

SPRINGTIDE

The Penguin Magazine, Spring 2024



Letter from the editors

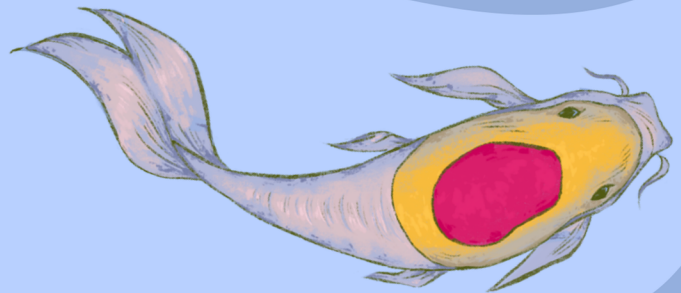
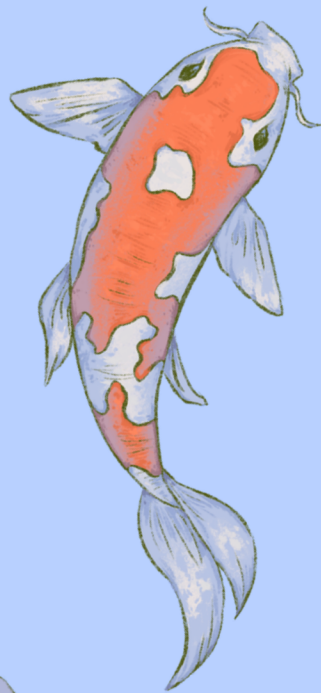
New year! New editors! New edition of the Penguin!

We're thrilled to introduce ourselves as the new Editors-In-Chief, taking over from the amazing team last year. We've loved working on this term's edition of the Penguin and seeing the wonderful array of pieces which have been submitted. From thought-provoking articles to insightful guides and compelling reviews, we hope you enjoy reading this eclectic selection of work from students across all year groups. A special thank you to our editors and designers, particularly to Amalie, Head of Design, and to Ms Pearce, for all of her support and advice.

On behalf of the whole Penguin team, have a lovely Easter Holiday, and enjoy reading this edition: perhaps it might even convince you to contribute your own work next term!

Happy reading!

Zara, Ellen, and Nelly



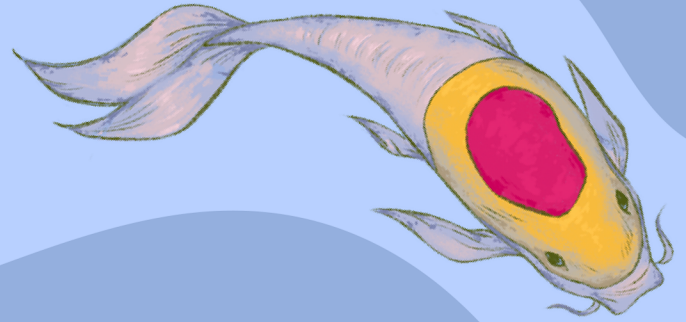
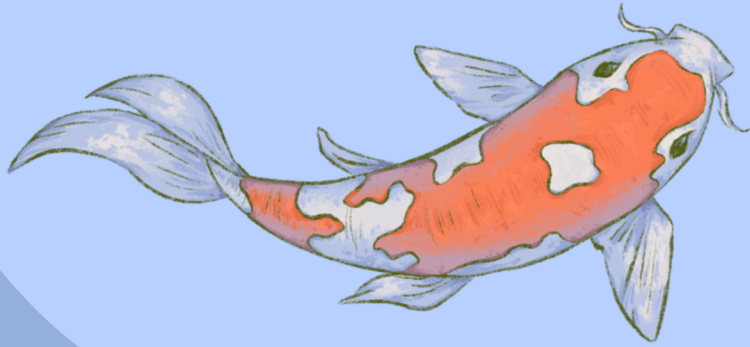
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Small debate:

Is life better without humans?

Is life better without humans? We destroy. We contribute to pollution and deforestation. You may think 'not all of us are like that', but are you sure? Have you ever bought something made of plastic and just thrown it away without thinking? You most likely have. So many animals have gone extinct because of humans, because of us. We have destroyed the ground below and above us for decades all for resources that we do not really need. We have had wars, conflicts, commotion. 'Humans are the virus of the Earth' is a common phrase and, to be honest, humans are the cause of many diseases and much destruction.

Although this is how it may seem, we are not that bad. We have created life through science and made many revolutionary discoveries and advances.

Whatever we have unfortunately destroyed, we are all working towards fixing our mistakes and using our minds to create new, helpful, and sustainable ways to live, while taking care of the Earth as our own home.

Yes, life can be better without humans, but humans are who we are, and we cannot change that. We may have done terrible things but now we are worming our way back towards fixing today's atmosphere. Also, as a species we have developed and lived for many years, learning more everyday, so we cannot simply say that humans are useless and have destroyed our home planet as we have also done many things to help the Earth. We are a highly intelligent species, and we are thriving well so there is no reason for us to go just yet.

Lydia Y8

I am Spring

As the cold waves goodbye and the ice melts away, I awaken,
As nature thrives and the sun shines, I bring joy and smiles,
As children skip merrily and the birds tweet their sweet melodies, all is well,
As the flowers gleam and the grass dances breathlessly in the whispering wind,
I am here, I am spring.

As heat creeps across all our land, relentlessly burning everything in its way,
As the plants take their final breaths and the sun pushes the clouds away, nothing survives,
As a child frowns alone and a bird trills for its chicks that have fled the nest, nothing is well,
As the flowers shrivel up and bow down, everything loses their battle against the roaring sun,
I was there, I was spring.

Izzy Y8



Best Shops on Finchley Road

Do you want to go shopping after school but are unsure where to go? Well, let this article help you!

The Works: A stationery shop with an arts and crafts section. It has good notebooks for vintage-like collages, and it's perfect for presents for your younger siblings!



Flying Tiger: If you need to get a hasty gift for someone or just feel you want to treat yourself, then this is your shop! All the products are manufactured in Denmark and are all interesting and unique. This shop sells a wide range of sweets too!



Waitrose: If you're in need of a snack, then head here! Sweets galore! In here you will find: an array of protein bars, chocolate, biscuits and much more.



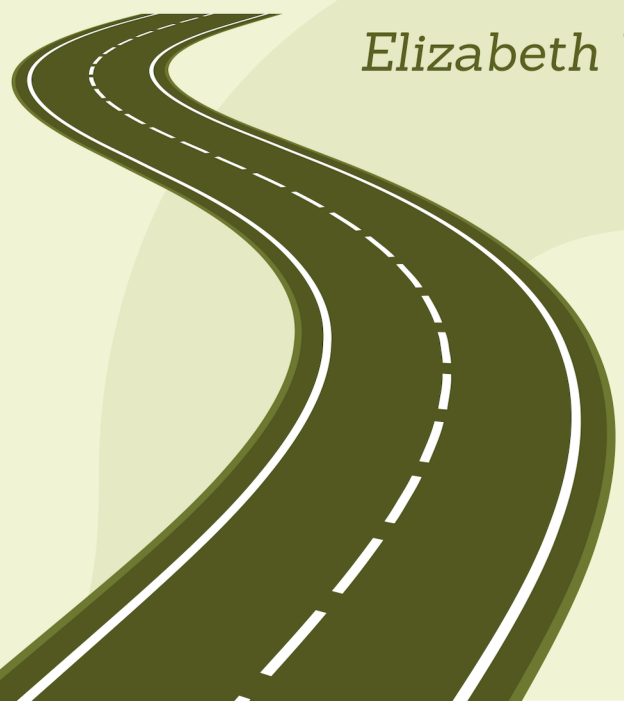
WHSmith: A great place for you to get back on track with all your pencil case needs! From notebooks to magnets to paper clips, this shop is one of the best places to go. If you feel behind on what are the trendy pencils, look no further.



Perky Blenders: Coffee shop? Say no more! A wonderful array of drinks, from juice to tea, this is also a very calming place to unwind.



Elizabeth Y7



The Secret Behind **BLANK STREET** Coffee's Success Story

You may have seen these pastel green coffee shops pop up in the city. Blank Street Coffee shops may look like your typical independent cafe, however, behind the modern exterior is a multimillion business model aiming to dominate the (already) highly saturated urban coffee market.

