

PENGUIN

SUMMER TERM 2023

Exclusive Interview with Mrs Bingham

Find out all about Mrs Bingham's favourite moments, places, and more during her time at SHHS!

Why The 'Clean Girl' Trend Is Toxic

Why are seemingly harmless internet trends so harmful to young peoples' mental health?

Editors Recommend

Discover your new favourite books, TV shows and movies to keep you entertained during the summer holidays!

Overheard @ SHHS

What have YOU overheard at school?





LETTER FROM THE EDITORS

Dear readers,

We're back with another edition of The Penguin! Over this summer term, we have compiled the 2023 summer edition, full of niche and exciting ideas. This issue is a particularly special one for us as it contains an exclusive interview with our very own Mrs Bingham, who we will have to say goodbye and good luck to at the end of this school year. A big thanks to Nur and Irene, our design team leaders, and Ms Pearce for her guidance this term. Hope you all have a lovely summer holiday and enjoy reading!

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How will ChatGPT change the future of education?

ChatGPT has been an incredible breakthrough in the world of AI language models, with extraordinary capabilities to do game changing things such as teach you to code, play endless amounts of word games, and even have a normal, human-sounding conversation with you. Despite this, OpenAI's chatbot is gaining rapid popularity all over the world because of its ability to have substantial effects on education. In this article, I will be researching how ChatGPT could not only help teachers to teach more efficiently and students learn more easily but also how the infamous chatbot could become integrated into the education system.



Learning Difficulties

People who suffer from difficulties such as dyslexia or dyspraxia could be helped by ChatGPT as it can generate ideas for writing creative stories or with writing essays. Not to mention, it may also aid those with ADHD or autism in being able to provide a different learning environment. Of course, there is danger here as it could be used to write the essay for you, but if it is monitored at school then the probability that they will cheat would be reduced.

Revision

ChatGPT is very useful for revision as it can generate questions for most subjects, like conjugations for MFL, salts and analysis questions for chemistry, or standard form questions for maths. It is easy to see that this could change someone's mindset for revision, especially in Year 8, as it is the first year of doing End of Year Exams.

Learning

Students are often given textbooks to find information on the subject they are learning, but if the page number isn't given to you, you might be stuck scrolling through hundreds of pages. ChatGPT can give you direct information about a question you have almost instantly, and could save you lots of time by doing so.

WOULD YOU RATHER...

Find 1000 Cockroaches OR a Person Living in Your House?

I would definitely rather find 1000 cockroaches living in my house than a person, as they would be so much easier to get rid of. You would simply have to call an exterminator and have them all killed. Discovering a person in your house would, firstly, be incredibly creepy, and they would be much harder to get rid of. What were they doing there? Did they know you were in the house? How long had they been there? All these questions would plague you, not to mention the guilt you might feel for kicking them out if they had nowhere else to go. You would also have to spend a lot of money working out how they got in and trying to fix the problem, maybe by changing the locks to stop them or someone else doing it again. In addition, whilst cockroaches can spread disease, the likelihood of them actually harming you is very low, whereas a stranger living in your house could be very dangerous. All in all, cockroaches are definitely the better option here.

Now, both of these scenarios are going to be extremely unsettling and there's no version of it where you come out on top. But let's face

it, cockroaches are gross. When cockroaches infest a home, they create a very noticeable smell and during the night you can hear a faint scuttling as their tiny legs crawl around. They also leave hundreds of eggs all over the place so you might think you have just the measly 1000 cockroaches but before you know it there's 100,000!! Now, the actual sighting of a cockroach only spells worse news as this means the roach populations have exceeded the availability of food - where might they be coming next? That's right... you...

Then comes the problem of extermination. By yourself, cockroaches are hard to get rid of with extremely strong and flexible exoskeletons they are almost impossible to squish or stomp. They are able to flatten massively in order to fit through the tiniest of crevices for an easy escape. Of course, it will obviously be easier to hire an exterminator, which, with the high levels of 1000 cockroaches, would require a thorough fumigation that could cost up to £6,000. A gentle talk with the, I'm sure lovely, person living in the attic and the whole situation is over quickly.

The Lost Library of Alexandria

The mystery of the Ancient Library of Alexandria remains, to this day, one of the most fascinating and tragic losses to the development of civilisation. Located in ancient Egypt, the library enabled the city of Alexandria to become known as the capital of Hellenic scholarship and science.

Appropriately named after Alexander the Great, who sources claim to be history's greatest military commander, the library epitomised the pinnacle of learning and enlightenment, containing a plethora of knowledge within those marble walls, forever lost in antiquity.

Although libraries today, such as The Library of Congress, are bigger than it, the Alexandrian Library was certainly not lacking in prestige. It was not the type of place where your run-of-the-mill citizen would simply wander in and perhaps lightly peruse the picture-book section on a rainy day – oh no, the library was frequently, thoroughly and mainly used by some of the ancient world's leading minds. Many bright stars, (one might even say A-List celebrities of ancient academia), habitually used the library: like Zenodotus of Ephesus (325 to 270BC) who was the first known person to have employed the alphabet as a method of organisation, Apollonius of Rhodes (294 to 215BC), who wrote "Argonautica," an epic poem which displays a deep knowledge of culture, history and literature and Eratosthenes of Cyrene (276 – 194BC), who calculated the circumference of the earth, within a few kilometres of accuracy! These scholars generously attribute to the extent of the riches contained within the Alexandrian Library, aggrandising its status as well as the disastrous and lamentable loss of its contents. The myth that the library was dramatically burned and destroyed is just that – a myth. The truth of the matter is that the library's demise was a slow and painful destruction, taking place over the course of several hundred years. Historians such as Plutarch and Cassius speculated that Caesar destroyed the library accidentally during the civil war of 48BC, setting fire to his own ships, managing to simultaneously incinerate his fleet, and the library with it. Caesar himself reported

the burning of Alexandria as a consequence of the war against his great rival Pompey.

However, sources such as those from 1st Century AD playwright and stoic philosopher, Seneca the Younger, claim that this very fire merely destroyed 40,000 scrolls from the library leaving the rest unsinged. This agrees with the account of the geographer Strabo, who did much of his research on the fire after the events of 48-47BC, using sources from the library itself. Other sources even claim that the fire never came close to the library, incinerating only some of Caesar's fleet and a few houses.



Despite the fact that we, as modern interpreters, cannot grasp the complete circumstances behind the matter, we do know that the library was not destroyed by the fire of 48BC and continued to be used afterwards. There are records of scholars having access to the library around 20BC, which is over 20 years later than the date of the fire. This indicates that the library was not only fully functioning after the fire, dispelling the myth, but was also widely used and important to academics who relied on it as a vast source of information.

Although, most historians suggest that the demise of the library is due to years of neglect

and lack of funding throughout the Roman period, we can interpret this as a symbol of the barbarity that overwhelmed the Roman Empire, allowing one of the greatest achievements of the classical world to waste away to nothing but forgotten dreams.

The only agonising truth that we can confirm is that we will never know for certain, how this great structure was destroyed. That is the tragic romance of this once magnificent institution, teeming with knowledge and ambition. Civilisation will never again know the extent of the beauty and wisdom contained within.

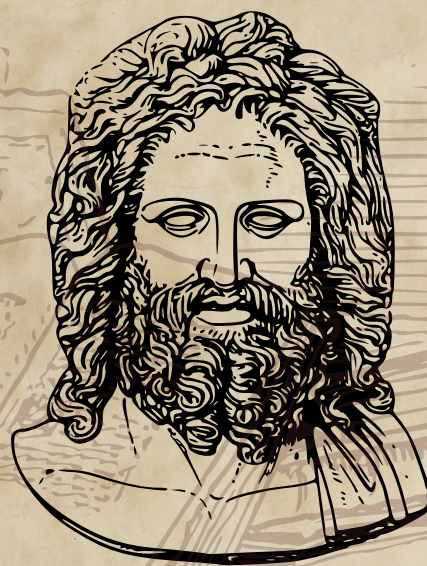
But why does this library hold any significance to our modern-day life? Surely this ancient shed, consisting of a few dusty old scrolls could have no effect on the welfare of our society today? Well, that is where you would be wrong. Many historians claim that the library was the biggest and most important in the world and it is widely believed that the destruction of the library could have set the progress of human civilisation back by 1000 years!

Although it is difficult to fully discern the entire contents of the library, we know from various sources that, at the height of its glory, it is said to have housed around half a million scrolls and documents. Among these resided many important ideas and medical techniques which could have enabled the development of modern medicine to fall into the hands of society much sooner. Comparable to a modern-day university, the library featured: lecture, dining and meeting halls, as well as reading rooms and gardens, creating the optimum centre for study and research. Not only did the building have an impressive structure and facilities, but it also housed the first medical school in the world, where scientific human dissections were first undertaken, providing invaluable knowledge to the progression of advanced medicine. First-century philosopher, Strabo, accounts the Alexandrian Library hosted international scholars, poets, philosophers and researchers, who were provided with a large salary, free food, lodging and exemption from taxes. How was the library able to amass the sheer number of scrolls? - the innovation and aspirations of its founders. During the reign of Ptolemaic kings, the methods of acquiring a large and varied quantity of scrolls,

were extremely clever and effective. They dispatched royal envoys, with large amounts of money to obtain any and every scroll by any and every author they could find. It is said that Ptolemy II even issued a decree that, as Alexandria was a major harbour, any books found on ships that made port in the city, were to be taken to the library and copied by official scribes.

