

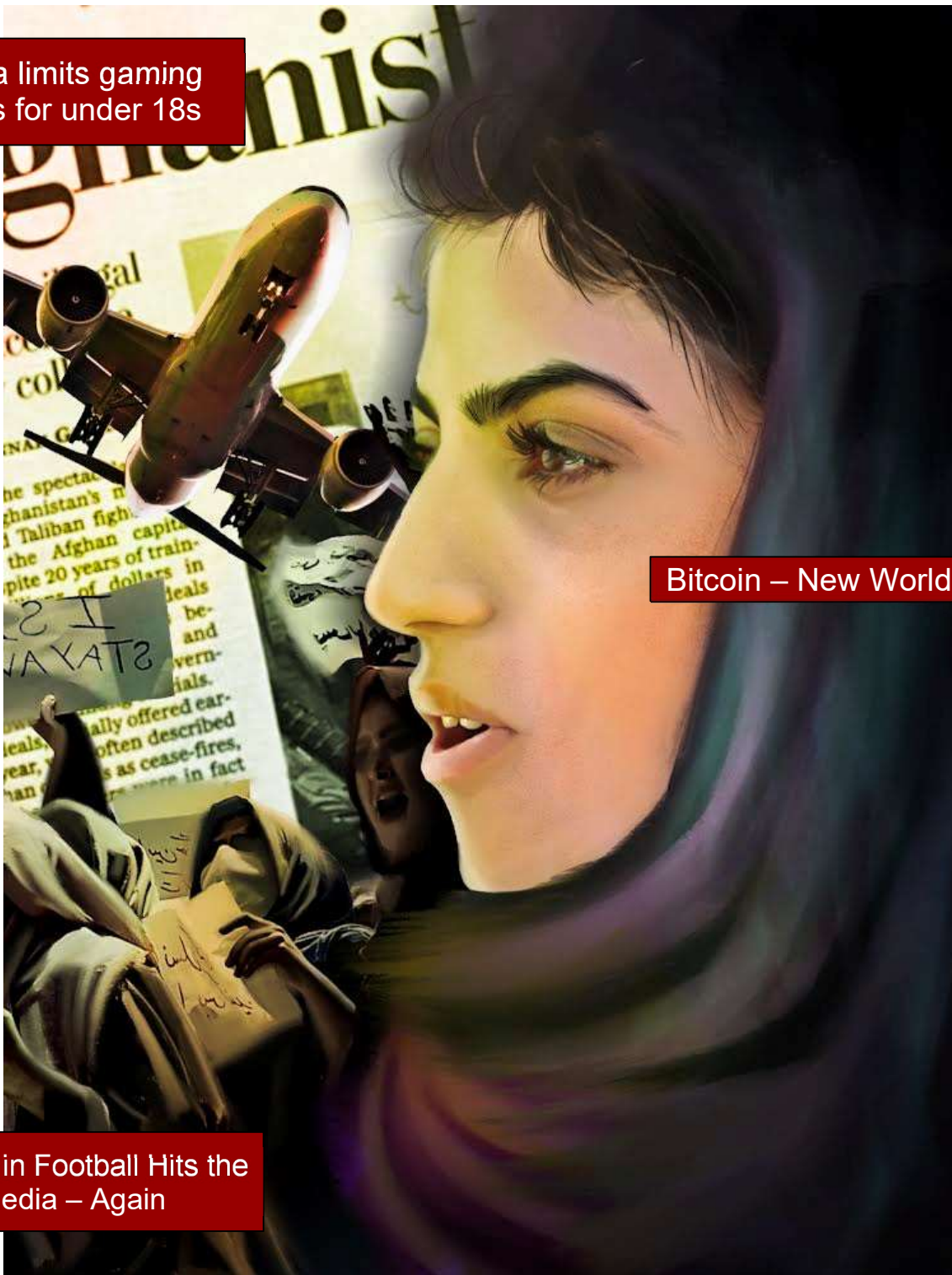
EDITORIAL TAKE:  
20 years since 9/11  
and Afghanistan's  
Hostile Takeover

# THE KENDRICK GAZETTE

- The Student Voice of Kendrick School-

Community Gardens and  
how They Stepped Up  
During Lockdown

China limits gaming  
hours for under 18s



Bitcoin – New World Currency?