Blank Street was established in May 2020 by Issam Freiha and Vinay Menda when they began to sell coffee out of their battery powered mobile coffee cart, in partnership with EV foods. They are located in Brooklyn, New York and their goal is to provide cheap coffee to commuters by cutting coffee manufacturing costs through automating some of the process. For example, Blank Street uses automated espresso machines, these allow workers to simply press a button to make coffee, instead of making each component separately. This significantly increases efficiency in production. As well as this, it means that workers require less barista training, meaning Blank Street can hire workers at cheaper rates (at around \$23 per hour compared to \$30 for the average barista). Blank Street states that it would rather hire friendly employees than skilled baristas, therefore increasing customer experience. The coffee brand has also cleverly decreased their costs by opening shops in smaller locations - about 300 to 600 sq. ft - and usually only having 1-2 employees working at a time (however it may be more in busier sites such as the Canary Wharf branch). This allows them to price their drinks competitively - at around 25% less than Starbucks.

Blank Street have managed to expand at an incredible rate in the past 4 years since their opening.

Currently, they have over 40 locations in New York and 24 in London (with hopes to have over 30 within the next year). This is due to Freiha and Menda selling their multi-billion-dollar vision to some of the world's top investment companies.

This has gained them fundraising from US investors and they have raised over \$20 million in 2023 and \$70 million in 2021. Many believe that Blank Street is less of a coffee shop and more of a technology company, utilising their advanced coffee machines that cost just under \$50,000 - making it one of the most expensive coffee machines in the world.

With its "instagrammable" modern layouts, many may wonder what makes Blank Street different? My personal view is its out-of-the-box business model, which aims to decrease overhead costs as much as possible and have more, but smaller, shops around the city to increase awareness and access to the brand. Some may worry about the future threat to other rival coffee chains such as Pret and Starbucks, as well as countless independent coffee shops being put out of business. Blank Street plans to provide a membership scheme similar to Pret A Manger to bring another loyalty service to the UK market, as well as expanding its number of branches. The firm's UK managing director Llado, however, says that "Our main strategy is; let's bring the fun and energy back" to the capital's caffeine scene.

Overall, Blank Street's innovative methods and successful branding has given it the well-earned reputation as a successful and desirable coffee shop.

Valentina Y11

The Battle of the Queens

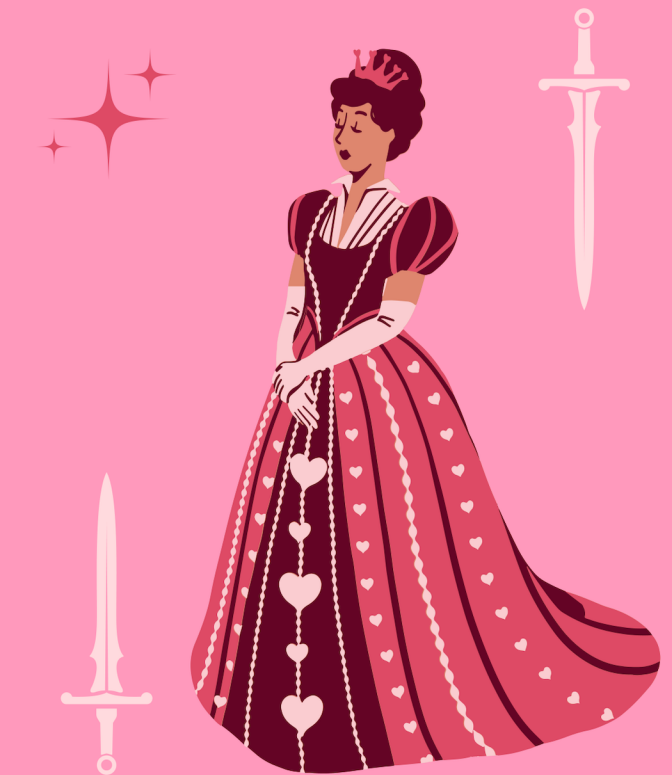
Who is better?

We all have our favourite historical women, whether it be Joan of Arc from the brutal 100 Years War, or the iconic Princess Diana from the 1990s. Now, I am not sure about you, but I definitely love to debate why an iconic woman I love, let's take Queen Elizabeth II as an example, is the best. However, we need to compare many factors and reasons why she is the best or why she is greater. Well, that's exactly what Miranda and I are going to do! Get ready to see the fights and battles of some of the most popular queens from the famous Tudor era.

Catherine of Aragon and Anne Boleyn

Two wives of Henry VIII. One Spanish and spirited and one who came from the fashionable French court. As both have many fans, and, if you ever scroll on social media about them, both terribly pitied but... who is better? Who will win the battle? Let's find out, shall we?

Now, let's start with the first wife of Henry, Catherine of Aragon, who, unfortunately, was divorced due to the failure of her being able to provide an heir. Many know that she was first engaged to Arthur, Henry's older brother; however, he died just a few months into their marriage. Catherine was then abandoned by her father and her in-laws. Catherine, a stubborn woman who had known since birth that she had the right to be Queen of England, fought her way up by marrying Prince Henry (who became King Henry VIII) to become Queen.



She thought that this was the end of her struggle; she was wrong. Though she had earned all the hearts of the English people (due to leading the army to victory against the Scots), she was starting to lose love from her husband because of the many failures of giving birth to a healthy baby boy. It was believed that Henry had slept with many other women at this time, including Bessie Blount - who gave birth to Henry Fitzroy, an illegitimate child of the King. However, things took a toll for Catherine when a lady from the French court arrived. Anne Boleyn. She had now taken the King's heart from her and after many struggling years, he broke with the Pope and Catherine was gone. She died a couple of months later, saying on her deathbed she loved no other than him. She was humble and kind and, forever, the Queen of Hearts.

Let's move to the other contestant, our ambitious Anne Boleyn. She came from the French court and by her uncle's (the Duke of Norfolk) wishes, she had to get the king to love her, in order to get her family's ranks high. Now, we all know that in the olden days, women had no choice but to do as their male family members commanded and so she did. However, not only did she become the King's mistress, but she became his Queen with her ambition high. Unfortunately, as many of you know, light isn't as bright above the clouds. She was despised by the people of England and the court since, because of her the beloved Catherine of Aragon was gone and later, due to a horrific miscarriage, in which she was accused of being a witch, and many more crimes, she was beheaded at the Tower of London; during her last speech, many bowed and gave respects to her. The first English Queen to have ever been beheaded in history. The woman who influenced the Break with Rome and changed English history forever. She was named the 'Most Happy' when wearing Saint Edward's crown, and now she is forever gone.

I can only do as much as to give you a brief description about these two remarkable and wonderful women who deserved so much better in their lives. However, in the end it is up to you? Who do you think is victorious over the other and why? Who do you think wins the First Battle of the Queens?

Pearl Y8

Elizabeth I and Mary, Queen of Scots

Elizabeth I and Mary, Queen of Scots are some of the most famous rivals in history. But how did they go from getting along well enough to Elizabeth eventually beheading Mary in 1587? This article will evaluate their separate lives and what happened in the run-up to Mary's death.

Mary and Elizabeth were first cousins once removed, as both were descendants of Henry VII. Mary, Queen of Scots (also known as Mary Stuart) was born on the 8th December 1532 to parents James V of Scotland and Mary of Guise. Mary was raised as a Catholic, and remained one until her dying day. This caused Mary to be in favour among many English Catholics. Her father died on the 14th December 1532, meaning that Mary technically became Queen of Scotland at only six days old. She was obviously too young to rule, so Scotland was ruled by regents until she was an adult. Due to her sex, one of the first priorities for the Scottish nobility was to arrange a marriage for her in the future. It was firstly arranged for her to marry King Henry VIII's son, Prince Edward (later Edward VI).

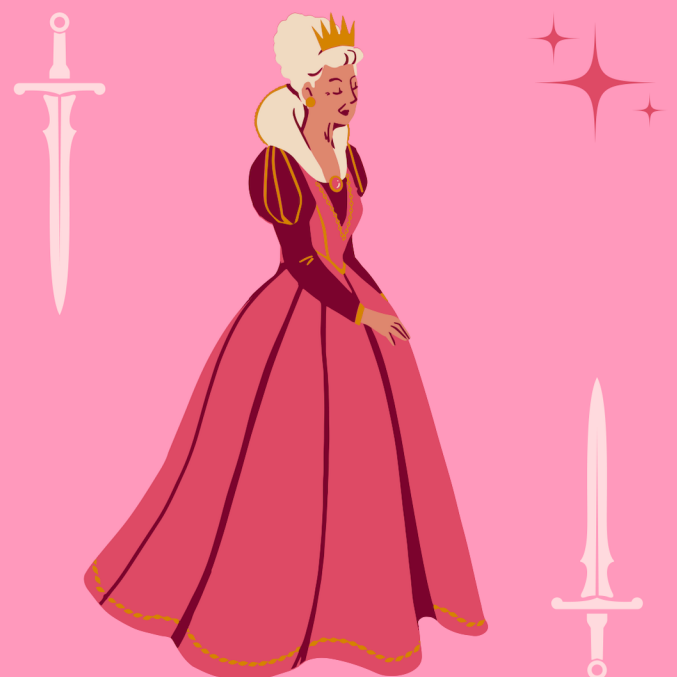


However, the Scottish people (as Catholics) opposed Mary's marriage to Protestant Edward. Therefore, a marriage was arranged to Francis II of France, in order to strengthen alliances between the two countries. After marrying him at 15, she became Queen of France until Francis' death two years later. After being widowed, she returned to Scotland and married Henry Stuart, Lord Darnley. It was with him that she had a son, who was later to become both James VI of Scotland and James I of England. Henry Stuart died under mysterious circumstances, in February 1567, after he murdered Mary's favourite secretary David Rizzio in her bedchamber, in front of her. If you visit Holyroodhouse, you still see the bloodstain on the floor! Mary married James Hepburn (4th Earl of Bothwell) within the year, which shocked many people as Hepburn was unpopular with the Protestant Scottish Earls and had a role in Henry Stuart's murder.