Many important works have been lost by prestigious scholars. As one example, almost all the works of the renowned mathematician Hipparchus, commonly known as the father of astronomy, and the founder of trigonometry, are lost and speculated to have resided within the Alexandria Library. Half the works of one of the most famous Greek philosophers, Euclid, are missing and many historians believe that they lived and died in the library.

It is imperative that we, as a race, learn from past mistakes and the shameful treatments of the library, making sure that something as beautiful and valuable to our society is never lost in such a careless manner again. We must uphold the crucial values of scholarship and erudition, or they might slip from our reckless hands.



Written By Iso, Y12
Designed by Bella, Y7

The History of Henry VIII

Henry VIII, an English monarch from 1509-1547, is best known for his six marriages and his efforts to have his first marriage annulled. Although he had many more positive achievements such as being the 'great warrior king', who defeated France, revolutionised English healthcare and developed great parklands; yet he was never remembered for any of that.

The year was 1491 and England shortly just broke off from three decades of civil wars, which became known as the Wars of the Roses, where the great houses of Lancaster and York disputed over which royal house should rule the round. Finally, a member of the Lancastrian house, Henry VII won by marrying Elizabeth of York and achieving peace between the two rivalling families. Soon, they had a son, who was named Arthur, Prince of Wales. Five years later, they had a second son, who would become Henry VIII. On 14th November 1501, at 15 years old, Arthur, Prince of Wales, was married to Catherine of Aragon, sealing a union between England and Spain. Unfortunately, on 2nd April 1502, around 5 months after his marriage, Arthur, the Prince of Wales, died due to sweating sickness.

The news of Arthur's death came as a great disappointment to King Henry VII, not only due to the loss of a son but also politically. In Arthur's absence, Henry could not maintain the English-Spanish alliance and was faced with giving up

Catherine's dowry, consisting of 100,000 crowns. He suggested that he marry Catherine of Aragon himself, but this was met with anger; it was proposed that when Henry VIII, Arthur's younger brother, came of age, he would marry Catherine of Aragon. In the bible, it states, "If a man takes his brother's wife, it is an unclean thing. He has discovered his brother's nakedness. They shall be childless." In other words, Henry VIII's potential marriage to Catherine of Aragon was frowned upon by the Church, so the King needed to convince the pope for special permission. This was done by means of bribery. Finally, the deal was accepted and so it was, Henry's life was turned on its head as he moved to the royal court, swiftly becoming next in line for the throne of England.

In his older years, King Henry VII became increasingly paranoid, as was common for a king at that time. Having to quell a number of rebellions, as he aged, he grew to be evermore suspicious of the nobility around him. In order to keep them in check, he began levying huge, ruinous fines to dukes, bishops, barons and even his own mother! Nobody was safe from his tyranny and soon the nobility of England began to suffer. Not long after, Henry got sick and died due to tuberculosis in 1508; the famous, charming and popular 18-year-old, Henry VIII was his replacement.

Henry married Catherine of Aragon in June 1509. You may wonder at the fact that Henry married his brother's widow, despite his new status as king. Didn't he now have the power to end this unholy match? Well, yes, he did, but by now, Henry favoured the marriage. The thing about Henry that set him apart from many other kings, was that he married for love and by now he had grown quite fond of Catherine.

At the beginning of his reign, Henry spent a vast amount of money on parties and fulfilling the demands of his people, which displeased the council, causing them to heavily control the young king. One thing that infuriated Henry the most was that he could not joust with his friends or go to war with France because it was too expensive. This



Portrait of Henry VIII of England, 1537 - Hans Holbein the younger (oil on wood panel)



Portrait of King Henry VIII, Jane Seymour, and Prince Edward, The Great Hall, Hampton Court Palace – Unknown, 1545

urge to invade France grew and grew and luckily for him, the right man came to help him: Cardinal Wolsey. Wolsey knew that if he helped the king, there would likely be something to gain for himself, so the Cardinal took control over the court and thus, Henry was back on top. For his efforts, Wolsey began to climb the ranks and took care of all business while Henry would frolic and play.

The relationship between Catherine of Aragon and Henry VIII, as you may know, didn't last long. This was due to her inability to produce a male heir as well as keep an alliance with her family in Spain and her nephew in the Holy Roman Empire (now known as Germany).

Henry soon began to grow quite fond of one of his wife's ladies-in-waiting, Anne Boleyn. Coincidentally, she wanted to be his queen. Now, more than ever, Henry wanted a divorce; told Wolsey to arrange this, quickly and quietly. And so off Wolsey went to ask the pope.

After the pope had escaped Charles V, he raised a suspicion that Henry didn't want to have a divorce due to the bible, but finally, he sent out Cardinal Wolsey to oversee the trial. After 6 painful months of travelling from Rome to England, Wolsey finally arrived, only to learn that the pope wouldn't make a clear decision. Anne Boleyn, with her protestant views and support of the Reformation, suspected the pope was just delaying. For two whole years, the trial dragged on and on and in the end the pope declined Henry's request for a divorce. Henry felt betrayed and blinded with anger. For his

failure, Henry removed Wolsey from the court. Having fallen from grace and with potential charges, Wolsey died of an illness a year later.

Henry now set about removing the influence of the pope from England. He gathered theologians and scholars together to help him construct a case against the pope. They argued to the people of England, that the pope's rule over the church was effectively a tyranny over the once self-governing national English church. The people were persuaded (aside from the 57,000-72,000 who didn't and were beheaded) and now Henry had been appointed, supreme head of the church, allowing him to divorce Catherine of Aragon and wed Anne Boleyn. Hooray?

Three years pass, and yet Anne had only managed to produce one healthy heir, a girl. And it only got worse. Rumour had it that, she had been going around insulting Henry's manhood, and it was not long before he found out about it. Anne was charged with adultery, perversion, incest and even plotting to kill the king himself. Therefore, on 19th May 1536, Anne Boleyn was beheaded at the Tower of London.

The next day, Henry married one of Anne's ladies in-waiting, Jane Seymour and in October 1537, she gave birth to a healthy baby boy. However, triumph turned into tragedy as Jane died days later, from birth complications. Anne of Cleves, the sister of a very powerful German duke, was his next wife and when he saw her portrait, he believed her to be very pretty indeed. On the contrary, when she arrived in England, Henry was less than pleased and divorced this Anne of Cleves just six months later. Henry married 17-year-old Catherine Howard. However, she didn't last long either as she was said to be involved in a number of affairs, including one with her own cousin, Thomas Culpepper. Henry was devastated when he found out and for her treason, Catherine Howard met the same fate as Anne Boleyn in 1542. Beheading. Henry married Catherine Parr in 1543 and she appeared to be a good companion to Henry, lasting as his wife until the 55-year-old king, died in 1547.

Written By Pearl, Y7
Designed by Nur, Y12



An Exclusive Interview with Mrs Bingham

If you had to describe your time at this school in three words, what would it be?

Exhilarating, inspiring, purposeful.

What is your favourite meal at lunch?

The roasts on a Wednesday. I also really like the chicken empanadas and I love the crumble, but if I have it there is an almost cast-iron guarantee that I will be asleep within an hour.

What is your favourite SHHS tradition?

I always really look forward to the retrospective because it encapsulates the slightly maverick, slightly rebellious streak of South Hampstead which I've loved from my very first visit to the school when some of the head girls asked me some slightly risqué questions with a little twinkle in their eye and I thought 'I like your style'.

What's your favourite place in the school?

I do really love Waterlow Hall. I suppose because it's a project that I worked really hard on and I think made the school even more aspirational in the performing arts. It's a space of which I'm really proud and it's become this kind of heart of all sorts of things that happen in the school – the spoken word, the performing arts, but I also really love 7th heaven as well. Can I have 2 spaces? 7th heaven and Waterlow Hall.

If you could choose any person to interview, who would it be?

Her Late Majesty, just because she was such a dignified and stoical character; she remains ultimately quite enigmatic and mysterious and I always find it very interesting comparing the public face, of a celebrity or a famous figure and the person you see behind the scenes. I think because I find it inherently comedic – the big public image versus the silly things going on behind the scenes: mishaps, misadventures with the corgis, for example. I did admire The Queen, it's not that I'm a massive kind of Queen fan, not particularly, I'm fairly neutral on the subject of the monarchy, but I just always find that really interesting – the difference between the public persona and the private person.



What is your favourite part about SHHS?

It's definitely the culture of the place, or as the younger girls would put it "the vibe." It's the SHHS vibe, the way it's brilliantly aspirational; the girls here, the staff here, they set high standards for themselves, and I hope I've contributed to that sense of the school having a real pride in itself and a strong sense of who it is and "yes we can do this" and "yes we're South Hampstead so we're gonna nail this", but tempered with humility; you know, we're not a school with silly, fussy traditions. The fact that one of our most important traditions revolves around penguins is just bonkers really, but it shows that it's just not a fussy school. Then also a delightfully and generally very well-controlled sense of anarchy. I really like the fact that the girls here, they're very strong on principles and values. They're not always as good at sticking to the letter of the law, but that's because they don't really need that, because they're clever enough and sophisticated enough to work within a set of parameters, and a set of values, and a cultural barometer and I really like that about this place, that the people here are intelligent enough and nuanced enough to not need to be told in microdetail- "This is the rule." I really like that about this place, cause that's really how life should work.

