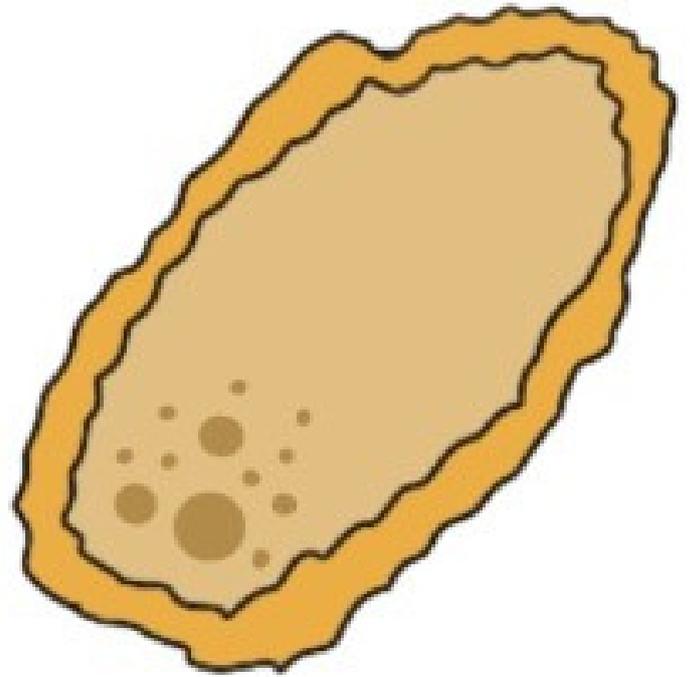
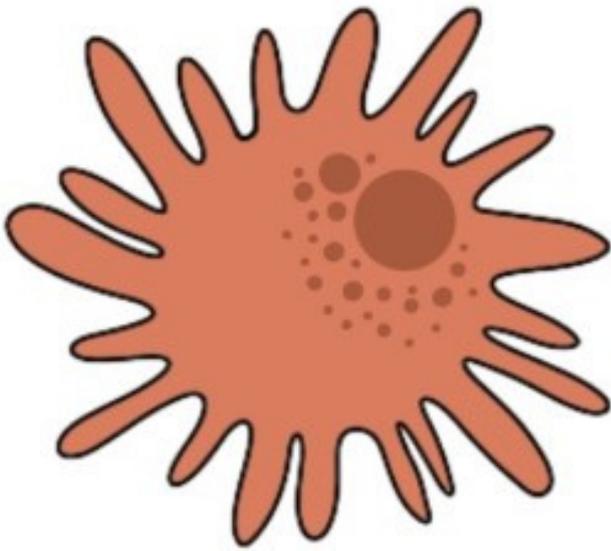
Microbes are incredible. They're extremely diverse, with our current estimate being that there are an astounding one trillion species on Earth, which only makes up 0.001% of the entirety. Not only that, but some species boast unique abilities which challenge our way of thinking about life and its possibilities. These range from a species which can breathe uranium (betaproteobacteria) to one which can survive some of the most unforgiving conditions such as vacuums, radiation, cold temperatures, acid, and dehydration (Deinococcus radiodurans).

The deepest we have found microbes is 5km below the seafloor, where they live in small fractures in stone or deep-sea hydrothermal vents, often sharing close symbiotic relationships with invertebrates and crustaceans like crayfish, isopods and amphipods. These receive food in exchange for a type of haemoglobin which provides the bacteria with a source of oxygen and hydrogen sulphide necessary for their metabolism. Shockingly, even these seemingly inhospitable environments are estimated to support over 500 different species of marine organisms, but how do they survive? There's very little oxygen, light, or much organic matter.



So, what allows these bizarre microorganisms manage to live in some of the most unforgiving habitats? The answer is by working hand in hand with science.

There is one specific type of microorganism which I think is one of the most interesting called Chemolithoautotrophs, which have adapted to survive off hydrogen, formate, sulphide and reduced metal ions (as suggested by their name – 'Chemo', meaning they use chemical means to gain energy, and 'Litho' which means they use inorganic matter). They have a very slow reproductive cycle, with many of them not having undergone a single cell division since the time of ancient Egypt. This means most have likely been around for far longer than many other organisms we know of. One of the many reasons this type of microbe is particularly fascinating is that it can gain energy from inorganic materials including ammonia, which is highly corrosive and thus dangerous to humans in high concentrations, and turn it into mineral deposits such as rust and pyrite (fool's gold) along with a few other by-products. These microbes can also make carbon sources for themselves, which is shown by their name 'autotroph', meaning an organism capable of producing its own carbon. But what's even more exciting is the fact that these microbes are extremely good at converting carbon dioxide into oxygen.