Elizabeth I was born on the 7th September 1533, to parents Anne Boleyn and King Henry VIII. Elizabeth was raised a Protestant, due to the Break with Rome which had just taken place before her birth. Elizabeth was extremely well educated, being fluent in 5 languages thanks to the efforts of Catherine Parr, her father's last wife. She ruled England after her half-sister, Mary Tudor (not to be confused with Mary, Queen of Scots or Elizabeth's aunt, who was also named Mary). Elizabeth never married, nor had any children, so the Tudor dynasty ended with her. Elizabeth is often seen as a great Queen, due to the arts and exploration flourishing throughout her reign, including influential people such as Shakespeare and Sir Francis Drake among the many.

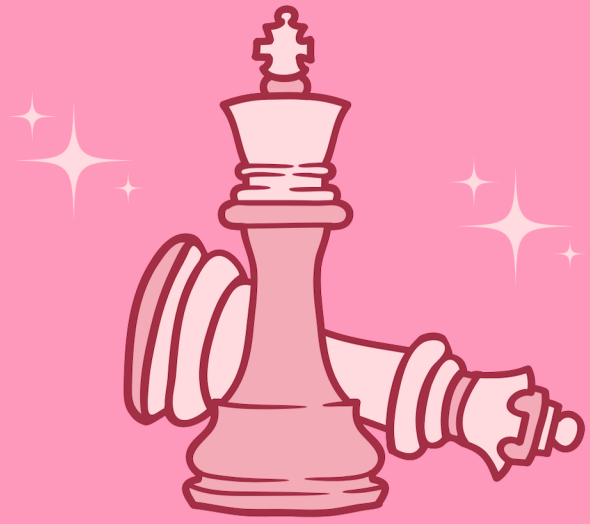
Despite their famous rivalry, the two queens never met. However, they are known to have corresponded via letters, and messengers will have informed Elizabeth of any important details from Scotland. For example, when told of the birth of a son to Mary, Queen of Scots, Elizabeth is known to have said "Alack, the Queen of Scots is lighter of a bonny son and I am of but barren stock." This shows that Elizabeth always felt that Mary was competition to her, due to the fact that she had a male successor, and due to Mary's religion making her popular amongst the English Catholics.

Mary Tudor, Elizabeth's sister, had converted England back to Catholicism during her reign, but Elizabeth was a Protestant and therefore sought to make England a Protestant country again. There were obviously hardline Catholics who opposed England becoming Protestant, and therefore they looked to Scotland for help. Although Scotland was also a Protestant country, it was ruled by Mary, Queen of Scots who was Catholic. They sought a Catholic England. Their aim? Mostly to dethrone and murder Elizabeth, and make Mary the Queen!



There were many plots over the years with this aim, although none of them were successful. Firstly, the northern rebellion in 1569, in which the (Catholic) Earls of Northumberland and Westmoreland gathered an army of 6,000 to return England to Catholicism. They failed, as Elizabeth sent a large army and put many of the rebels to death, while the two Earls escaped to Scotland, taking advantage of Mary's Catholicism. Next was the Ridolfi plot, in which an Italian banker (Roberto Ridolfi) planned to murder Elizabeth, and make Mary the Queen instead. Interestingly, Ridolfi had the backing of the Spanish King, Philip II who (as a Catholic) wanted to help restore Catholicism in England. He also had the backing of Mary, Queen of Scots herself!

However, the plot was discovered by Sir Francis Walsingham, and the conspirators were arrested and expelled from the country. Yet another failed plot is the Throckmorton plot. Organised by a Catholic man named Francis Throckmorton, he arranged for a French army to invade England (funded by the Pope and Philip II of Spain) and replace Elizabeth with Mary. Once Elizabeth heard of this plot, Throckmorton was promptly executed and Mary, Queen of Scots was isolated in Tutbury Castle. She was allowed no visitors, as Elizabeth deemed her a great threat to her rule. Surely nobody could attempt to make a prisoner of the Queen of England! They could, and they almost did. The most serious plot was yet to come. In 1586, Sir Anthony Babington planned to murder Elizabeth, and immediately free and crown Mary as Queen of England.

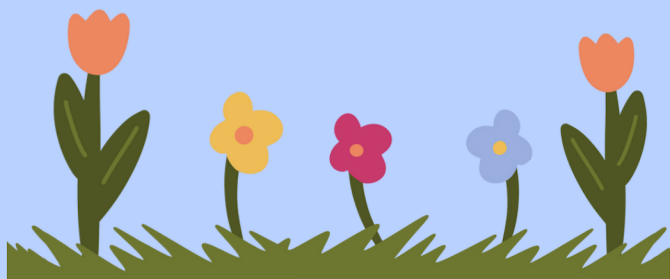


Babington and the conspirators sent secret coded messages to one another, which were eventually discovered and decoded by Sir Francis Walsingham. This gave enough evidence for Elizabeth and her council to find Mary guilty, meaning Elizabeth finally had a reason to execute her. She was brought to Fotheringhay Castle in Northamptonshire and, after 18 years in captivity, Mary, Queen of Scots was executed on the 5th February 1587.

In conclusion, both Mary, Queen of Scots and Elizabeth I were powerful queens in their own right. Mary was certainly more popular for the Catholic population, as there were several attempts to overthrow Elizabeth, and in most of these Mary was the one that they planned to put in charge instead. But this is not exactly down to the fact that they thought that Mary would rule the country better than Elizabeth, but down to the fact that she was a Catholic, and could restore the country to Catholicism. Elizabeth was, overall, a better ruler, as she led her nation through crises, such as the Spanish Armada, and successfully quashed all four of these daring rebellions and got rid of her rival.

Ikebana: The Art of

Ikebana is the Japanese art of flower arrangement. The name comes from the combination of two Japanese words, ikeru (生ける 'to arrange, have life, be living') and hana (花, 'flower') giving a translation of 'giving life to flowers' or 'arranging flowers.' These floral arrangements were normally used as offerings to altars, and after that, they were used to decorate the tokonoma (alcove) of a Japanese home. This pastime of viewing plants dates back to early Japanese Aristocracy culture.

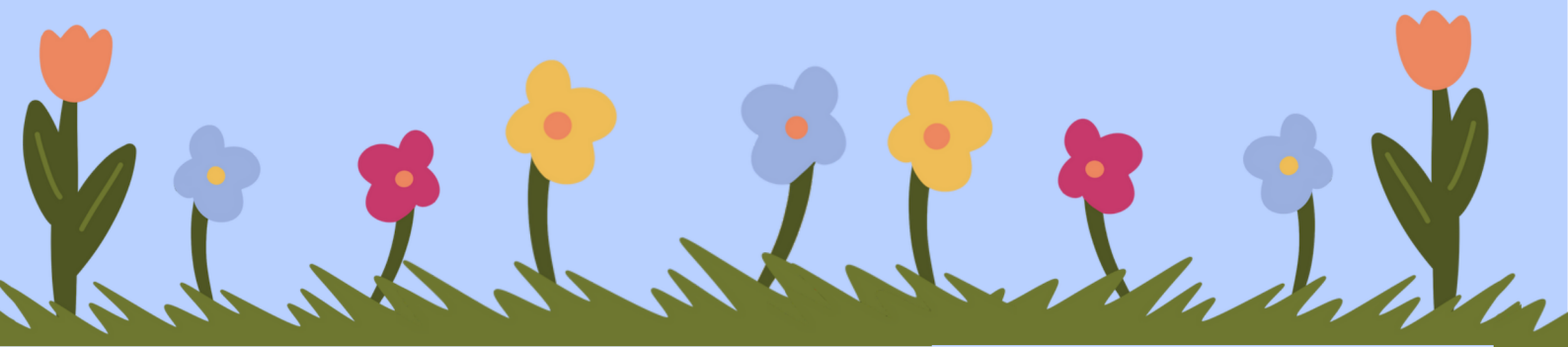


At the start, flower arrangement wasn't meaningful, but then a system for flower arrangement arose called shin-no-hana, meaning 'central flower arrangement'. The system was usually symmetrical. Then, mitsugusoku, an offering to Buddhist statues, became popular in Kamakura (1185-1333) and Nanbokucho (1336-1392) periods. Mitsugusoku involved the placing of 3 ceremonial objects at a Buddhist altar: normally lit candles, a censer and flowers in a vase. These flowers were arranged in tatebana, the earliest style of Ikebana.