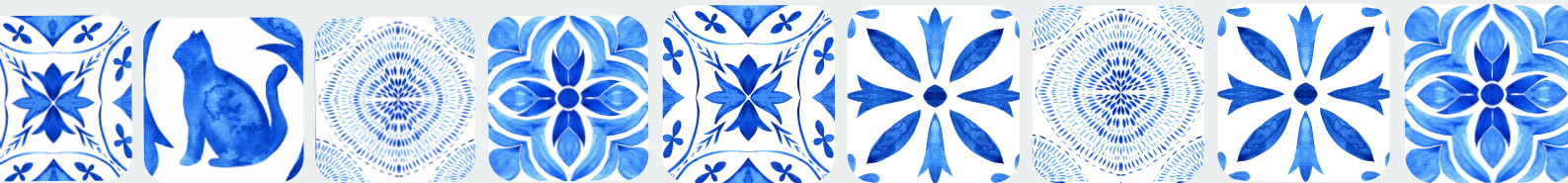
What has been your favourite assembly, either given by you or by someone else?

I do remember the colours assembly and it makes me laugh, just because whenever you mention the colours assembly, there's a kind of collective sense of "Oh yeah, the colours assembly" and actually my leaving present

for Mr Collins-Downs was a bright yellow travel case, which was kind of inspired by the colours assembly. I worked out I must have given over 100 assemblies to the school over the last 7 years. Oh, I loved the one we did for cultures week: the catwalk. I really loved that one, the South Hampstead catwalk. That was definitely a highlight of an assembly.

What has been the most memorable school event that you've been a part of?

I'd say it's any moment when the whole school comes together as a community and where there's sort of a strong sense of South Hampstead identity. Things like staff house netball, sometimes just the final assembly I can find quite uplifting if we get the timings right. Or the whole school walk, but then it's also the really aspirational things, it's the sort of the moments when you think "My goodness, some people in this community are even more ambitious than I am and that's amazing because I get to just enjoy the fruits of their ambition and their aspiration. It's those two sorts of moments.





What has been your best accomplishment at South Hampstead?

I hope that what I've done is restored the school's sense of pride in itself. I hope I've given it a sort of renewed sense of confidence. When I joined it was about thinking, ultimately, about the pupils, and the fact that I didn't want us to be a school that said "Well, we're really good at this, but we're no good at that." I wanted us to be a school with a genuine, broad and holistic provision. People wouldn't say "Oh, South Hampstead's really, really good at that, but it doesn't have any of this", of course there are things- we will never be elite swimming champions because we don't have a swimming pool, we play football, we don't play hockey, there are some subjects we don't offer, but fundamentally I hope what I've given is a sense of pride and a certain level of excellence across the board. There are still things that I would have wanted to improve or things I would have wanted to introduce, but I hope that there are not sort of major gaps.

What will you miss the most about South Hampstead?

The people, definitely, without a shadow of a doubt and the atmosphere that they create and the fact that I can walk down, any corridor in the school and I could stop any colleague or any student and they wouldn't look at me completely blankly if I started to engage them in conversation. And obviously, some people are shyer than others, and that's absolutely fine. I just like the way people are really welcoming and really friendly.

Interviewers: Nicola & Mila, Y12

Designed by Irene & Nur, Y12

Do you have a message for the students?

I don't think you can beat that Winnie-the-Pooh quote. I think Winnie-the-Pooh is a great philosopher really. "You are braver than you believe, stronger than you seem and smarter than you think". The fact that I need to say this, that people are cleverer than they think they are, stronger than they think they are, braver than you think you are, in a way that's the great strength of the girls here. I've never found the girls here to be in any way arrogant, so, sometimes the fact that I have to remind people that they should be more self-confident is actually also your great strength because, I think it's about having the right balance between confidence and humility, and if you can keep those two things in a sort of Aristotelian perfect balance, I think you'll do really well in life. Because you need to have the humility to drive you ever forward, the humility to say that "actually that's still not good enough, I need to try even harder" but also the confidence to also know that where you are now is actually good enough for today and the humility is going to drive you forward for tomorrow.

There you go, I tried to exceed Winnie-the-Pooh.

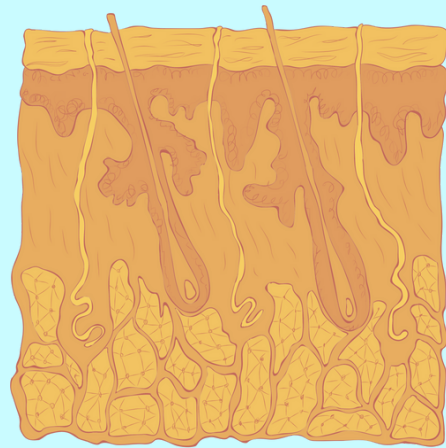


Can Hair Transplants Heal Scars?

Incredible new research from scientists at Imperial College London has revealed a new approach to healing scars. In early January of this year, a study released in the British scientific journal "Nature" provided evidence to support the claim that hair transplants have the ability to heal scars.

Scars can be damaging to our lives because larger and more severe scars, such as those after major surgeries, can cause emotional distress, as well as impair movement. After healthy skin becomes scarred, it is not only affected in its composition but is also unable to regain pre-wound functions due to the damage; this is largely due to the lack of blood vessels, sweat glands and nerves, which play crucial roles in various bodily functions, such as homeostasis and detecting pain. One major difference that the researchers identified as being significant is that scarred skin lacks hair. A crucial fact that not many people are aware of is just how big of a role hair plays in the skin; it is known to deliver growth factors and heal much faster than scars, due to constant remodelling by hair follicles. This brought about the idea to transplant growing hair follicles into scar tissue to try to aid its healing process.

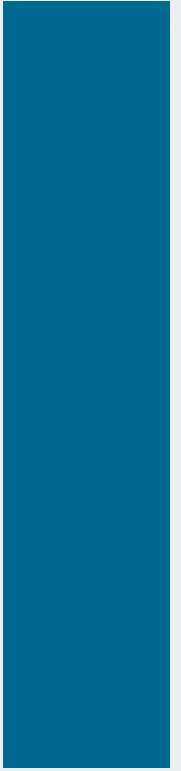
The research at Imperial was conducted in late December and aimed to reverse scarred tissue back to healthy skin: its pre-wound state. The three people chosen for this study had scars on their scalps that were four, or more, years old and normotrophic, which is the most common type of scar, usually occurring after surgery. These participants were then given a hair transplant, moving hair follicles to the scarred tissue. Images were taken before the transplant and then two, four and six months following the procedure.



Results showed that after six months the scar tissue began to act like undamaged skin; the top layer had doubled in thickness, to almost the same width as undamaged skin. As well as this, the layer beneath was also changed; there was an increase in blood vessels, cells and even certain genes which meant that it became more and more like healthy skin. This showed that, somewhat unexpectedly, restoration was induced across multiple layers of the skin, not just the surface.

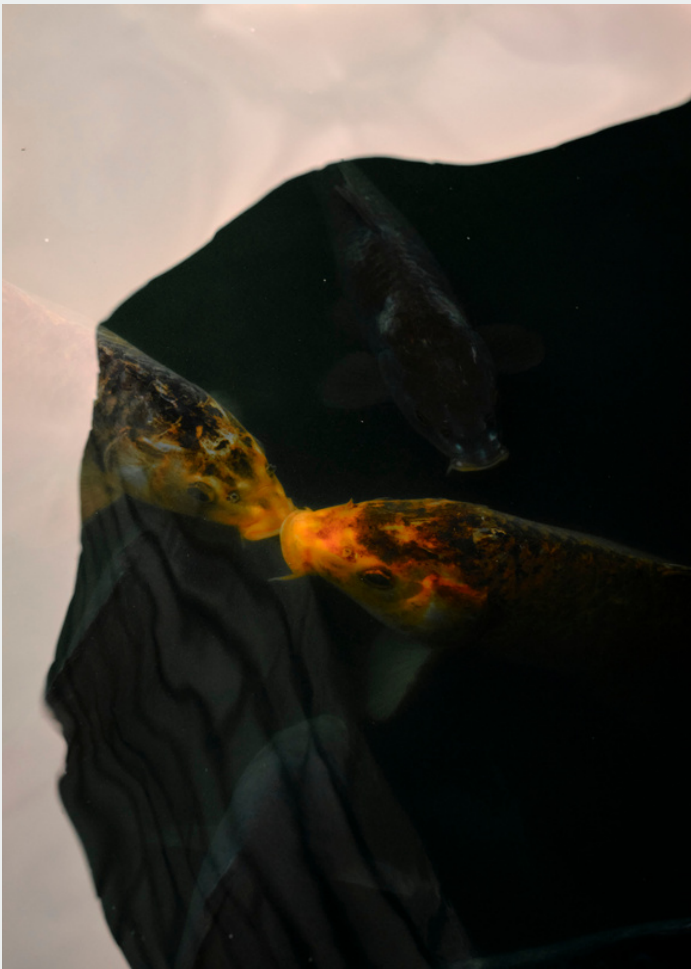
Although this is only the first clinical study done to investigate rejuvenating mature scars using hair, there are hopes that this will allow for future treatments, such as healing other scars outside the body. More excitingly, perhaps, is the idea that similar methods could be used to heal scars within the body, such as those on the heart after a heart attack, or ones on the liver due to long-lasting inflammation. This method is particularly promising since it outdoes existing treatments in that it delivers multiple growth factors to the scar tissue, rather than just one. Therefore, we may be able to develop an effective technique to heal scar tissue, returning it to a healthy state of function.