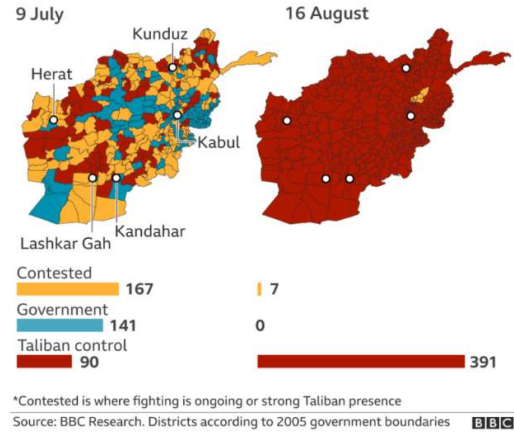
Racism in Football Hits the  
Media – Again



**Kendrick School**  
*Lead, inspire, make a difference*

## The Kendrick School Student View: Remembering 9/11: what's next for Afghanistan?

As the 20th anniversary of the 9/11 attacks passes, this topic is more relevant than ever. Chaos ensued throughout July and August after the Biden administration announced that the USA would be withdrawing entirely from the war in Afghanistan against the Taliban, a religious and political organisation. This drastic loss of resistance allowed the Taliban to sweep into the remaining unannexed parts of Afghanistan, establishing itself as the leading authority and forcing the previous government to disband. Twenty years of progress made by Afghanistan's people and international aiding forces vanished in 10 days, ending a gruelling two-decade war.



So, what started the international hand in the war to begin with?

On Tuesday 11th September 2001, 4 American flights were hijacked. The first two planes crashed into the World Trade Centre's North and South towers, with a third soon following, decimating the headquarters for the U.S. Department of Defence, the Pentagon. The fourth plane, flight 93, was headed for either the White House or the Capitol building, two major political hubs. However, due to unanticipated resistance, the hijackers intentionally deviated from the original flight path to prevent passengers from gaining control, crashing in Shanksville, Pennsylvania. Almost 3,000 people were killed due to the four attacks, and many more were scarred physically and mentally for life.

After al-Qaeda took credit for the attacks, president at the time, George W. Bush Jr instigated a "war on terror" - more specifically, a manhunt which aimed to apprehend al-Qaeda's leaders, notably Osama bin Laden, their emir. The Taliban were asked to hand over the leaders of al-Qaeda, who were taking refuge in Afghanistan and upon their refusal, the U.S invaded, ending the Taliban's 5-year reign with the help of NATO.

However, when bin Laden was finally apprehended almost a decade later, Afghanistan remained occupied by the West, and the conflict against the Taliban continued.

To an American citizen with few ties to Afghanistan, continuing this battle could have easily seemed futile and in February 2020, then president, Donald Trump, signed a treaty with the Taliban's leaders, promising to withdraw U.S. and allied forces from Afghanistan by the end of 2021 and release all political prisoners belonging to the Taliban.

The end of his term led many to believe this would not be carried out, particularly as America's old and new administrations haven't agreed on much in the past. However, President Joe Biden planned to abide by the promise made by his predecessor after all. In April 2021, he announced the complete removal of U.S. troops from Afghanistan.

So, could the UK and USA have done better?



There has been some criticism of the evacuation effort conducted by the West. After the Taliban took over, thousands of people started heading for Kabul airport, trying to flee. The UK and US, alongside other countries, tried to evacuate as many people as possible, however this only lasted until the 31st of August, which was the last date for American forces to pull out. This means that there are still many vulnerable people left behind, stranded.

Even people who had helped the UK and US troops and were assured safe passage to those countries have been left to face a future of uncertainty. This certainly makes us think about how important these people were to the UK and US weighed against how high up they were in priorities for the governments conducting the evacuations.

Since the subsequent takeover of Afghanistan, life for those who remain has already changed drastically. Most notably, the Taliban has announced several changes in women's education. Although they have opened universities for women, they aren't expected to interact with other genders, and little has been said about potentially reopening schools for all teenage girls. It's also now compulsory for all female students and staff to wear an abaya robe and niqab covering the face.

Female students must now be taught separately from male ones, and they can only be taught by female members of staff. Many universities do not have enough resources to segregate classes, and there is also a shortage of female staff members, which means that many girls will be left unable to attend school and learn, through no fault of their own.

Although women have been allowed to work in some places, most notably journalism, there are no women in any positions of power in the Afghan government, which raises even more questions about how Afghanistan will treat their women and girls and the opportunities they will receive.