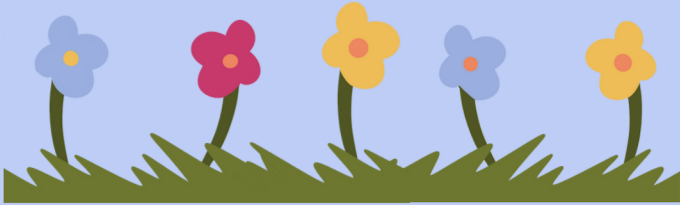
The Eighth Shogun, Ashikaga Yoshimasa, was the biggest promoter of cha-no-yu (tea ceremony) and Ikebana. He abdicated from his role in order to work on the arts and developed concepts that would be hugely formative in the rules in Ikebana. One of his most important ideas was that flowers which are offered on all ceremonial occasions and placed as offerings for the gods shouldn't be offered loosely, as they should represent time and thought.

During the 16th century, Ikebana advanced a step further than just temple and room decoration, where a greater consideration was given to the natural beauty of floral arrangement. With Ikebana being known as 'rikka' at this time, this new form of the practice focused on the natural beauty was created, called nageirebana. This divided Ikebana into two branches (pun intended): nageirebana and rikka. Now, the styles of Seika and Moribana have been added to the list too.



Flower Arrangement

There are 4 main styles of Ikebana: rikka, nageirebana, seika, and moribana.



Rikka

Rikka ('standing flowers') was developed to express the beauty of the landscapes in nature, with nine branches representing the elements of nature being a key part of this style.



Nageirebana

Nageirebana ('thrown-in flowers') is a non-structured design, which then led to the development of the seika style. The Seika style is characterised by a tight bundle of stems, which form a triangular, asymmetrical arrangement. This is known, in short form, as nageire. The type of vase usually used is a bottle, cylinder or bouquet.



Moribana

Finally, Moribana ('piled-up flowers') is arranged in a shallow vase (suiban), compote vessel or basket. It is secured on a kenzan, also known as metal frogs, which are usually made from brass.

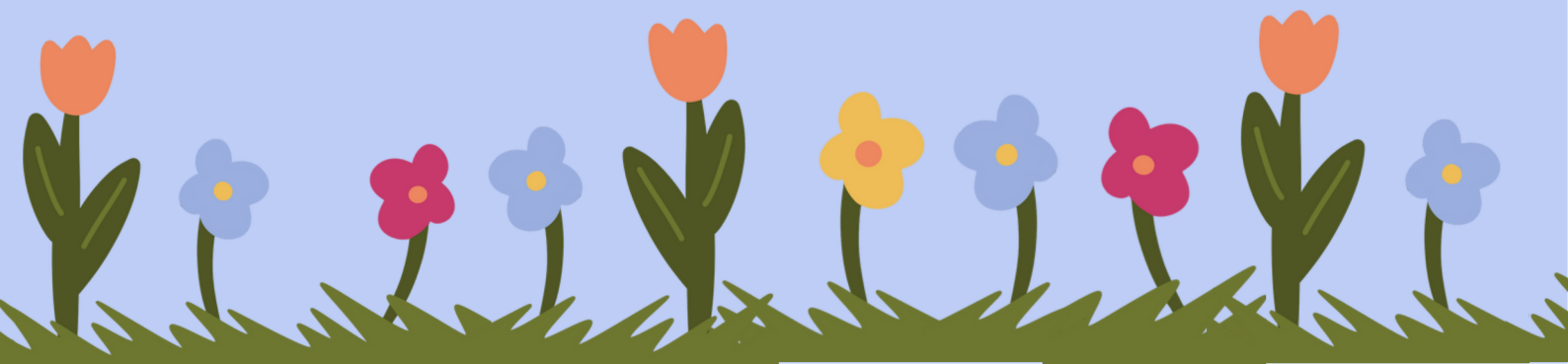


Seika

Seika ('pure flowers') consists of three main parts and is quite a simple style, designed to show the uniqueness and beauty of the plant itself. Both seika and nageire focus more on zen than rikka does.



Sophia Y8





Ramadan: The Basics

Ramadan is the biggest month of the Islamic calendar. Muslims all around the world fast, and if you have any Muslim friends, chances are they'll be fasting too. But the thing is, many of us don't know enough about Ramadan, and wouldn't it be useful to know more?

This year, Ramadan began on the 11th of March -it alternates every year- but the dates depend on the moon. Islam is based on the lunar calendar, and this holy month will begin on the sighting of the crescent moon in Saudi Arabia (there are actually people paid to monitor the moon there!) Last year, in 2023, there was a minor disagreement about when Ramadan ended, because there was some confusion over the moon – as a result, some people celebrated Eid on Friday the 21st of April, whilst others celebrated on Saturday the 22nd. Due to this, lots of people were quite stressed as it is considered a sin to not fast during Ramadan.

During Ramadan, Muslims fast from sunrise to sunset, which is fairly difficult during summer and a little easier in winter. We don't eat; we don't drink. No, not even water.

As you can imagine, it's a little tough (I strongly suggest not eating or drinking in front of a fasting person), but people do their best to get through it, waiting for the moment we can break our fast.

Some people, like pregnant women, travellers, and children below the age of maturity, are exempt from fasting because it might do them or others harm. There's lots of interesting rules, like how your deeds count seventy times as much as they would any other time of year, and we have to stop using things like cigarettes but not toothpaste.



During Ramadan, the days consist of two meals: suhoor, or sehri as it's known to my culture, which is the meal where Muslims eat at sunrise (it needs to last the whole day so it has to be substantial), and iftar - the meal Muslims break their fast with.



During iftar, usually the first thing eaten is a date because not only did the Prophet Muhammad “SAW” (sallallahu 'alayhi wa sallam, meaning 'Peace be upon him') break his fast with dates, but they also give you energy and are easily digested.

During Ramadan, there's a special night called Laylatul Qadr, Arabic for 'the night of power'. It's a Sunni (a section of Islam) celebration and opportunity to earn spiritual reward. Laylatul Qadr is the night the Quran was sent down from Jannah (eaven) by the angel Jibril (Gabriel), and the first verses were revealed to the Prophet Muhammad SAW.

During Laylatul Qadr, Muslims try harder to please Allah, reading extra Quran and praying extra Salat. Muslims believe that worshipping Allah during Laylatul Qadr counts more than it would if you were to do it for 1000 months. Because Allah wants us to practice our faith to the best all nights, the specific date of Laylatul Qadr is actually unknown.