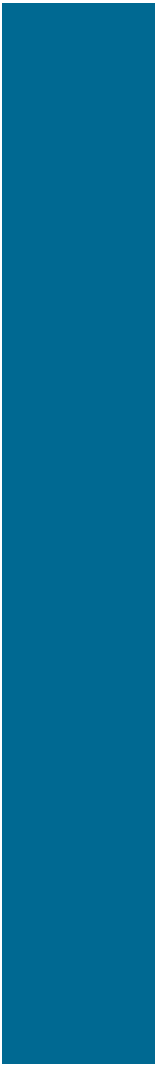
PHOTOGRAPHY FEATURES





← By Zara, Y9





Why the 'Clean Girl' Trend is Toxic

The 'clean girl' trend has been on TikTok and other widespread social media sites such as Instagram and even Snapchat since late 2022. Its origins have emanated from the 'that girl' trend, which took place over lockdown. According to Google, the 'clean girl' aesthetic refers to a beauty, fashion, and lifestyle trend based on a look that looks elegantly casual, minimalist, and effortless. However, in reality, it is the portrayal of a girl whose life is perfect, her room is spotless, she is on top of all of her work, she has clear skin, an ideal body, and she has no financial problems.



Now I will explain why I have a massive problem with this.

Although this trend might appear harmless at first glance, many more prevalent problems lie within. This trend is unrealistic on so many levels as it creates a false representation of what your life should look like. From a young age, we all learned that 'perfection' isn't a

word because nothing can ever be perfect, but this trend suggests otherwise. Consequently, it results in teenage girls like you and me looking up to these high, unrealistic standards of what life should be like. In trying to achieve such a goal, we often make huge sacrifices along the way, but the disappointing reality is that it's unlikely we'll get there because life isn't perfect. If you think of some of the most influential women of all time, whom people aspire to be, such as Marie Curie, Katherine Johnson, or Rosa Parks, do you think their life was similar to this trend? No.

They were more concerned with making a difference in the world, and that's precisely how they made it in today's history books. I can bet you all my life's savings that these 'clean girls' won't. Katherine Johnson's house was probably a mess because she had very little money and was too busy figuring out the paths for the spacecraft to orbit Earth and land on the moon. Now correct me if I'm wrong, but I don't think, looking back on her regrets, she wished she spent more time doing skincare and less time in NASA.

Another assumption of the 'clean girl' aesthetic is that everything in your life is in proportion. Hence, you have enough time to exercise to have the perfect hourglass figure, paired with a diet that consists of fruits and vegetables, not including a break for Tony's chocolate, all the while doing your homework on time so you don't miss any deadlines.

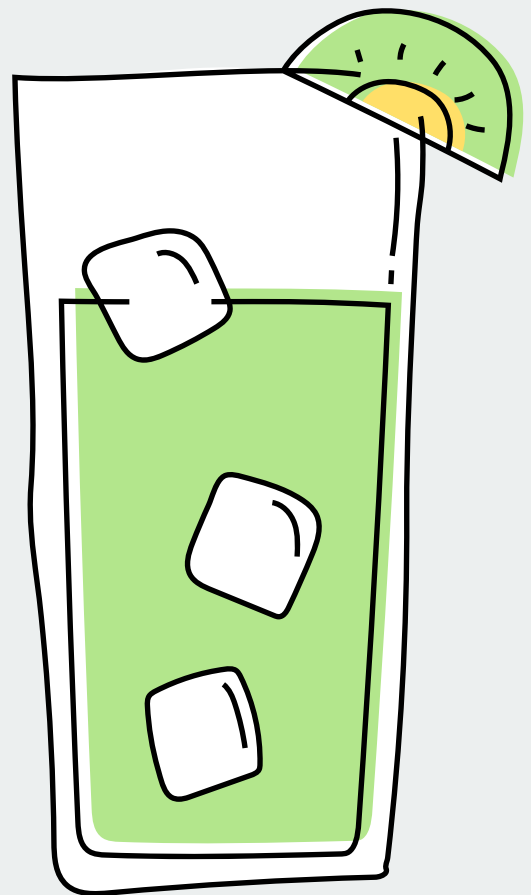


Throughout your life, you can try and figure out how to get the perfect proportions of all these activities, but soon enough you will realise that it is impossible, making you feel disappointed at the end of the day for not having it all.

As girls representing the GDST community, we need to normalise being ourselves and not follow this dangerous and toxic trend. A 'clean girl' has clear skin because she has the perfect skincare routine, though, in reality, breakouts and acne are an inherent part of our teenage years. Eventually, with the help of 'star face' pimple patches (and a little bit of Accutane), they will fade as time passes.

There is no 'perfect body', so we must accept ourselves for who we are and our features, and, if anything, take inspiration from the 'clean girl' trend by getting into a regular exercise routine. Moreover, it disregards the fact that many families have different financial situations, so it is unrealistic for people to hop on the latest fashion trends and own 'Drunk Elephant' products.

To conclude, following this aesthetic brings more harm than good. The 'clean girl' aesthetic is great for some light-hearted inspiration, but beyond that, it can have consequential impacts on mental health and self-esteem. As quoted by the icon herself, Audrey Hepburn: 'I believe in being strong when everything seems to be going wrong. I believe that happy girls are the prettiest.' As cliché as it sounds, happiness comes from the inside, not the outside, so we should focus on trying to be the best version of ourselves internally, something that will hopefully go on to inspire the next generation!



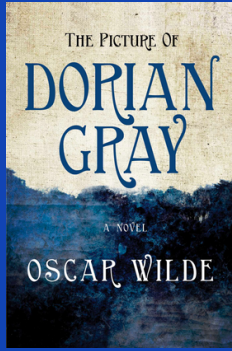
Written By Maya, Y11

Designed by Tilly, Y7

Nicola, Y12



Royal Blood (band)



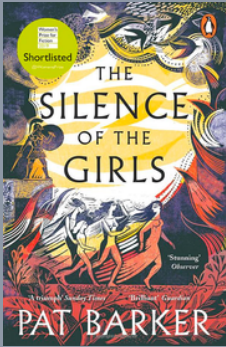
The Picture of Dorian Gray (book)

The Editors Recommended

From the Penguin team to you, here are all of our favourite books, movies, TV shows, exhibitions and more to keep you entertained during the summer holidays!

Note: some of these recommendations might not be suitable for younger audiences so make sure to check before you start binging!

Mila, Y12



The Silence of the Girls (book)



Everyman screen on the canal at Kings Cross (cinema)

Aisling, Y12



The Glory (TV show)



Cha cha cha, Käärijä (song)

Emilie, Y12



Strangeland, Keane (album)

The Star Dial

Willa Cather 1873 - 1947

*Δήλωσε μὴν ἠανάνα
καὶ ἠὴλιόσφαιρα
—Sappho*

When the moon was high I waited,
Pale with evening's tints it shone;
When its gold came slow, belated,
Still I kept my watch alone
When it sank, a golden wonder,
From my window still I bent,
Though the clouds hung thick with thunder
Where our hilltop roadway went.

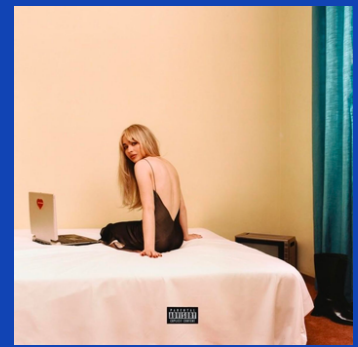
By the express tions I've counted

The Star Dial, Willa Cather (poem)

Lucy, Y12

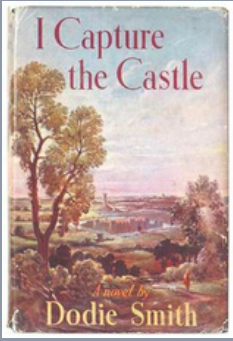


The O.C (TV show)



emails i can't send (album)

Iso, Y12



I capture the castle (book)

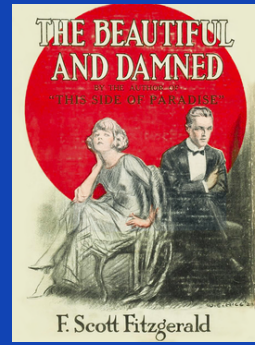


Natalie Haynes Stands Up For The Classics (podcast)

Isabella, Y12



Russian Doll (TV show)



The Beautiful And The Damned (book)

Riva, Y12



Frameless, Marble Arch (exhibition)



The Prestige (movie)

Nur, Y12



Half of a Yellow Sun (book)