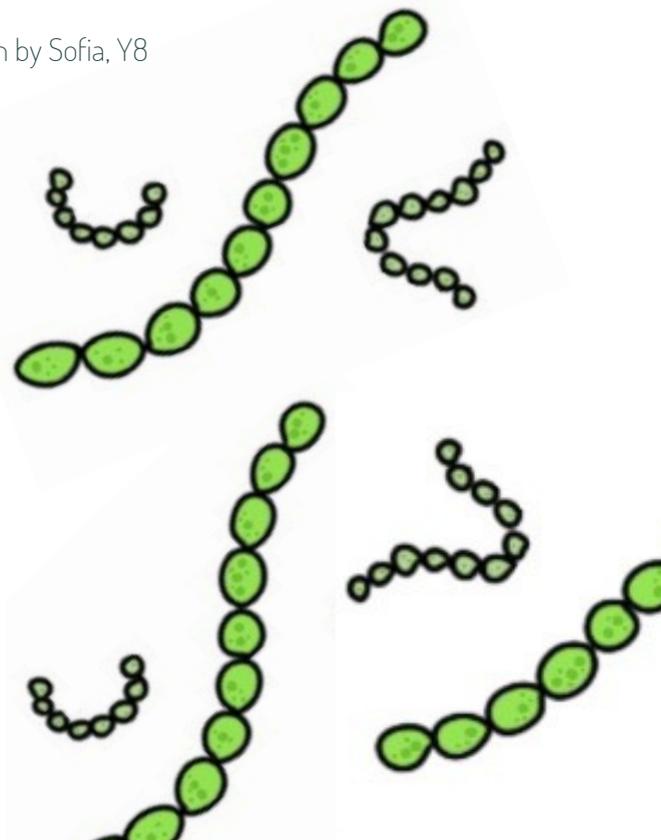
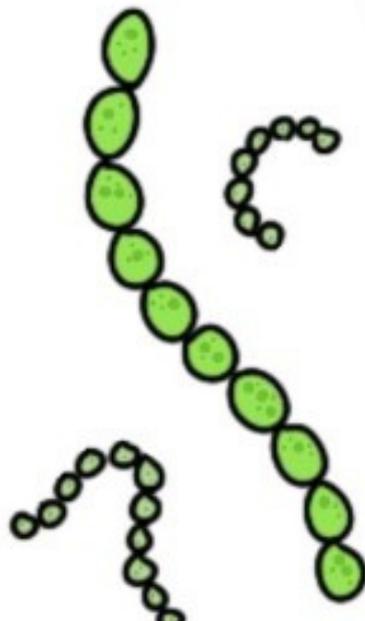
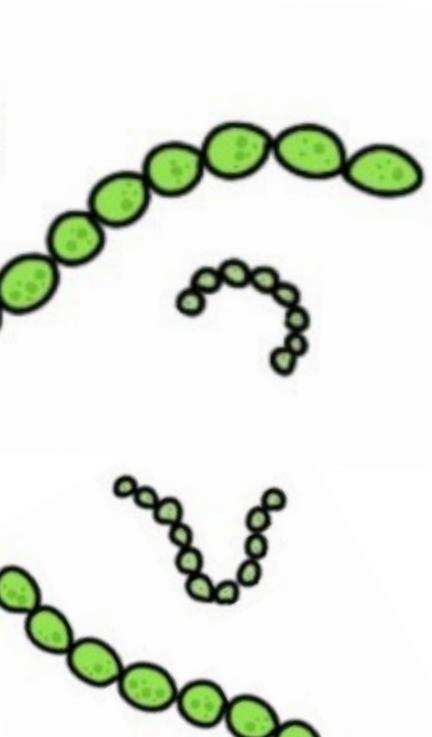


Carbon dioxide is stored under the Earth's surface, mostly in subduction zones. But how is it that we don't see it escaping into the atmosphere? The answer is, as you may have predicted, microbes filter it out and convert it into minerals, which is important due to the Earth's ongoing carbon problem. In 2019 alone, about 43.1 billion tons of carbon dioxide was emitted into the atmosphere from human activities. The state of our atmosphere has become a serious issue, one which scientists, engineers, and organisations such as the Carbon Trust are trying to solve. So now you ask, why haven't people thought to use microbes' abilities to help solve our problem? Surely someone must have come up with the idea to use chemolithoautotrophs' incredible ability to take up carbon dioxide from their surroundings as a way of reducing our carbon emissions. Unfortunately, as mentioned before, these organisms are incredibly slow to reproduce.

So, unless we find a way to artificially create more, it is unlikely that there will be enough to make a significant change.

Still, the world is full of microbes. They are tiny organisms that all look like brightly dyed blurs under a microscope which, despite being so insignificant in size, play a vital role in how our planet works. They possess some of the most incredible abilities, have the potential to be the root of so many amazing scientific discoveries, and could help us solve some of the biggest issues we currently face.