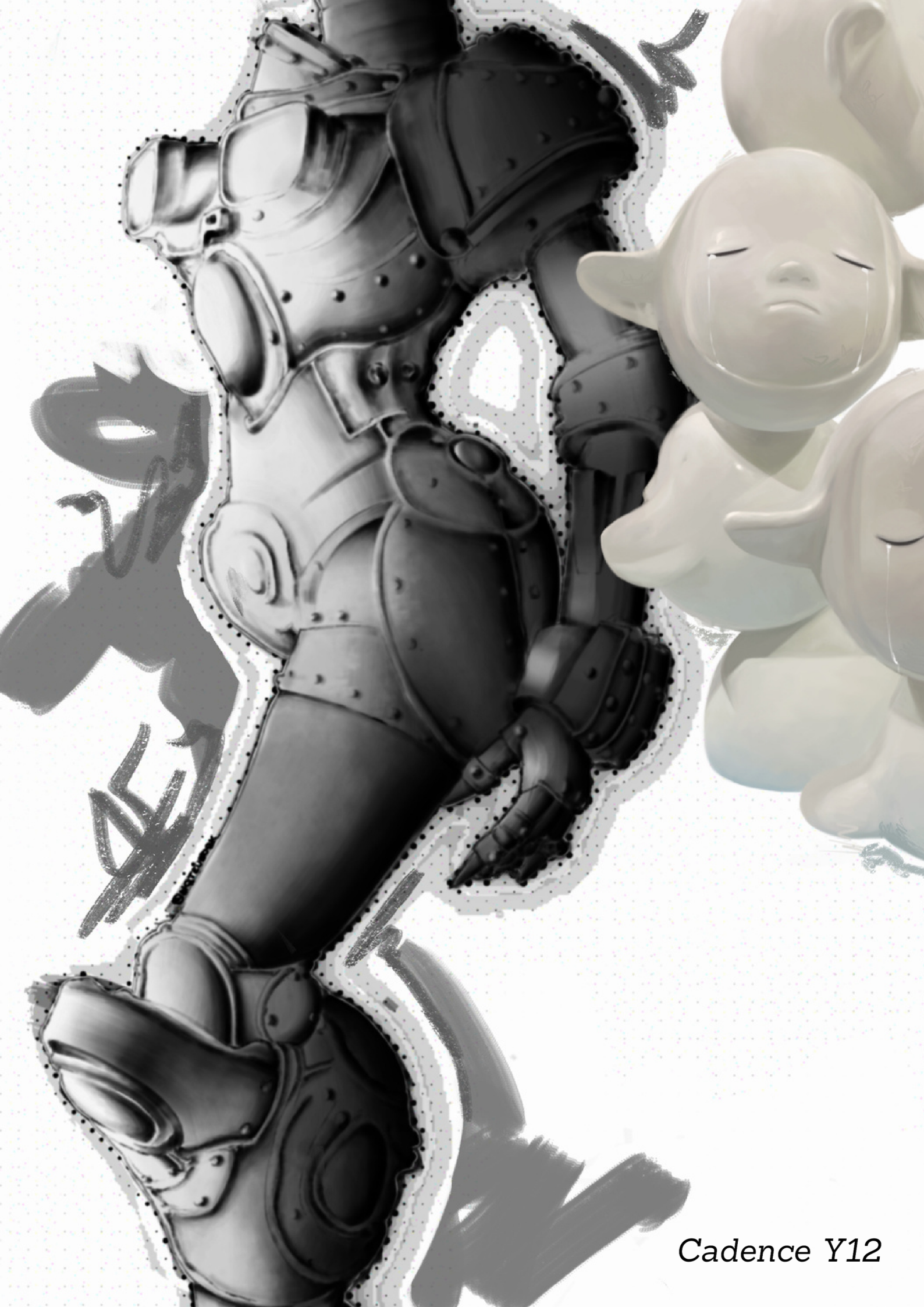
It's really important to Muslims because, not only is it a holy night, but it reminds Muslims of their religion and evokes the feeling that Allah is omnipotent and omnipresent.

At the end of the holy month, a special three-day festival occurs, called Eid-Al-Fitr. This happens after another crescent moon is seen in Saudi Arabia. On Eid, we don't fast (in fact, it's forbidden to fast on Eid), instead we enjoy nice meals with friends and family. Most Muslims skip school for the first day of Eid, but return for the following two days (NB: some skip no days, and some skip all days). Some Muslims also call Eid-Al-Fitr the 'Big Eid', because between Eid-Al-Fitr and Eid-Al-Adha, Fitr is the bigger celebration. Traditions for some families include putting on mendhi (henna), going to the mosque in the morning for Salat-Al-Eid, exchanging gifts, and wearing nice traditional clothes. If you see a Muslim during or after Eid, you can say 'Eid Mubarak', which translates to 'Blessed Eid' from Arabic.

لَيْلَةُ الْقَدْرِ

To conclude, Ramadan is a key part of Muslim history and tradition. I hope you all have gained a better understanding of it after reading my article and it has satisfied your curiosity about Ramadan whilst also picking up some Arabic vocabulary along the way!

Anayis Y8



Handwritten-style text in a dark, bold font, possibly reading "Y12" or similar characters, positioned vertically on the left side of the image.



Voices in the Woods

As far as she knew, there wasn't another person for miles. It was just her and the undesirable company of the foul weather. As the last ray of light disappeared behind the misty hills, a lone wolf prowled around the shadows, unbeknownst to her. Mud cloaked and drenched to the core, she stumbled through the dusky woods and wrapped her coat more tightly around her body. Thunder rolled around her and every so often, the sylvan landscape was dramatically illuminated by lightning, like a blade cutting through the icy darkness.

She sat on a rotten tree stump and listened to the wailing wind travel around her and the cacophony of animal noises echo through the woods. The rain poured down, harder and harder, and the noise in her ears was like an army marching to battle.

The leaves rustled. A twig snapped. She turned around sharply. Staying alert for a few minutes, she realised it must have just been the wind. But there it was again! The leaves rustling. Then the leaves spoke. Wait a minute, leaves can't speak. She must have been hallucinating.

"Hello!"

That was what the leaves said. It was a familiar voice; she had surely heard it somewhere before. But then again, she had never known that voice in her entire life! She decided not to reply, as her parents had always told her never to talk to strangers. But she was a grown adult! She could do what she wanted! However, right in that moment, she felt like a young child who had lost her parents in a busy crowd, yearning for her nice cosy bed.



It was getting late, so she decided to set up camp for the night. She certainly couldn't start a fire, as all of the twigs were soaked from the relentless downpour of rain. The only thing that she could do was take her small torch, which would only work if she shook the battery into a particular position. She remembered seeing a chestnut tree earlier; if only she could find that, she would be able to find something to eat.

She bravely retraced her steps. Down the slippery path, then right. Or was it left? She persevered. Never give up. That was her family motto, wasn't it? She made a sharp left turn at the rock that was curiously shaped like an apple, and there was a silhouette there. The lightning struck in the distance. She knew that jumper! Someone she knew had one just like it! If only she could remember who. Then again, it couldn't be anyone she knew; nobody had a clue she was out here anyway. As she walked, the weather never ceased to remind her that summer was over, and that she was a fool to go on a mountain walk in October.



After what felt like hours of searching, she decided it was a lost cause and made her way back to where she was before. She was just about to turn the corner back to where she was when she saw a chestnut and a pressed rose on the ground! How strange! She used to send her friends roses like that; they symbolised friendship. She looked up. There were only oak trees above her, their recognisable leaf shape outlined by the lightning.

She turned to the left, back to base camp. But what? More chestnuts on the tree stump! And her best friend sitting on the ground, eating a cheese sandwich.

“Hello!” said the same voice from earlier. “It’s good to see you, Antonia.”

Miranda Y8



Endangered Animals

- *Northern White Rhino*
- *Amur Leopard*
- *Sunda Island Tiger*
- *Mountain Gorillas*
- *Tapanuli Orangutan*

Tapanuli Orangutan

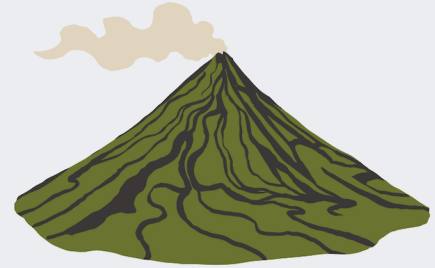
These creatures are the rarest great ape and second largest of all of the arboreal primates as well as the fifth most endangered animal in the world.



At the end of 2023 there were only 800 left in the wild. The diet of the Tapanuli Orangutan mainly consists of leaves, saplings and tree bark. An orangutan's diet does not vary with each species but rather with each individual.

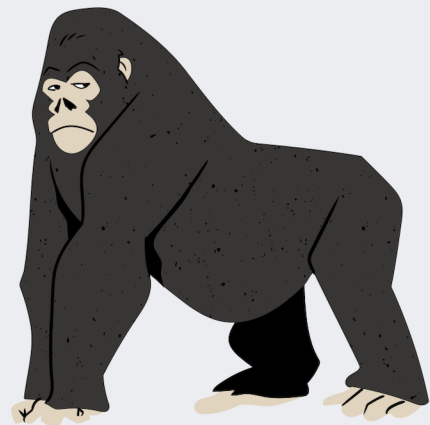


These orangutans live in tropical and subtropical, moist, broadleaf forests located south of lake Tobain Sumatra.



Mountain Gorillas

There are two species of gorilla in the world: the Eastern gorilla and the Western gorilla. The Mountain Gorilla is a subspecies of the Eastern gorilla. It is estimated that there are 1,063 of them left in the wild.



Mountain gorillas live in just two isolated groups – one in the Virunga volcanoes, spanning the borders of Rwanda, Uganda and the Democratic Republic of the Congo (DRC), and one in Bwindi Impenetrable National Park in Uganda, contiguous with DRC's Sarambwe Nature Reserve.

Sunda Island Tiger

The Sunda Island Tiger was once found across several parts of the Sunda islands in Indonesia.