Another One, Mac DeMarco (album)

Irene, Y12



Jort Storm, Slimecicle (song)



So Long, James Marriott (song)

The Penguin Playlist



Feminist Economics

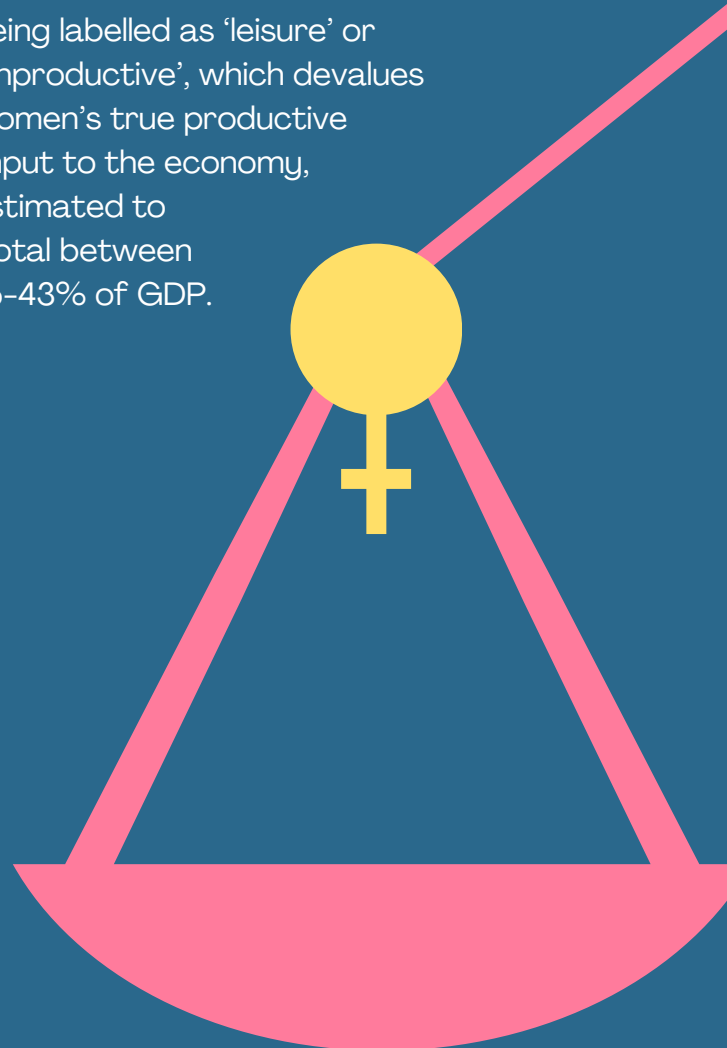


For those who haven't studied economics, the subject probably brings to mind things like money, inflation, and something to do with the cost-of-living crisis. To a large extent, it is, certainly in mainstream economics, but in actuality, there is so much more to it. Feminist economics is one such area that has been particularly undervalued; a political and intellectual movement that aims to challenge the gender biases of policymaking and reduce inequality in the labour force.

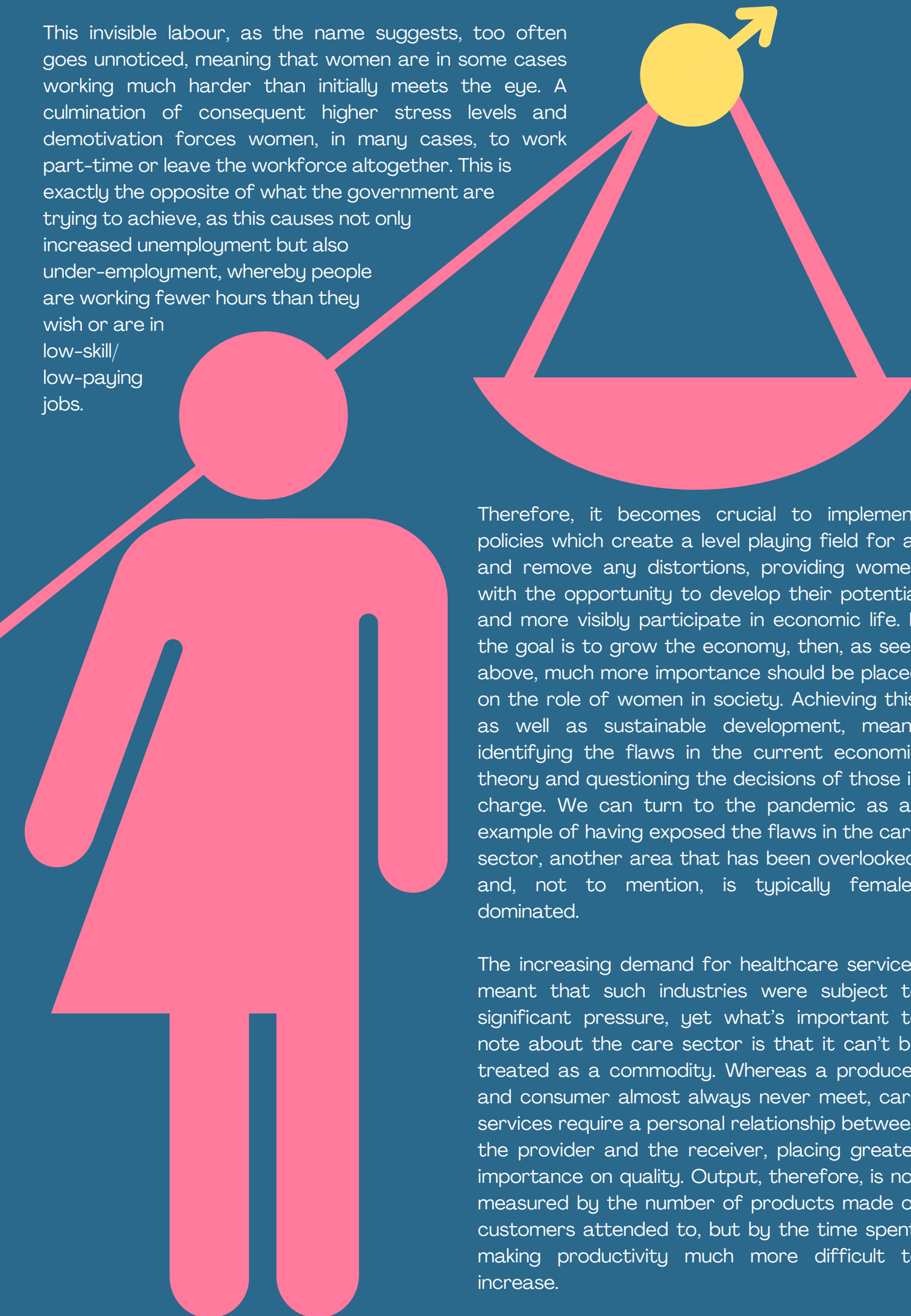
One of the biggest mistakes is treating feminist and gender-based perspectives as a side issue as opposed to a central concern, therefore besides solely raising awareness about the issue, initiating change requires the sustained attention and action from policymakers across all levels of the government. This begins with labour policies, which is the general consensus of the way in which the supply and demand of labour is managed. This follows the neoclassical or mainstream economic school of thought, whereby resources are efficiently allocated through the market where rational economic agents act out of self-interest. One of the first assumptions that accompanies such a thought and is the fundamental driving force is the notion of 'homo economicus', which is a model of an infinitely rational and knowledgeable being. Most importantly in the context of this article, it can support itself by engaging in transactions, earning an income from employment, and spending the money earned on goods and services. It is the perfect consumer and contributor to economic growth. This might sound great initially, but what this person, typically portrayed as a man for that matter, doesn't do, is care for others, do housework, or most certainly, give birth.

Putting People before Profit

When considering labour supply from the perspective of the neoclassical model, time spent not engaging in paid labour is classified as 'leisure' as there is no monetary transaction involved, so it is rendered unproductive. That effectively means it does not contribute to GDP or the total value of goods and services produced by an economy. What this leads to, as described by Marilyn Waring is a narrowed definition of the labour force which excludes "the marginally employed, the would-be employed, and certainly not those who work in the informal sectors or who work as housewives". Most, however, would certainly contest the idea of childcare or housework being labelled as 'leisure' or 'unproductive', which devalues women's true productive input to the economy, estimated to total between 15-43% of GDP.



This invisible labour, as the name suggests, too often goes unnoticed, meaning that women are in some cases working much harder than initially meets the eye. A culmination of consequent higher stress levels and demotivation forces women, in many cases, to work part-time or leave the workforce altogether. This is exactly the opposite of what the government are trying to achieve, as this causes not only increased unemployment but also under-employment, whereby people are working fewer hours than they wish or are in low-skill/low-paying jobs.



Therefore, it becomes crucial to implement policies which create a level playing field for all and remove any distortions, providing women with the opportunity to develop their potential and more visibly participate in economic life. If the goal is to grow the economy, then, as seen above, much more importance should be placed on the role of women in society. Achieving this, as well as sustainable development, means identifying the flaws in the current economic theory and questioning the decisions of those in charge. We can turn to the pandemic as an example of having exposed the flaws in the care sector, another area that has been overlooked, and, not to mention, is typically female-dominated.