- Written by Sofia, Y8

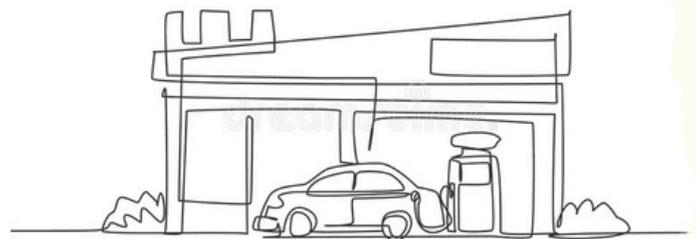
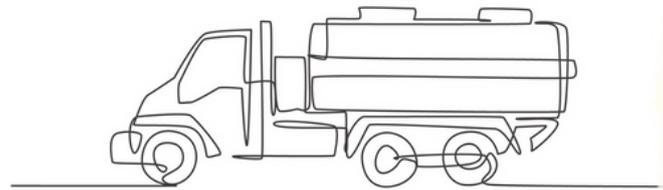
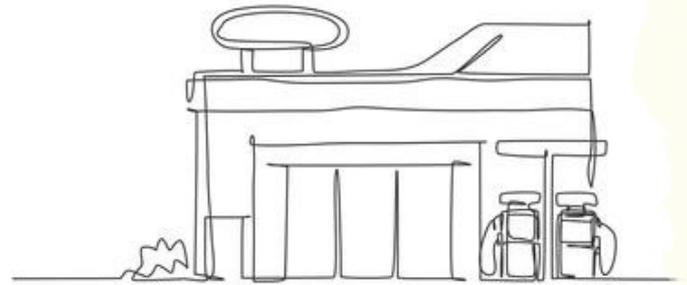


# A comment on the purchase of toilet paper and petrol

When it was announced in March 2020 that a nationwide lockdown would come into place to prevent the spread of Covid-19, all hell broke loose. Desperate and panicked shoppers raced to supermarkets, grabbing cans and cartons alike to form their stockpiles - it was an apocalyptic sight. Yet, strangest of all was the trend of hoarding toilet paper that caught on across countries despite the pleas of government ministers to stop such behaviour.

Nevertheless, as the world was easing out of lockdowns over the last few years, people thought that the days of panic buying were in the past. However, as demonstrated by the fuel crisis of September 2021, we were mistaken. This issue's origin was the announcement of the oil firm BP that some of its petrol stations would have to close due to a shortage of delivery drivers. The lack of HGV drivers has recently been blamed on complications from Brexit and the coronavirus pandemic, but it has become apparent that there are more evident reasons: distrust and paranoia. Despite the Transport Secretary, Grant Shapps, declaring that there was no fuel shortage, and that media coverage on the matter was misleading, he was promptly ignored by the British public who started to collect as much petrol as possible.

This panic buying phenomenon is caused simply by the chaos of thousands, or rather, millions attempting to protect their own interests simultaneously. Unfortunately, this interferes with supply chains as production cannot increase as quickly as demand and panic levels. What the world should learn from the toilet paper and petrol crises is that it is important to be calm, collected, and charitable in times of need. This is the only way we can move forwards and progress to a world with full shelves and minimal chaos. But when will we ever learn? I wonder what the next thing that supermarkets and stations lack will be... shampoo?



# Millionaire Shortbread Recipe!

A delicious recipe to try yourself!



## For the shortbread

100g softened salted butter  
50g caster sugar  
150g plain flour



## For the caramel:

200g condensed milk  
150g salted butter  
50g soft light brown sugar  
50g golden syrup  
1/2 tsp vanilla extract



## For the chocolate

For the chocolate:  
120g milk chocolate  
30g dark chocolate  
50g white chocolate



## Recipe:

1. Preheat the oven to either 150 o C (fan) or 170 o C (not fan).
2. Beat the butter and sugar together with a wooden spoon. Or, if you're feeling lazy, throw it in a food processor and mix until it forms a paste.
3. Add the flour and mix until it forms a dough.
4. Line an 8x8 inch square tin with a thin layer of butter and then with parchment paper.



5. Press the shortbread into the tin in an even layer.
6. Put it in the oven for 12-15 minutes or until the edges are very lightly coloured.
7. While it's cooking in the oven, start to make the caramel.
8. Add all the ingredients for the caramel into a medium sized saucepan and place on a medium high heat.
9. Stir it whilst it's on the heat using either a silicone coated whisk or a spatula.
10. Cook until it is a deep golden brown colour - about 10 minutes of stirring after all the ingredients have melted.

11. When the shortbread is out of the oven, pour the caramel over the top and pop it in a cool place for about an hour.
12. After it has cooled, melt the different types of chocolate in separate bowls. You can either do this in a heatproof bowl over a saucepan of boiling water, or in the microwave.
13. Once they have melted, pour them over the cooled caramel and swirl them together using a knife, being careful not to stab the caramel.
14. Leave the chocolate to set in a cool place, but not in the fridge, as it will be a nightmare to cut if you do that.
15. Then use a sharp knife to cut the shortbread into pieces and enjoy it with a cup of tea!



Written by Livia, Y12  
Illustrated by Mila, Y8



South Hampstead  
*High School*

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