Today all remaining Sunda tigers are found only in Sumatra, now that tigers in Java and Bali are extinct. They normally live in tropical broadleaf evergreen forests, freshwater swamp forests and peat swamps. Accelerating deforestation and rampant poaching mean this noble creature could end up extinct like its Javan and Balinese counterparts.



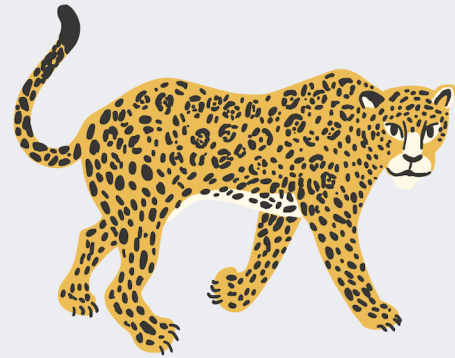
This has caused the population to decrease to leave only 400 of these amazing tigers in the wild. Despite efforts including laws saying that anyone caught hunting tigers could face jail time and large fines, a substantial market remains in Sumatra.

Amur Leopard

The Amur Leopard is critically endangered with just over 84 individuals left in the wild due to the poaching of its prey.



These majestic creatures usually live in China and Russia in temperate, broadleaf, and mixed forests. Amur leopards are ecologically, economically and culturally important. Conservation of its habitat benefits other species, including Amur tigers and prey species like deer. With the right conservation efforts, we can bring them back and ensure long term conservation of the region.



Northern White Rhino

The White Rhino is hugely endangered as there are only two females. There are now just two northern white rhinos remaining in the world. Najin and Fatu live under constant protection from poachers in Kenya's Ol Pejeta Conservancy.



They are grazing animals with a broad, square muzzle and they are herbivores that crop plants with their wide front lip. A male northern white rhino weighs around 2,300 tons and the female weighs 1,700 tons and are one of the heaviest rhinos. In 2015 scientists used natural gametes of the living rhinos to induce pluripotent stem cells creating babies.



The End of Social Media

Is it over? Instagram is on decline. Mark Zuckerberg is on thin ice, after having been grilled by the American Senate over the spread of harmful material on his platforms. Critics of TikTok have accused the app of mass data collection. After Social Media's birth in popularity in the 2000s, these platforms have become almost unrecognisable.

Just picture it. You're back in 2020. Holed up in the house - listening to another pointless Teams meeting. You haven't seen a real face in days; only the pixelated version of your teacher. Every day feels the exact same... eat, sleep, repeat. Your only dopamine deposit was from those late night calls on WhatsApp, the endless hours of scrolling through Tiktok dances, and watching YouTube videos until unholy hours at night.



Even when you were a prisoner in your own bedroom, social media made the sky the limit. The magic of boundless communication and personal interaction



with anyone, anywhere, at any time was thrilling. The physical world had halted to a stop, but the online world was flourishing. Social Media was ultimately how we experienced every crack and crevice of the Internet, with 3.8 billion active social media users globally in January 2020 alone. As well as being fun, social media was the pinnacle of online debate and a booster for political campaigns. However, recently something is different... is social media evolving?

If so, what changed between now and 2020? It's safe to say that social media is no longer social. The entire basis of platforms with endless possibilities of interacting and communicating has officially been lost. In less than a generation, social media has evolved from direct electronic information exchange, to a virtual gathering place, to a retail platform, to a vital 21st-century marketing tool.

Every social app is clogged with ads and influencer posts, devoid of any real social interaction. A market research firm Yankelovich ran a survey of 4,110 people and found out that an average person sees up to 5,000 adverts every day. Today, that number is even higher and the average person sees around 10,000 ads per day. For these social network companies, it's all about maximising their reach and engagement while generating revenue; transforming these hubs of information into machines of profit. In addition, posts on messaging apps are ordered chronologically, not by the most engaged, reducing the incentive to sensationalise. The culture of constant sharing in 2020, threatened our privacy and safety: 1,644 data breaches reported in 2020 marked 434 more reported breaches than 2019, the largest year-to-year increase on record.



Not only that, apps like Facebook and Tiktok increasingly serve a curated selection of clips picked out by artificial intelligence according to a user's viewing behaviour, not their social connections. Not only does this provoke the formation of echo chambers, but the loss of limitless information; there are no more balanced debates, or variety of opinions. The platter of content you see on every app has begun to make everyone look, act and think the same.

Meanwhile, people are posting less. The share of Americans who say they enjoy documenting their life online has fallen from 40% to 28% since 2020. The communal part of social media is slowly dissolving away - these networks' purposes are gradually shifting away from world-wide connections to something new entirely.



Despite all these challenges, social media is not doomed. On the contrary, it is normal for technology like social apps to evolve with time. Debate is moving to closed platforms, such as WhatsApp and Telegram, where private messaging groups are often fully encrypted. In particular, closed groups may be better for the mental health of teenagers, who struggled when their private lives were dissected in public.

These changes are not the end of social media itself, but the end of a chapter in its continuously advancing life. Social apps will forever be changing and morphing with the world around it, but is it for the better or for the worse?

Nila Y11

Ranking the New Canteen Snacks

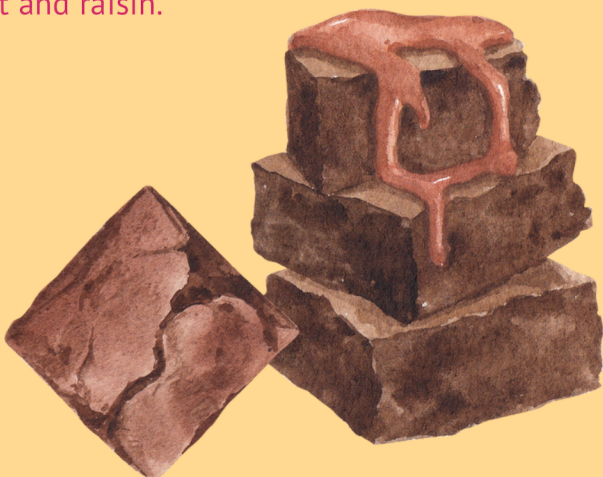
This article is a ranking of all the snacks available in the school canteen. Not all of the snacks are included, and some are categorised. We made this list based on our personal opinions, and the opinions of other students in our year. We hope that you enjoy reading this, and that it gives you some new break time recommendations!

10. Flapjacks

The flapjacks have been given such a low ranking because of their general unpopularity around the school. As far as we can tell by just looking around at the different snacks people buy at break, almost no one gets these - probably because they are so plain. Also, the combination of the flavours is a bit weird.

9. Packaged Cookies

The old packaged cookies were pretty good as there were lots of different flavours, which meant that there was mostly something for everyone. If they were on this list, they would probably be ranked around fourth or fifth. However, to the best of our knowledge, there is only one new flavour for the packaged cookies: oat and raisin.



8. Yoghurt

We do like the yoghurt, but it is a snack better suited for lunchtime rather than breaktime. This is because it is very impractical to carry around with you, due to the high risk of it spilling all over you (and you subsequently having to get another outfit from the interesting smelling PE lost property cupboard) However, yoghurt is a really good snack choice for right after PE as it is refreshing. But if you don't want to spend loads of money, just drink water instead. Hopefully this explains why we have given yoghurt this ranking.

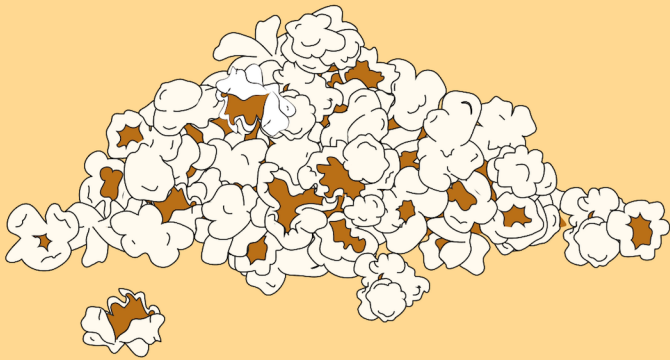


7. Rice Krispie Squares/ Rice Cakes

The new rice crispy squares are pretty good, but again, they are really small and pretty overpriced for their tiny size. Also, the plain one tastes a bit too... plain, and the chocolate caramel one is a bit too sickly sweet for our liking. Although the rice cakes are a reasonable size (almost too big) they have some questionable toppings. The chocolate ones are fine, but whose idea was it to make rice and raspberry a combination? Again, they do taste very sweet, so both are best to eat with something else afterwards as a palette cleanser, such as crisps, yogurt or just water.

6. Brownies

Probably even faster-selling than hash browns, the brownies are always in high demand - which means that the food suppliers have actually run out. Although they are really delicious, they are so tiny that an ant could be left still feeling hungry after they've eaten one, which is why they are in 6th place. But if you want a quick, small, snack, they are pretty perfect.