The increasing demand for healthcare services meant that such industries were subject to significant pressure, yet what's important to note about the care sector is that it can't be treated as a commodity. Whereas a producer and consumer almost always never meet, care services require a personal relationship between the provider and the receiver, placing greater importance on quality. Output, therefore, is not measured by the number of products made or customers attended to, but by the time spent, making productivity much more difficult to increase.

This creates what is known as an opportunity cost; when presented with two choices, the cost of choosing one option is the benefit lost of the next best alternative foregone. Applying this to care workers, employers trying to increase their profits can only do so at the expense of their workers and/or customers, by either cutting wages or providing a lower level of service. We can turn to examples in Latin America, where such situations were appropriately handled, unsurprisingly, with decisions being made through the perspective of feminist economics.



As has already been established, many women following the pandemic were forced to abandon the workforce, but besides this, their return was also much slower than that of men, however; in Argentina, Bolivia and Ecuador pre-pandemic levels of female labour participation were almost fully recovered. If we take Argentina as an example, their creative feminist movement encouraged policymakers to adopt new frameworks, for example, the cabinet pushed for cash transfers to mothers, increased investment in care infrastructure and measures to incentive the employment of women in male-dominated sectors such as technology or energy. These responses further led to Argentina developing its first National Gender Budget, which uses gender-based indicators to help design and implement policies more effectively.

This acts as a significant contrast to the UK where efforts for gender equality have been described as highly fragmented and disconnected from general policy and have shown a resistance to gender budgeting. In light of this, the Women's Budget Group (WBG), a non-profit organisation, has helped to highlight the continued failure to publish a full impact assessment of budget announcements. This problem has been further exacerbated by Brexit, as most of the progress that had been made in regard to gender equality was driven by EU employment strategies, directives on childcare targets and equal treatment of women and men, as well as maternity and parental leave. That being said, the Equality Act of 2010 helps to prevent sex discrimination and more recently in the 2023 Spring Budget, where the government announces their plans for spending and taxation, it has been noted that the 30 hours of free childcare will be extended to apply to all children over the age of 9 months as opposed to those aged between 3-4 years, whilst also providing more funding to local authorities for breakfast clubs or after-school clubs.

Overall, it is clear that the importance of feminist economics needs to be regarded with greater significance, particularly in policy decision-making; by working towards a more equitable organisation of care work and providing the deserved recognition to the 'invisible' work that is done, not only would women benefit but the entire economy too.



Written By Nicola, Y12

Designed by Irene, Y12

TEACHER TRIVIA

Which teacher used to fly planes at 16?

- a. Mr Thicknesse
- b. Mr Menzies-Wilson
- c. Mr Beecroft
- d. Mr Khan

Which teacher's second job option was a scuba diving instructor?

- a. Ms Summers
- b. Mr Atkinson
- c. Mr Lowry
- d. Mr White

Which teacher had a weekly slot as a DJ on a student radio station while at University?

- a. Ms Liston
- b. Ms Jacobs
- c. Ms Boyarsky
- d. Mr Poza



Now, check your answers by scanning this code!

Who has training as a Cordon Bleu Chef?

- a. Ms Sayed
- b. Mrs Fanning
- c. Mr Davis
- d. Ms Sanders

Who had a bottle of coke thrown at them during teacher training?

- a. Ms Summers
- b. Mr Menzies-Wilson
- c. Ms Kamps
- d. Mr Atkinson

Who would want to co-teach a class with Mr Learoyd?

- a. Mr Thicknesse
- b. Mrs Fanning
- c. Mr Khan
- d. Mr Garvy

Who was once asked by a student if they were a professional dodgeball player

- a. Ms Turner
- b. Ms Russo
- c. Mr Thicknesse
- d. Mr White

Whose special talent is opera singing?

- a. Dr Osborne
- b. Mr Khan
- c. Ms Turner
- d. Ms Boyarsky

Taking Strides Towards BEING THE BEST PERSON YOU CAN BE

A GUIDE TO SELF IMPROVEMENT & CHARACTER APPRECIATION

"I'm so bad at this... I'll never be able to do this..." Everyone is victim to these negative thoughts. This article will teach you how to counter them with a sturdy positive mindset, life lessons about failure, and a couple of tips about practice.

"Life is a cup of tea - it is what you make it." Have you ever heard this phrase before? What they mean is how you behave can impact your life, and your actions are consistently reflected in your fortune. Which leads me onto my next point - thinking your own thoughts and not someone else's. Everyone always goes on about how important this is, and you're probably tired of hearing this, but it really is vital to being the best you can be. This doesn't mean that when someone says to you that flowers are the best, you get into a fistfight because you think that cacti are. You don't even need to tell them that you disagree! The important thing is that YOU know you like cacti, regardless you keep it a secret or get into a heated-but-friendly debate about bunny ear cacti versus magnolias. However, it's really important that you don't judge that person because they like flowers/don't like cacti (as much).

It's like someone saying you support the idea of, let's say, thorns just because you like roses. Judging people can obviously be difficult to stop, but trying helps you to slowly pull the breaks.



Speaking of trying, trying positive thinking is key to being the best you. But what is a positive mindset? A positive mindset is when you approach things in a different way. "Look on the bright side" is an example of a common phrase which expresses positive thinking in 5 words.

Another quote - "Failure is the path to success." This old saying is very useful especially when trying something new. To explain, this defines success as many practices of failure. For example, instead of "I can't do it," think "I can try though". Think of it like a tricky maze, with lots of dead ends which you will undoubtedly run into. That doesn't mean you're never going to get it - in order to learn, you have to be prepared to fail. For example, when you finish reading this article, chances are, you will be eager to try something new, and will be very disappointed when it crashes into a rock-hard dead end.

But if there is anything this article is trying to teach, it's that failure is an uneven, bumpy staircase to the garden of success- and usually takes practice (AKA a loooong time). While we're talking about long times, another idea to develop a positive mindset is make a plan, which will activate new thinking after a long time. This article won't give you a strict timetable to follow, but it can suggest a couple of ideas:

- **Setting goals** - Obviously, don't set goals which are difficult, like creating a caviar noodle dish on your first day of cooking, but don't make it so something too simple, like chopping a cucumber as your first goal (however if you're a famously bad cook, that's probably best). You want to ease your way into the caviar noodles, maybe some simple noodles followed by a fish salad. After lots of practice, you just might be prepared for caviar noodles, and even then, they won't always be always 5 star. Yet I can guarantee that sooner or later, you will have a perfectly seasoned, mouthwatering, not-too-sweet-not-too-sour, bowl of scrumptious caviar noodles.
- **Practice self-love** - As Marcus Rashford said in his book 'You Are a Champion', "The best coaches I have worked with stood out for three reasons; they believed in me, they asked me great questions and then they listened to my thoughts and ideas to give me feedback. And guess what, you can learn to do these things yourself." And I'm going to teach you how. To start, how could you believe in yourself? This tends to be the part which sounds super simple but is actually super difficult. The first thing you need to do is embrace your strengths AND your weaknesses. A very wise teacher once told me, 'The sooner you acknowledge your weaknesses, the sooner you can work on them.' However, never let your weaknesses become so enhanced in your mind that they block out your strengths. The next step is quite easy. Practice standing in front of a mirror, and telling yourself, "I can do this." Or try, when waking up every morning, say, "I am amazing." Whatever you plan to do, try to make it a habit and you'll be awesome.



When you attempt everything in this article, you probably won't be happy with yourself. The saying "practice makes perfect" isn't at all reliable because there is no such thing as perfect. The key thing is thinking about where you want to be in a month, or over a year of practicing this, and soon you'll be there.



I dream of you tonight

**Falsehood is worse than hate, and that must
be**

If she whom I love should love me.

In the liquid twilight, the wet light before moonlight,
clouds of mosquitos, clandestine, clinging to streetlamps
and the dripping scent of my mother's roses, wafting,
I thought of what I hadn't these last moons let myself think
of-

Her, with her wet hair coiling into ringlets, black
gleaming eyes

I reached for Her- distant as a figure on a Grecian Urn
but my hands grasped ephemeral sunlight,
I turned and saw a thousand fireflies golden pinpricks
glimmering beneath my eyelids my fingertips
tried to grasp but they disintegrated and it was dark once
more.

I stood on the precipice
alone in a wide black field enclosed on all sides by mountain,
weeping to no ears but the great taunting rocks
echoing my cries back to me asinine as a peahen's lament-
they swelled, their echoes multiplying bouncing
from a thousand black rocks, back come back to me
Louder! Louder! Come back don't leave me
Louder! The lament swelling to a thrilling crescendo a wave
wall of sound a peahen's song of earthly suffering

Higher, higher! Louder! Louder! Louder!

Then silence.

I, tremulous, falling to the ground, heaviness overcome
head unable to stand then smelling the wet roses
blue dawn coming to kiss the crown of my head.

She comes to me, the stars nestled in her hair,
She blows them out like the candles on my mother's
Christmas tree.

She takes my chin in her hands
and I am too weak to look away swaying
in a reverential mist
water droplets in my hair, her hair, my eyes
She swims in front of me and I can't make out
anything but my reflection in her black eyes.