Currently, the Taliban are using the same reason for barring women from work as in 1996 when they first took over; "it is unsafe for women to come back to work". However, the Taliban are now in charge of a larger, more progressive country than the war-torn city they seized in the 1990s. Afghanistan's population has doubled since the Taliban's previous rule, so there may be more resistance this time around.

Our view is that the way countries like the UK and USA responded to the Taliban threat, although they tried, was not enough to help everybody who needed it and people who had been relying on the promise of safe passage in return for helping troops have been gravely let down and are now in danger. Now, the UK must ensure they press the Taliban so that women and girls are given all their rights, including one of the most important: the right to education which gives them the right to dream.



## Emma Raducanu's Dream

The US Open. A tournament that has given the world of tennis gems like Naomi Osaka and Serena Williams. It brought us two more gleaming stars this summer: Emma Raducanu and Leylah Fernandez. Current British No.1 Emma Raducanu started her tennis journey at the age of 5, when she played at her local park courts in Bromley. Playing with her father at Bromley Tennis Centre gave her inspiration to take up the sport, and at the mere age of 6, Emma won her first tournament: The Under 8's Girls Championships. She worked her way upwards from there, winning her first national junior title at age 9, and her first junior ITF title at 13 years old! Fast forwarding a few years, she debuted with a bang at Wimbledon, playing for the first time in the seniors draw. Being a wildcard, Emma had a lot to prove, but she went above and beyond. She reached the round of 16, but unfortunately retired due to breathing issues. However, she didn't leave the spotlight quickly. She had inspired so many young girls to pick up a racket, or even to pursue a hobby in which they found pleasure.

Now, she had to show that she wasn't mentally weak. Some critics said that Emma wasn't cut out for the game, that her mental strength was never going to be strong enough to get past the first rounds of any major.

Then came August. The US Open qualifying week had arrived. Although she had played multiple tournaments on the ITF circuit in America, there was still a lot to prove. Emma breezed through the qualifiers, dropping 0 sets and then came the main draw. She won her matches against Vögele, Zhang and Sorribes

Tormo, Rogers (who beat No.1 in the world Ashleigh Barty) and secured her place in the semi-final by beating Olympic gold medallist Belinda Bencic. The semi-final match was going to be tough, playing against the 17<sup>th</sup> seed Maria Sakkari, but she also got through that, winning in straight sets (6-1 6-4). She was a finalist! Her last opponent was Leylah Annie Fernandez, the 19-year-old Canadian star, who had beaten Naomi Osaka (3<sup>rd</sup> seed), Angelique Kerber (16<sup>th</sup> seed), Elina Svitolina (5<sup>th</sup> seed) and Aryna Sabalenka (2<sup>nd</sup> seed).

This was it. This was the match to give her all. And that was what she did. Winning in straight sets, Emma Raducanu became the champion of the US Open singles title. She had done what had never happened before; a qualifier winning a major title. She had done what had not happened in 44 years; a British ladies major champion; achieving this without dropping a single set in 10 rounds.

And this is why she continues to inspire many tennis players and girls around the world. Her strength helped her rise from her controversial Wimbledon run to becoming the US Open champion. I hope that Emma remains in the limelight for many more years to come!



- Navya Babbar



## What's next for China's gaming industry?

In recent years, the gaming industry has developed rapidly, creating countless new features possible that one could only have dreamed of years ago. However, as games become increasingly enticing and filled with content, the hours spent poring over technology have also grown longer and longer, especially for minors.

Many countries have not done much about this. Still, one exception is China, the world's largest market for video games, where firm measures have been implemented to regulate gaming hours and prevent the younger population from developing a gaming addiction. For years, authorities have worried about reliance on gaming and the internet among young people, even setting up clinics that combine therapy and military drills for those with so-called "gaming disorders". Rising rates of near-sightedness contributed to this growing concern, with many blaming technology.

The new restrictions forbid under-18s from playing online games from Monday to Thursday, effective September 1st. In addition, they can only play between 8 p.m and 9 p.m. On Fridays, Saturdays, Sundays and national holidays.

The National Press and Publication Administration (NPPA), the regulator that approves video game titles in China, said the new rules responded to worries that games affect children's physical and mental health. "Teenagers are the future of our motherland," Xinhua state news agency quoted an anonymous NPPA spokesperson. "Protecting the physical and mental health of minors is related to the people's vital interests, and relates to the cultivation of the younger generation in the era of national rejuvenation."