5. Crisps/Popcorn

Probably the most popular packaged snacks, crisps and popcorn are quite cheap, especially because they last longer than a lot of other options. However, there is more air than actual food in the packets, which is why they haven't gotten higher up in the rankings.

4. Hot Dogs

Despite the fact that the sausages in the hot dogs have become suspiciously wrinkly recently, the hot dogs are very filling and healthier than some of the other options, such as the cookies. They are, however, quite expensive for their size, which is why they haven't earned a higher ranking.

3. Pastries

The pastries are delicious and filling, but, again, they are pretty expensive. Plus, one of the best pastry options, the chocolate croissant, was recently removed from the canteen, so that knocks the pastries down to third place.

2. Cookies

The cookies were going to be the top snack on this list, however, there have been recent sightings of raisins and lemons (ew) in them, which pushes them down to second place. Also, they are almost double the price of hash browns and practically the same size.



1. Hash Browns

Hash browns are really big, but also really cheap, so they are good things to buy if you want a great, filling snack without spending a lot of money. They are also really delicious, but they go super fast, so if you want to buy one you have to sprint down to the canteen - Usain Bolt style.

Masculinity in

Have you seen the show “The Big Bang Theory”? If you haven’t, you probably live under a rock. I’m just kidding, but I do recommend it: it’s a show about a group of friends who are scientists, and it’s quite interesting. There are four guys: Leonard, Raj, Howard and Sheldon. But whilst watching the show, you pick up the fact that Sheldon, Leonard and Howard are depicted as more masculine than Raj. What I mean by this is that there are several scenes in the show where he presents his more feminine side, which is depicted as “strange” in the show. He wears a costume of a woman on Halloween, dances in front of his friends, and appears more sensitive. And throughout this his friends seem weirded out by these little acts: always making grimaces or jokes. But when you think about it, isn’t he just representing how he’s confident in himself? How he’s comfortable with who he is and showing it in front of his friends? I used to think about why they doubted him for it, until recently I hit my iceberg.

It’s potentially because of something called Fragile Masculinity.

Now obviously this isn’t necessarily why, but if you take into consideration society’s depiction of what a man should be like, you pick up on what I mean.

The fact that Leonard and Howard always do things to prevent them from losing their dominant position exaggerates my point. For example, they always need to fight with other men for the girl, have to look strong and look down on others (i.e. Raj) to feel more comfortable.

This made me think more about how society/pop culture has built up what men should look like. The phenomena it demonstrates is called Toxic Masculinity, and I’ll tell you more about it later.

So, naturally, there are many other examples of men who struggle with their image. My personal favourite is in ‘A Streetcar Named Desire’, a play by Tennessee Williams which is about a woman, Blanche DuBois, who’s lost her ancestral home due to losing the money for it and has to move in with her sister and her sister’s husband Stanley. In the play, Stanley exhibits key behaviour of men dealing with the strain on masculinity after the war (the book is set in the 40s, after the war). The war took a huge hit to the image of what a man should look like, e.g. scars (do they mean you’re incapable of helping your family, therefore you’re less of a man, or the fact that you’ve survived such injuries, making you more of a man?) If you didn’t fight, you weren’t a strong man, but if you did, you could die. As you can tell, men coming back from the war came home with the great weight to bear of continuing to fulfil their previous societal roles: being the breadwinner, the hunter gatherer, the strong worker etc. All of these roles are to ensure that women go, of course, back to their own roles and lower status than men. In the script, you even read about how Stanley always has to dominate the females in the house in ways such as domestic violence.

As I was watching my favourite film “What’s eating Gilbert Grape?”, I realised how they subtly hinted at how the main male character,

pop culture

Gilbert, always does the things categorised as masculine: he works, gets the food and takes care of the youngest brother the most. It was interesting since this film is not the most common example of masculinity being framed in such a way, but I saw it was still prominent in the film, amplifying men's roles in society when the film was made. It's up to interpretation, of course, but it still makes you think.

So, what is Fragile Masculinity? It's the feeling of anxiousness that what you do will harm how you appear in society (essentially as less of a man than what society expects of you). But why do men feel this way? It's mainly caused by the general expectations of other men, which dates back all the way to Ancient Greece, where the man would be expected to hunt and work. Also, the fact that if a baby male was believed to be weak, they would abandon said child to die. What, however, is Toxic Masculinity? Like I mentioned before, it's the description that the foundation of Masculinity is based on homophobia, dominance and aggression. This is what Fragile Masculinity is built upon, where men feel they cannot do things like show their emotions in public or do anything that's considered "feminine", otherwise they're 'less of a man'.

Another thing I'd like to discuss with you, while we're on the topic, is the debate going around on the internet about who's to blame for society being so tough on the expectations of masculinity.

Now, many people believe it's men themselves who are to blame, their point being that men decided on how society should act from day one, and the fact that they have always been the dominant gender. Others think that it's general old-fashioned views from older generations that they unrightfully pass down to the newer generation. Whatever people believe it is, there is technically no one group of people we can point fingers at. It's not one gender's or age group's fault, or anyone else for that matter. It's society as a whole.

Additionally, there's also the fact that a lot of pop culture diminishes men's issues in several ways. There's the argument that its severity doesn't come close to the issues women have in society, or the argument that men built society and therefore have to deal with it, as I previously pointed out. One example people found controversial was the movie 'Barbie'. Many, including myself, loved the feminist message. However, others who watched it also believed that Ken's problems were so de-valued it ruined the movie. Personally, I disliked how they portrayed him as weak and childish for crying. This doesn't mean I agree with the idea of a patriarchy, but I think it was unfair for him to be considered and belittled in that way.

So, what do we do now? How can we even out society and make us all equal? One start would be changing the way pop culture perceives men. What do you think?

Alexandra Y10

Reviewing Legally Blonde



(As someone
who's never seen
Legally Blonde)

You walk into school on a cold January day and are greeted by black and pink posters fluttering in the wind. You're delighted to see, upon closer inspection, that they're advertising the latest production: your favourite musical of all time.

But wait. Rewind. Something's not right.

You've never seen Legally Blonde.

Ahead of the big day - AKA the first night of the production, which I will be basing this review on - I lost count of the number of synopses of the plot I'd been given. Elle Woods: a typical sorority airhead who 'wears pink and carries tiny dogs' (according to my mother).

I also met with some cast members to chat about the production - shoutout to Maia AKA Paulette and Lara, Katie and Zoe in the ensemble! You'll be meeting them throughout to hear some of their thoughts as insiders.

Time to get to business: my thoughts on the production as a musical fanatic... going in Legally Blind.

Vocals

Out of ten points for vocals, I chose to award all ten. Despite intensive choreography (and sometimes skipping ropes), there was amazing stability from all the main cast members as well as the ensembles. The multitude of snarky ad-libs by Elle's squad were delivered perfectly as well!

Although she provided 10/10 comic relief, Maia confessed that she was hesitant to deliver some of her more explicit lines. But I'm sure you'll agree that, in her words, everyone mostly just laughed.

Acting

The acting was another 10/10, with the highlight being how the actors used movement to convey their characters, especially the Delta Nu's Chorus, who practically glowed with energy. Everyone was exceptionally expressive, and the casting was impeccable. Despite the ensemble songs being imperative to the show, some of the standout moments to me were the solo scenes, most notably Elle's, Emmett's and Paulette's.

It wouldn't be fair to write a Legally Blonde review without at least mentioning the fan-favourite Ireland song, which Maia described as her favourite moment (and, if I'm honest, one of the most impressive). It had exactly the desired effect of compelling the listener to drop everything now and meet Paulette in her new spiritual home.

Choreography

I found the choreography to be a strong 6/10. Although the synchronisation, even while singing, was no joke, I found some of the formations and steps uninteresting compared to how the characters moved while speaking. The use of skipping ropes was fun but sometimes distracting.

My three ensemble correspondents all highlighted how fun it was to work with a choreographer to produce huge ensemble pieces - which is also admittedly where the challenge came, Katie told me, as it was the largest ensemble any of them had taken part in, with a team of over 40.

Costumes

The costumes and set were a strong 7/10. I loved how cleverly the set was used in the balcony and window scenes, and honestly, if no one had spoken a single line, I would have been able to pick out the characters based on their costumes. My favourite aspect of the staging was all the colours used - the energy of each scene was set by the vibrancy (or blandness) the lights and props provided.

My only criticism is the lack of variety - it felt somewhat like every character had been assigned a single style. Overall, though, the set definitely contributed to the whole experience and helped the audience feel truly immersed in the show - definitely a testament to the skill of the backstage team.