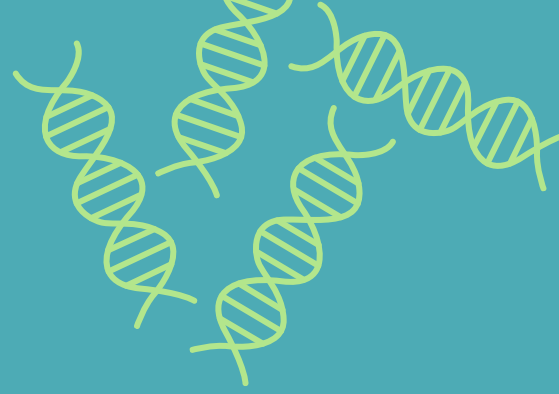
Did I ever love you? She whispers
and I think of a note scribbled in the corner of my folder,
lips flickering against my ear.

In her wake warm rain, soporific, thin droplets
opalescent, seed pearls glistening on my bare arms.

Dawn breaks and I wonder,
Wonder, wonder, wonder
until electric lights bring me back to my
mother's roses and mosquitos and the liquid
twilight, softening towards moonlight and the promise

Of sweet dreams to come.
Heady piney smell so heavy
I'm still so heavy so- so dull-
can't speak move think see.

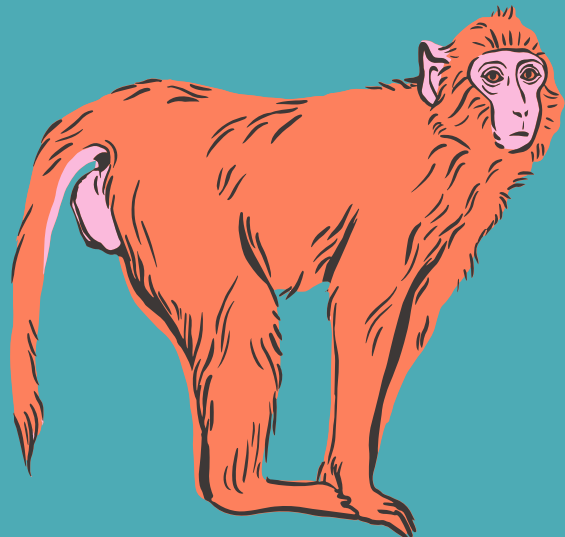
Evolutionary discoveries



By the time one reaches secondary school one will often learn the fact that the name of our species is Homo Sapiens and that we share a lot of DNA with monkeys like the chimpanzee or Bonobo. Much of this is an oversimplification of an entangled web of genetics which over time has differentiated us into a unique species where our most common ancestors have all gone extinct. It is estimated that the genus Homo evolved 3 million years ago with one genetic branch Homo erectus the predecessor to our archaic relatives, the Neanderthals, who went extinct around 30,000 years ago being the longest-living relatives of the Homo genus. It is vital to understand our evolutionary origin in order to understand how modern-day humans are related to one another, and the origins of disease.



Since the launch of the Human Genome Project in 1990 there has been an increased interest in understanding our DNA and the relations between humans on a genetic level. One of the most recent breakthroughs was the discovery of a new hominin – the Denisova.



This discovery, by Svante Pääbo, provided the basis for an improved understanding of the genetic features that make us human. He succeeded in sequencing the genome of the Neanderthal, which previously, due to the nature of DNA. DNA has a half-life of around 521 years, which creates a huge problem when trying to sequence the full code of a long-extinct species. The sequencing was done through polymerase chain reactions which had not been applied to ancient DNA before.



The comparison between the genetic information of Neanderthals and modern humans revealed that there was interbreeding between them when the species are presumed to have cohabited successfully. One of the most interesting adaptations found through his research is how populations which live at high altitudes have evolved to cope with low oxygen levels, which has also been recently researched through monitoring oxygen levels of people travelling up Mount Everest, in order to understand the impact of altitude on our bodies and Foetuses which mature at high altitude.



This scientific breakthrough understandably won him the Nobel Prize in Medicine in 2022 as it showed not only the interbreeding with other hominin species in the past but also that we are not the only species of humans to have existed. His research spanned decades and the hard work of him and his team at the Max Planck Institute for Evolutionary Anthropology in Leipzig, Germany should not be undermined in its significance. It has opened up new avenue uses for research into the origins of humanity and the genetic basis for human traits and adaptations.

Written By Aisling, Y12
Designed by Irene, Y12

A Streetcar Named Desire

Play Review

Ladies and gentlemen, we're here to tell you all about London's hottest new adaptation of Tennessee Williams' 'A Streetcar Named Desire', directed by Rebecca Frecknall and featuring BAFTA nominee Paul Mescal. Since its launch in January 2023, the critically acclaimed play has attracted significant attention and has been rewarded with numerous excellent reviews. Demand was so high that more dates had to be added, as we can confer, through our frantic attempts to book tickets.

Set in the 1940s post World War 2, this tragic drama begins with former Southern belle Blanche DuBois who leaves Laurel, who lives in Mississippi to visit her younger sister Stella in New Orleans lives with her husband Stanley Kowalski in a cramped, minimalist apartment, contrasting the riches and glamour that Blanche has come from. As the play progresses, the protagonist comes to suffer an unfortunate fate; the play explores the character's degradation through her relationships with other characters and personal battles which come to reflect the play's realistic tone and Williams' style, which often offers portrayals of tragic and psychologically disturbed characters.

Patsy Ferran's remarkable performance as Blanche captivated the audience from her first appearance on stage, with her nervous gestures instantly evoking a compelling embodiment of the character's vulnerability and internal conflict. Andrzej Lukowski from 'TimeOut' accurately illustrates her increasingly prominent self-delusion and lack of control, describing the way in which her



“remarkable and compassionate performance” depicts a “sensitive woman drowning in a harsh world, prepared to cling on to anything that keeps her alive a few minutes longer.” This somewhat bleak reality is paralleled by the minimalistic staging throughout, designed by Madeleine Girling, which features a raised platform lacking much furnishing other than a wooden chair, all dimly illuminated by a single bulb overhead, covered by a Chinese paper lantern. Not only does Blanche contrast the characters around her, who are evidently of lower class, but also the scenery and atmosphere, achieved through her attempts to restore her dignity as she dresses like ‘a butterfly in diaphanous dresses’, as described in ‘The Guardian’. Gradually, the audience becomes aware of her overwhelming insecurities which go beyond appearances; thus, lighting develops into an important symbol in exposing her truth and the mistakes of her youth. Towards the end of the play, in a desperate moment of madness, the shade is removed and she is cast in the harsh, naked light, stripping her of her façade.

Another significant focal point is the unhealthy, tumultuous relationship between

Blanche's sister Stella, played by Anjana Vasan, and Stanley, played by Paul Mescal, whose dramatic performance won him the Olivier Award for 'Best Actor'. Whilst Mescal is renowned for his roles in 'Aftersun' and 'Normal People' as the 'sensitive-nice guy', it may come as a shock for the audience to witness him in the character of Stanley, where he assumes a darker persona in accordance with the play's overarching themes of alcoholism and depression. For this reason, his relationship with Stella becomes largely unsettling for the audience, in particular, the unconditional love she holds for him, despite his violent episodes in which his explosive temper often leads to her being harmed. Lukowski further comments on this, noting the way in which Stanley 'looks about as welcoming as an executioner' and is a 'malevolent force of nature, devastating anything that crosses into his path'. This is certainly evident throughout the play, not only in terms of his ragged external appearances but also in his frequent and unexpected outbursts of rage driven partly by jealous insecurity. It is this temperament that largely facilitates his own degradation as well as that of those around him; he becomes exactly the 'animal' Blanche accuses him of being, predatory and menacing.

The intensity of this play could not have fully been captured without the powerful soundscape used to echo the psychological distress of characters and amplify the



Production Photos by Marc Brenner

tension. Such effects were mainly achieved through singer Gabriela García and drummer Tom Penn, both of whom were elevated above the stage, blended into the background. The combination of Garcia's trance-like vocals which parallel Blanche's entrapment in a hallucinatory loop, juxtaposed by Penn's somewhat jarring beats and cymbal crashes, immerse the audience into the disturbing atmosphere. In a similar way, the staging has been used as a way to reinforce the duality of those on stage as being actors as well as characters; this is most effective in the way actors off-stage sitting around the almost empty set as the action takes place. It aids in the gradual intensification of paranoia and claustrophobia within the tiny New Orleans apartment. The play also makes use of several slow-motion scenes comprising elaborate contemporary movements, perhaps significant of the way she is trapped within her own psyche as she breaks down each interaction and movement. Another dramatic effect is the sudden downpour of rain that follows traumatic events, metaphorically drowning and isolating the characters in their anxiety and rage as well as revealing their desire to wash away the pain. The compounding effect of all these elements certainly elevated the dramatization of the play, the audience's experience and the communication of key themes.

Overall, though admittedly we were drawn by the starring of Paul Mescal, this play offers far greater complexity and nuance, with all the actors, staging and music coming together to bring to life Williams' renowned work and brilliantly enact the emotion, passion and turmoil that runs through it. We absolutely loved it and would certainly recommend!