These new rules, published on August 30th, are part of a major shift in Beijing's attempt to extend authority over its society

- in particular, the technological and educational aspects of the economy. The NPPA promised it would increase the number and intensity of investigations of online gaming companies to ensure they were enforcing time limits.

"Gaming companies will be barred from providing services to minors in any form outside the stipulated hours and must ensure they have put real-name verification systems in place," said the regulator.

The new rules soon became one of the most discussed topics on Weibo, China's alternative to Twitter. Some users expressed appreciation for the measures, while others said they were surprised at how harsh the rules were. One comment that received over 700 likes claimed: "This is so fierce that I'm utterly speechless."

Others doubted that the restrictions could even be enforced: "They will just use their parents' logins, how can they control it?". In response, online gaming companies must ensure they introduce real-name verification systems to determine how long a user has spent gaming. Players will be required to enter their real names, which will be checked against ID numbers. In addition, all titles will eventually need to connect to an anti-addiction system being set up by the NPPA to limit further and compress the length of time to provide online game services to minors.

Yahoo News claimed that approximately 62.5% of Chinese minors frequently play online games, while 13.2% of underage mobile game users play games over two hours a day on weekdays. Recently, many parents have reflected that some teenagers' addiction to online games has seriously affected their everyday learning lives and even led to a series of social problems. In this sense, these new laws do have their benefits, although they can only limit screen time. It is still up to the parents to nurture good habits in their children.



On the other hand, many people believe that playing video games is not inherently wrong and is a way to unwind after hard days. Alternatively, they can be used to exercise the brain after a day at school: research has shown that certain video games can improve problem-solving skills, hand-eye coordination, and the brain's ability to process information. In addition, during the pandemic, online games have allowed younger people worldwide to connect with their friends. While addiction can lead to more severe physical and mental health issues, many believe the regulations are "taking it too far". This

might also pose a threat to some of China's large video gaming companies, damaging the economy.

These rules may be further altered to offer leniency to the younger generation. However, it is unlikely that any change will occur soon, as negative responses to the policy may just enforce the idea that the public is too focused on technology, potentially leading to even harsher restrictions.

- Atika Sahay



## Could Bitcoin replace the traditional monetary system?

With Bitcoin at its all-time highest, “Will Bitcoin replace any national currencies?” is a question many have been looking into. Many investors are getting into cryptocurrencies. For example, Tesla, which announced it would accept Bitcoin as payment for its cars in March 2021. Due to this, the threat of Bitcoin replacing the traditional monetary system is more significant than ever.

Bitcoin has grown massively, its value quintupling since February 2020. Meanwhile, the US dollar has lost 9% of its value. It is a digital currency, making it more convenient. Bitcoin has a more predictable supply than gold and can be divided into tiny amounts. This makes it more useful than gold as a form of exchange. In addition, it has the advantages of gold- the government does not distribute it. Many argue that an independent digital currency is just what people need to restore trust in money.

Noted economist Nouriel Roubini, known for his pessimistic outlooks, has criticized this theory. He says traders will use “wash

trading” to prop up the prices. This involves someone manipulating the market by buying and selling their own orders. In addition, Bitcoin at the moment is too volatile to be used as money. If you took out a mortgage of £200,000 last March, now you would owe the bank six times as much. It would have to reach a fixed value for it to be able to replace any other monetary system.

We do have reason to believe that Bitcoin could replace national currencies, however, it simply would not work. There have been instances where people have made their own versions of national currencies. For example, the US dollar before the Civil War- people were making their own dollars and trading them at different rates. History would repeat itself- we need a uniform currency that everyone could use. Though Bitcoin will not replace national currency, I believe central banks will reform their currency by learning from what it has taught. If the required changes are made to Bitcoin, it could be possible. Undoubtedly, it is a pioneer in the constantly evolving monetary system. But at the moment, it still has a long way to go.

- Aadya Bhattarai



## Movie Recs:

### Horror

**Jennifer's Body** - When a demon takes possession of her, Jennifer turns a hungry eye on guys who never stood a chance with her before. While evil Jennifer satisfies her appetite for human flesh with the school's male population, her friend, Needy, learns what's happening and vows to put an end to the carnage.