~ Wild card ~

Now, that leaves only one category left: the Wild Card, which my friend helpfully suggested should go to 'eating cheese'. Although that is just about the only area this musical falls short in, I've chosen to award this point for the sheer FUN that this musical exuded. Maia, Katie, Zoe and Lara all agreed with me that perhaps the best part of the play was bonding as a cast, and that really showed in the performances.



In conclusion, I choose to award Legally Blonde: SHHS Version a 9.5/10 - I want more. A huge well done to the whole cast and backstage crew, and I would love to see future, hopefully even more ambitious, performances that this phenomenal cast puts on. Huge thanks to Katie, Zoe, Lara and Maia as well! Oh no. Something's wrong. I have one final critique of this play.

I wasn't in it!



Electra Y7

Guide to writing a story

Writing. People write for many different reasons. Either that it's their passion and love, or they are just forced to do it for an English assignment. Personally, I utterly enjoy writing things and write for fun, but even I have a hard time choosing what to write about or how to describe a scene or setting; so here I am, writing my tips and techniques to writing a story.

Step 1

Before you even begin, you need an idea of what you want to write: a particular theme or maybe something you enjoy! Let's go for books: I love books, and maybe I can also think of something else I enjoy like a deck of cards. Now, if I combine the two ideas, I could create a world where there are four kingdoms (Spades, Clubs, Hearts and Diamonds, just like the deck of cards) and everything that happens, is written down in a book. That's just an example, there are many ideas that you could come up with!



Step 2

How to start your story? First plan it out! I use arrows to link my ideas together, but it is your choice on how to do so – just make sure it is clear for you! Starting with description of the scene is a great way to get your readers into the land of your imagination, but dialogue captivates the reader immediately. Both are great ways to start!

Step 3

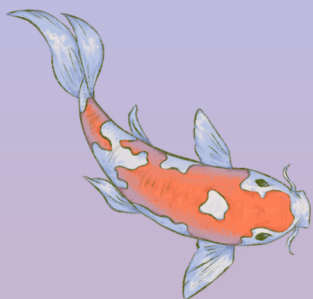
Don't end with it all being a dream! It makes the reader feel as though you have no ideas left, and it ruins the flow of your story! However, you could end with the reader not knowing whether the main character has died as a way to keep them wanting to know more, or make them curious about what has happened.

Now it's up to you, have a go and let your imagination take you (and your readers!) on a journey.

Pearl Y8

OVERHEARD

@ SHHS



'What do you mean your daddy doesn't have a river boat in Chelsea?'

'Me personally, I would've just used my MacBook as a shield.'

'Well I'm reading Crime and Punishment, so I'm 100% intellectually superior to you.'

'I refuse to take the bus, like, on principle.'

'In another life, Hugh Dancy and I are married and have four kids.'

'Sun cream makes me break out so I've made peace with aging like a prune.'

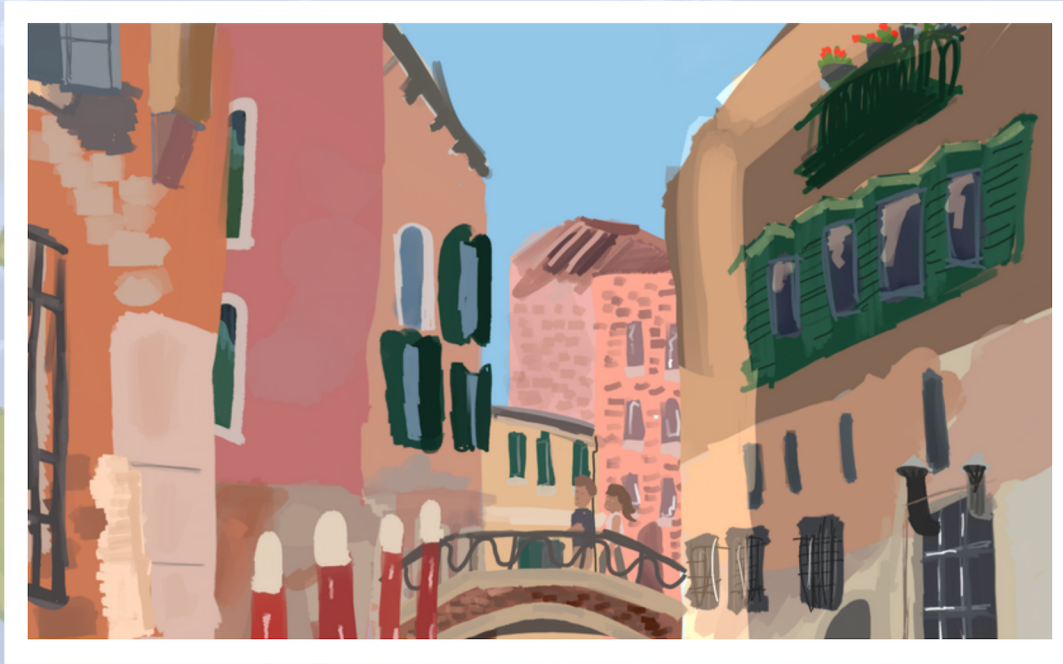
'Pretty sure braces account for 90% of teenage angst.'

'You don't like crumpets? That's just psychopathic.'

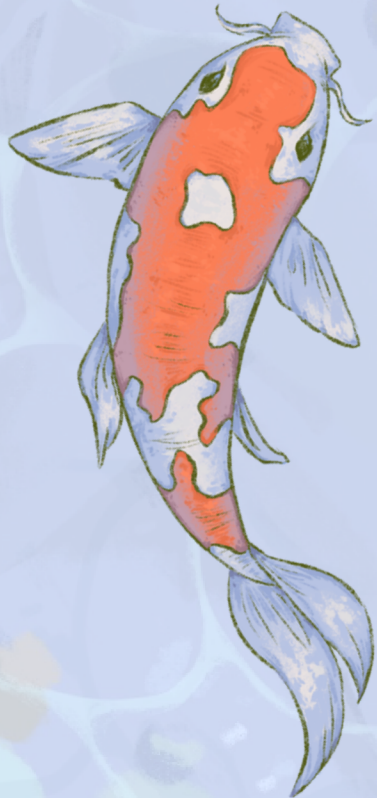
'Ketchup and mayonnaise is so enemies to lovers coded.'

'I feel like a ski boot would be a very effective murder weapon.'

Art Features



Sophia Y8



Bella Y8



Amalie Y12

The Editors Recommend:

We've curated a selection of our favourite media gems, spanning from books and TV shows to movies and music, to keep you entertained over the holidays!

Note: *Please remember that some of this content may not be suitable for younger audiences, so make sure to check any ratings before diving in!*

Ellen, Y12



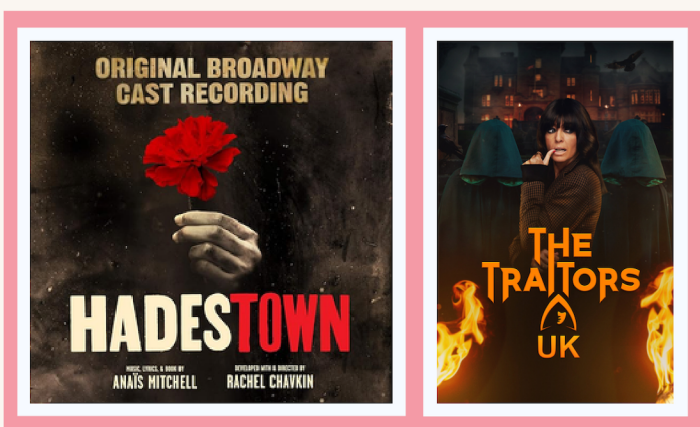
- *Everybody Else Is Doing It, So Why Can't We?* - The Cranberries
- *In Bruges*

Nelly, Y12



- *Hunky Dory* - David Bowie
- *Orlando* - Virginia Woolf

Amalie, Y12



- *HadesTown* - Original Broadway Recording
- *The Traitors*

Zara, Y12



- *Blue Weekend* - Wolf Alice
- *The Virgin Suicides* - Jeffrey Eugenides

Isidora, Y12



- *How Big, How Blue, How Beautiful* - Florence and the Machine
- *Arrested Development*

Ella, Y12



- *Rust in Death* - Megadeth
- *Red Mars* - Kim Stanley Robinson

Riya, Y12



- *47 Metres Down*
- *Modern family*

Elodie, Y12



- *Knockin' on Heavens Door* - Bob Dylan
- *Parks and Recreation*

The Penguin playlist:



Thanks for reading; we hope you enjoyed this edition! We always welcome new joiners for writing and design on Mondays @lpm in room 519.