Written By Nicola, Mila, Y12

Designed by Nur, Y12

Nature Meets Tech: The Fascinating World of Bionic Animals

Nature is incredible; it's full of awe-inspiring creatures that have adapted to survive in some of the most extreme environments on the planet. But what happens when nature meets technology?

Welcome to the world of bionic animals, where the line between biology and technology is blurred, and where the impossible becomes possible. Imagine a world where tiny, remote-controlled bugs scurry across the room, their every movement controlled by scientists. Perhaps, even a robot dolphin gliding gracefully through the water, communicating with real dolphins and exploring the extensive depths of the ocean. These are not scenes from a futuristic sci-fi movie, but rather the cutting-edge advances in the field of bionics!

But what are bionic animals?

They are essentially animals that have been modified or made with technological or mechanical components. This enhances their abilities or provides them with completely different capabilities. Novelty!

At the forefront of this field are the researchers at the University of California, who have implanted

tiny electrodes in beetles, creating cyborg insects that can be remotely controlled. Though it may seem like a 'quirky' experiment, the potential uses of this technology are awe-inspiring and are not just a novelty!

For instance, one of the most promising uses of cyborg beetles is in search and rescue operations. By attaching tiny cameras to the beetles, researchers hope to create a new way to explore and survey disaster areas where larger robots or humans can't go. Consequently, it is a game-changer, with the potential to save countless lives.

Another mind-boggling part of cyborg beetles is that these minuscule creatures can be controlled by thought. Yes, you read that right – thought! Scientists have developed a technology that allows them to read brain signals and translate them into movements in the beetle. They do this through a combination of techniques involving neurostimulation and external control mechanisms. It's a remarkable breakthrough that

opens up a whole new world of possibilities, such as in medicine, entertainment and the military.

Meanwhile, in Germany, engineers at Festo have created robotic dolphins that can move through water like their real-life counterparts but are made entirely out of electronic components. With a propulsion system similar to that of a real dolphin and a range of sensors that allow it to detect and avoid obstacles in the water, this robot has practical applications in fields ranging from underwater exploration to rehabilitation. For example, one specific use for the robot dolphins developed is in underwater inspections of oil rigs, pipelines, and other underwater structures. These robots can swim into tight spaces, that are hard for human divers to access, and use their sensors to detect any damage or leaks; this helps to improve safety and efficiency in the oil and gas industry.

Another bionic animal we can 'dive' into is bionic fish. MIT researchers have created a robotic fish that exactly mimics a real fish. Equipped with sensors that allow it to sense its surroundings and adjust its movements accordingly, this technology could be used to study marine life or monitor underwater environments. Imagine being able to

swim alongside a school of fish and study their behaviour in real-time, all without disturbing their natural habitat; that's the kind of potential bionic fish offer us.

However, bionic animals are not just limited to robots; animals are also being fitted with bionic devices to enhance their natural abilities. For example, scientists have developed a bionic eye for blind dogs that allows them to see again. Other bionic animals include birds fitted with GPS tracking devices to monitor migration patterns, and sea turtles fitted with sensors to track their movements and behaviour.

In conclusion, the salience of bionic animals is due to their ability to improve the quality of life for both animals and humans. Through the enhancement of their natural abilities, restoring lost functions, and mimicry, bionic animals have the potential to revolutionise a myriad of fields. Consequently, as technology continues to advance, the possibilities for bionic animals are endless, and we can expect to see more innovative applications in the future, such as thought-controlled exoskeletons and neural implants for memory enhancement.

Written By Riva, Y12

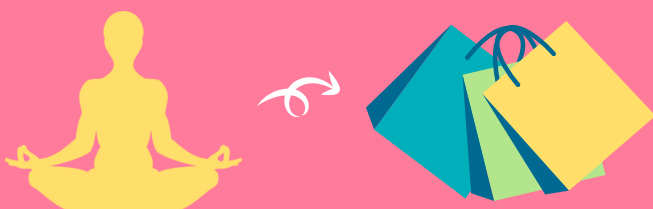
Designed by Bella, Y7

Material

We have all heard the phrase “money can't buy you happiness” at some point in our lives but is that actually true?

Though money cannot buy you immediate happiness, it can definitely bring you closer to it. Money grants you access to experiences which then enrich your life with new perspectives and opportunities that bring a sense of fulfilment and some sort of accomplishment. These experiences, whether being an extreme activity or a visit to a museum, give that boost of endorphins, dopamine and serotonin everyone wants. Additionally, money grants stability and control over situations, and a person who doesn't have to worry about financial issues will be more prone to pay attention to the positive things in life, and therefore feel happier. However, people started relying on money as their cardinal source of happiness, which is an issue as it shouldn't be the only cause of one's happiness. This 'trend' of having a lot of money and thus living a happy life is seen almost everywhere. From Disney movies showing the poor as struggling and sad and the princesses being rich and happy to game shows having money prizes as money is the best 'prize' out there to song lyrics like “but nothing in this world that I like more than checks!” and “if I had a little money.” Over the years the Western idea of happiness tremendously shifted from being something internal

to being something materialistic from which satisfaction and fulfilment don't last for long. People turned away from 'seeking' happiness within them and turned to the easier option of finding happiness in objects and purchases. Results are seen momentarily after you receive the Amazon package, or the item is handed to you at the counter. You are left with a beaming smile on your face and the newest edition of the endless collection of 'stuff you bought to be happy.' This is all great in the moment you are ecstatic, but how long is that going to last? The brutally honest answer is not long. This can be explained by the psychological concept of the hedonic treadmill, which suggests that humans adapt to positive things too quickly and get over them. For example, when someone experiences good things, like getting a promotion or having sushi for dinner it induces an increase in 'happiness', which will later die down to the original 'normal' level leaving the person craving for that 'spike' of positive emotion again. The problem this brings is that Western happiness has shifted to being very centred on materialism and people feel the need to keep buying things and expect the joy to last longer, however, it never really does. This starts an endless loop of purchases in that search for happiness and at some point, it will lead to either one of two things, bankruptcy or the feeling of never being able to be happy.





Girl



So, all of this leads to the question: is there a plausible alternative to the concept of happiness we have created? The answer is yes, probably there is. One of them is the Buddhist concept of happiness. The biggest contrast with Western happiness is that it is centred around the idea of inner peace, contentment, and a sense of being unified with others and the world around us. This approach to happiness is often referred to as the eudaimonic approach, which emphasises a sense of purpose, meaning, and fulfilment. It teaches that happiness is not a fleeting feeling that is dependent on external circumstances but is a state of mind that is cultivated through personal growth and inner transformation. It emphasises the importance of non-attachment to material possessions and the need to overcome the ego to experience true happiness and inner peace, unlike Western happiness which is mostly based on those things. But if we are being real that sounds relatively difficult and buying a new bag just seems easier sometimes.

Additionally, we are the ones defining what happiness is for us. Sometimes society's expectations pressure our will, but in the end, we are still the ones who decide. Many say that happiness is a choice because you can choose to focus on the positives and notice the happy things in every moment of your life. But is it really a choice? Because last time I checked it's pretty difficult to focus on the positives when there are quite a few negatives.

Therefore, people choose materialism and money because it will not turn into something negative quickly, as, for the most part, you are gaining something and not losing. Humans are greedy, we always want more, more excitement, more praise, more money, with this mindset it's pretty difficult to reach that 'happiness' because there is always that thought of 'but I could be happier' or in a different case 'but I could have more money.' But in the end, we are the ones who set out whether our happiness should be influenced by something materialistic or something internal, but before that, we have to understand what happiness is for us, which is a fairly patronising thought. And honestly, while people try to figure it out it is a lot easier to just spend money to get that 'spike' of happiness even if it does not last.

So really, it is for you to decide what happiness you are searching for, whether it is long-term or short-term, internal or external, emotional or materialistic. And maybe it is really "not about the money, money, money" but based on the society we have built and the standards that have been set up I have a feeling not much is going to change, simply "cause we are living in a material world, and I am a material girl." as Madonna said.

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FRUIT

Smoothies



INGREDIENTS AND INSTRUCTIONS:



Milk



Honey



Blender



Fruit

PERFECT BLENDS

Banana +
Strawberry

Mango + Banana

Passion fruit
+Mango

Strawberry +
Blueberry +
Raspberry

Mango +
Strawberry

Raspberry +
Mango +
Strawberry

1. Get a quarter cup of oat milk (or regular milk)
2. Add 3 cups of frozen fruit (a combination of a few), one small scoop of vanilla ice cream, a tablespoon of honey, and one scoop of protein powder.
3. Put everything in the blender and blend till smooth.
4. Blend until thick. Pour it into a bowl and enjoy.
5. You can drizzle honey, oats, fruits and berries on top.

TOP TIP:

If you're going for a smoothie bowl - don't be tempted to add more milk!
BUT - this recipe can be adjusted for normal smoothies by simply adding some more milk

overheard @shhs

'You wouldn't last a minute in the cactus world.'

'... so then Ned jumped out of the bushes and into a £20 Uber!'

'I'm addicted to Mediterranean club. From Waitrose.'

'Her dad is on tour with a middle-aged boy band'

'You'd make an absolutely beautiful cornflake'

'You've gone from being an academic butterknife to an academic machete.'

'I'd do absolutely anything Chat GPT tells me to'

'If my body is 60% water, why dont we evaporate?'

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