**Perfect Blue** - Mima Kirigoe, a former J-POP idol, leaves her group to pursue her acting career. However, Mima's life begins to change drastically after her departure from the group. However, there are problems: an obsessed fan who can't accept that Mima has quit being an innocent idol begins stalking her; a new anonymous website begins to impersonate her life with intricate detail and her old group also appears to be doing better without her. One by one, each disturbing development drives Mima to become increasingly unhinged and unable to distinguish reality from fantasy.

### Fantasy

**Stardust** - Tristan is in love with Victoria who will only marry him if he retrieves the fallen star from the other side of the wall where another mystical land lies.

**Howl's Moving Castle** - Sophie has an uneventful life at her late father's hat shop, but all that changes when she befriends wizard Howl, who lives in a magical flying castle. However, the evil Witch of Waste takes issue with their budding relationship and casts a spell on young Sophie, which ages her prematurely. Now Howl must use all his magical talents to battle the jealous hag and return Sophie to her former youth and beauty.

**Spirited Away** - 10-year-old Chihiro and her parents stumble upon a seemingly abandoned amusement park. After her mother and father are turned into giant pigs, Chihiro meets the mysterious Haku, who explains that the park is a resort for supernatural beings who need a break from their time spent in the earthly realm, and that she must work there to free herself and her parents.

### Dystopian

**The Giver** - An old man who is the sole keeper of the community's memories passes his memory to the chosen one, Jonas, adding colours into his black and white world. Armed with the power of knowledge, Jonas realizes that he must escape from their world to protect himself and those he loves -- a challenge no one has ever completed successfully.

### Mystery

**A Few Good Men** - A military lawyer is defending two U.S. Marines charged with killing a fellow Marine at the Guantanamo Bay Naval Base. Although the lawyer is known for seeking plea bargains, a fellow lawyer convinces him that the accused marines were most likely carrying out an order from a commanding officer. The lawyer then takes a risk by calling the colonel to the stand in an effort to uncover the conspiracy.

**Knives Out** - The circumstances surrounding the death of crime novelist Harlan Thrombey are mysterious, but there's one thing that renowned Detective Benoit Blanc knows for sure -- everyone in the wildly dysfunctional Thrombey family is a suspect. Now, Blanc must sift through a web of lies and red herrings to uncover the truth.





**Enola Holmes** - While searching for her missing mother, intrepid teen Enola Holmes uses her sleuthing skills to outsmart big brother Sherlock and help a runaway lord.

**Hot Fuzz** - Police officer Nicholas Angel is known to be the best across London. His seniors, who are jealous of his achievements, transfer him to a remote village where he encounters various challenges.

## Romance

**Legally Blonde** - Elle's boyfriend breaks up with her for a smarter girl as he plans to become a politician and joins Harvard law school. Elle gets enrolled in the same school in an effort to teach him a lesson.

**The Kissing Booth** - A high school student finds herself face-to-face with her long-term crush (her best friend's brother) when she signs up to run a kissing booth at the spring carnival. However, her and her best friend have a few rules for their friendship and one of them is not to fall in love with siblings.

**He's All That** - A big makeover influencer loses lots of followers after a scandal, so she decides to try and win back her followers by giving a makeover to a very unpopular classmate to turn him into prom king.

**Kimi no na wa (Your Name)** - A mysterious comet appears for the first time in millenia. Mitsuha, a bored girl in the countryside of Japan with the job of Miyamizu Shrine maiden, hates her life and tells God that she wants to be reincarnated. Her wish is partially granted, and she suddenly switches bodies with a boy named Taki when they go to high school and they have to adjust to it as it happens often. They talk to each other online when they switch, in hope they will meet each other someday. Then, when the comet reaches its peak brightness, it splits into two, its trajectory is ruined and they stop switching bodies, and Taki wants to know why.

## Thriller

**A Time to Kill** - A man, whose ten-year old daughter is assaulted, kills her perpetrators. He then faces trial and calls upon his young lawyer friend to help him win the case.

## Based on True Stories

**Dangal** - Mahavir Singh Phogat, a former wrestler, decides to fulfil his dream of winning a gold medal for his country by training his daughters for the Commonwealth Games despite the existing social stigmas.

**A Beautiful Mind** - The story of a brilliant, asocial mathematical genius named John Nash and how he faces an illness called schizophrenia.

**The Impossible** - A movie based on the real life tsunami that occurred on 26th December 2004 in Thailand. It tells the true story of a family and how their exciting holiday turned into a traumatising nightmare.

## Action

**The Avengers** - The world's mightiest heroes all assemble to stop a villain from releasing a deadly army. (part of a series, would be wise to watch the previous movies first)

**Black Widow** - The story of Natasha Romanoff's (Black Widow) personal life before her demise.



## TV Show Recs:

### Mystery

**Outer Banks** - A teenager enlists his three best friends to hunt for a legendary treasure linked to his father's disappearance.

**A Series of Unfortunate Events** - A continuous series of unfortunate events, perhaps to a happy ending, some could say. Did the Beaudelaires really lose their parents in a fire? Something's up when they live their life on the lam! Connections are coming up everywhere, it doesn't make sense!

**Erased** - When tragedy is about to strike, Satoru Fujinuma finds himself sent back several minutes before the accident occurs. He has taken advantage of this powerful yet mysterious phenomenon, which he calls "Revival," to save many lives, however, when he is wrongfully accused of murdering someone close to him, Satoru is sent back to the past once again, but this time to 1988, 18 years in the past. Soon, he realizes that the murder may be connected to the abduction and killing of one of his classmates, the solitary and mysterious Kayo Hinazuki, that took place when he was a child. This is his chance to make things right.

### Sitcoms

**Fuller House** - A widow and a mother to three sons finds herself back in her childhood home alongside her sister Stephanie, an aspiring musician, and her lifelong friend Kimmy Gibbler, who is also a single mother. All under one roof, the women experience moments big and small together, including budding romances, holidays, parenting and life's surprises.

**How I Met Your Mother** - Ted Mosby, an architect, recounts to his children the events that led him to meet their mother. His journey is made more eventful by the presence of his friends Lily, Marshall, Robin and Barney.

**Friends** - Follows the lives of six reckless adults living in Manhattan, as they indulge in adventures which make their lives both troublesome and happening.

**Brooklyn 99** - Ray Holt, an eccentric commanding officer, and his diverse and quirky team of odd detectives solve crimes in Brooklyn, New York City.

### Romance

**Young Royals** - A Swedish prince gets sent to a boarding school where he meets a boy and romance entails.

### Fantasy

**Loki** - Loki, the God of Mischief, steps out of his brother's shadow to embark on an adventure that takes place after the events of Avengers: Endgame.

**The Owl House** - A teenager stumbles upon a portal to a magical realm where she befriends a rebellious witch, Eda, and a tiny warrior, King. Despite not having magical abilities, Luz pursues her dream of becoming a witch by serving as Eda's apprentice.

**W Two Worlds** - A woman is pulled into the webtoon world of W, which was created by her father, and becomes entangled in a murder mystery.

**Just Add Magic** - Three girls find a magical cookbook and realise that after cooking those recipes they can achieve magical things.



## Drama

**Chicago Med** - The doctors and nurses who work at the emergency ward of the Gaffney Chicago Medical Center strive to save the lives of their patients while dealing with personal and interpersonal issues.

**Chicago Fire** - Firefighters and paramedics work together to save lives on a regular basis. They also face personal issues, but they keep them aside in order to focus on their profession.

**Chicago P.D.** - Detective Sergeant Hank Voight and his elite Intelligence Unit at the Chicago Police Department combat atrocious offences and bring criminals to justice.

**Gilmore Girls** - Lorelai Gilmore, an independent young woman, shares a close bond with her wilful daughter, Rory. However, her relationship with her own mother is strained.

**Hotel Del Luna** - Hotel del Luna is a hotel that caters only to ghosts and a beautiful but ill-tempered human CEO is cursed to manage the hotel due to a terrible crime she committed, but cannot remember.

**Greys Anatomy** - A medical drama centred on the lives of 5 surgical interns and their supervisors.

## Historical

**Downton Abbey** - Robert Crawley risks losing the family estate after his heirs die on the Titanic. Soon, the Crawleys are introduced to Matthew, the next heir in line, who resists the aristocratic way of life.

## Action/Thriller

**Tokyo Revengers** - Hanagaki Takemichi is living the life of a social outcast, when he suddenly gets thrust back into the past to save his middle school girlfriend, Tachibana Hinata, from a death after she gets caught up in a gang fight in the Tokyo Manji Gang. Along the way, he accidentally becomes an irreplaceable member of said gang, and goes through a lot to save everyone's lives and defeat the mastermind behind it all.

**The K2** - A fugitive ex - soldier is framed for the murder of his girlfriend. He flees to Korea and is hired as a bodyguard by a presidential candidate and his wife. He soon discovers that the couple have a reclusive illegitimate daughter who has been hidden from the world.

**Squid Game** - It follows a group of people, most of whom are dealing with financial troubles, as they are given the chance to compete in a series of children's games to win money that would allow them to pay off their debts and live freely. However, the simple children's games have life-threatening consequences.

## Comedy

**Welcome to Waikiki** - A writer, a director and an actor open up a guesthouse to raise money for a film they would like to make. They encounter many obstacles along the way such as an abandoned baby, romance with questionable characters and poverty due to their inability to be proper responsible adults.

**Ackley Bridge** - Follows the lives of people affected by a merger of two schools in a largely segregated British and Asian community, based on real life cases of schools that have merged. The headmistress of Ackley Bridge College deals with never ending problems and



explosive fall-outs as the prejudicial and cultural issues clash between pupils, staff and parents.

### **Quiz Shows**

**The Chase** - The contestants answer a series of questions to win the top prize and try to prevent a team of professional quizzers from ruining their progress.



## Agony Aunt Column

**Recently we got booklets about mental health at school and reading it i started to get really worried about my mental health. I don't really know who to tell and what to say as i physically can't talk to certain people, especially about things like this.**

The first thing to remember is that your mental health is the same as it was before. The only thing that has changed is that you now have the tools to identify any potential problems, which will help you work to solve them better. Worrying is only useful if it drives you to take action - so you've already done well to write in! When things are hard or impossible to say, it's easier to write them down. Perhaps you could start by texting a friend, or you could email a teacher you trust. You could say something like "Would it please be possible for us to meet for some time to discuss my mental health, because I am worried about it?" You might want to include how you would like to communicate during the conversation, such as "Could we have that conversation using text, or paper and a pen?"

If you choose to ask your form tutor (or other teacher) to see a counsellor, you won't have to worry so much about what to say as they should be able to guide the conversation. You might still feel more at ease if you know what you want to talk about - is it a specific mental illness you are concerned about, some of your behaviour, or certain thoughts and feelings you're having? A bullet point list could help. Well done for taking the first step and make sure you keep going!

**Well, I am a little bit worried because I've lost my PE kit and after a week I still can't find it .I've looked everywhere but I still can't find it. It's scary because you go into a new school and it's all really expensive. But I still have hope I can find it.**

Sometimes it can take a while for lost things to turn up - so make sure you check them same places 2, 3, 4 times! Have you been to the multiple lost properties around the school? (they're in the changing rooms, outside the PE office and near ICT 1.) Check the changing rooms you weren't even in because sometimes people will leave found things in the nearest one. It also could be at the lost properties of any public transport you might take. It will be unfortunate if you do have to buy it again, but the expense means you'll probably take even better care of it in the future! Good on you for having hope :)

**I'm struggling a lot mentally, and I haven't admitted the full extent of this to anyone. I'm really scared.**

I'm sorry to hear about this and I'm glad you wrote in. I understand that mental health can be a lot harder to talk about than physical health. If we try to equivocate them, maybe we can understand the situation better. If I fractured my wrist, injured my finger, and sprained my ankle, it would be good to tell my tennis coach. Not because my tennis coach could help my health, but because it would affect my play. If I told them only about my finger, they might adjust training for that week so that I could play better. But realistically, I need to rest that week so I can heal and play properly next week. And they'd only tell me to do that if I tell them about everything. In the same way, even though telling people just some of your concerns is really good, it's truly important that you do tell someone the full extent of your mental struggles, otherwise they can't act in a way that will help you. A tennis coach is like a friend, parent or teacher - they would be able to adjust to help you, but they probably wouldn't be able to actually identify your problems and give you the right advice and/or treatment. The person who would be able to do that is a doctor, or (in terms of mental health,) the school nurse, a school counsellor, or a GP. I swear, you are not bothering any of those people by asking for help - it's their job! Still, I know the idea of mental health professionals can be intimidating.



If you tell a friend, parent, or teacher first, then they can help you decide whether you need to talk to a professional, and they might be able to come with you too.

It can take a lot of bravery to talk about your mental health, so even though you definitely have that courage in you, it can take a while. In the mean time, it might be good for you to use websites such as Childline (where you can do 1-2-1 online text chats with counsellors). You could also stay away from media and activities that might upset you (some books and movies can be too graphic regarding mental health). Practicing good habits like staying hydrated (ask a friend to remind you!), sleeping consistently, and exercising can help, but I appreciate that can be challenging. Always, always, always remember that there is hope. I've known people to be in the darkest places possible, and still find light in the future. Write in again if you need help, we're here for you!

**There are so many 'pick me girls in my year' and they go out of their way to be horrible to my friend group and we don't know how to deal with it?**

No matter what year you're in, people in secondary school are constantly changing and growing. The people who seem insufferable to you now might be wonderful in the future (hard to believe but I learnt this through experience). So, it's important not to make enemies - don't retaliate. If them being horrible involves any sort of violence, (including verbal) abuse, or seems like bullying, tell them to stop and tell a teacher you trust if they don't. You and your friend group are valuable - don't give people like them your time, or trust, if they repeatedly show themselves to be unworthy of it. If they keep seeking you out to pick on you, that shows insecurity on their part (even if it's hard to see). Be compassionate in return (if they insult you it can work to just agree, even though you know they're wrong) - this helps to diffuse the situation. Don't take any of their behaviour to heart - it definitely says more about them than about you!

**I'm gay and want to come out my friends and family. i'm really worried they wont accept me or judge me, would you be able to give me any advice?**

First of all, congratulations for figuring yourself out! That can be hard. My first piece of advice (as someone who's come out too) is that you don't need to consider it all as 'one big coming out'. In fact, you can do it gradually, one person at a time, if you'd like. It truly does get easier each time. In terms of friends, as you go to Kendrick, I wouldn't worry too much about them accepting you. The school community here is very accepting of LGBTQ+ people, and any students who reject you are going to be the minority (if they even exist) and make themselves pretty unpopular. Still, I understand the need to be sure that your friends will treat you the same as before. A good way to do this is to bring up gay celebrities/musicians/books/tv shows and movies in conversation, and see how they react. If you see positive responses, that's your green flag! But remember, there's no rush, and your happiness and safety comes first. You don't owe the truth to anyone who's going to give you a hard time about it. This is especially important when it comes to siblings and parents/guardians. Your priority should be to make sure you have a supportive and safe environment at home, so you should only tell your parents/guardians if you're sure they'll keep providing this afterwards. As for siblings, you should consider how mature they are: can they keep secrets? If not, make sure you wait until you are comfortable with potentially everyone your siblings could tell knowing. This all can sound quite intimidating and uncertain - this is because each person's coming out is unique to them. Probably the best thing to do would be to come out to one person (like a friend) that you trust first, and then let them help and advise you with coming out to your family. If even that sounds a bit scary, keep practicing coming out to yourself. If you're in online spaces (e.g. comments sections of LGBTQ+ youtubers), it could help to come out there a few times first (just don't leave any personal information).



Whether people judge you is out of your control: humans judge each other all the time (our clothes, our heights, our faces). What matters is that you have friends and family who see past their subconscious/ instinctive judgements and care about all the other things about you too. All the good friends will stay. And don't forget that people seeing you as gay isn't a bad thing: it will probably lead other queer people to connect with you more easily! I promise, you won't be alone. LGBTQ+ people tend to form accepting, supportive, friendship groups, whether we realise it or not.

As for how you should come out, that's entirely up to you! You could go celebratory with a pride flag cake, you could make it special with a long conversation, you could make it casual with a passing joke or announcing your gay celebrity crushes (this one can take a while for people to cotton on), you could make it less scary by writing a letter or sending a text, or you could make it subtle with a pride pin badge, phone background, bag, or sticker. Whenever you feel too scared, consider the reasons you're choosing to come out: all the good things that might come of it. Personally, I felt a huge weight lift from my shoulders. Maybe it's that you want to be more open, or confident, or be visible to other gay people, or start dating. Don't be disconcerted if some people take a while to adjust - when you've known someone a long time, it can take a while to reconstruct your idea of them. You're going to be ok. Good luck!

### **i dont know how to stop feeling guilty and anxious when i'm unproductive, even if it was because i was physically sick or busy**

It's not good to think of yourself as a productivity machine - you are a human and deserve to rest. Set realistic expectations for yourself: think of your favourite characters from books or shows, or even your friends: would you expect them to be productive all the time? It might be helpful to you to decide "I am going to be productive for an hour now" and "I am now going to be unproductive for 45 minutes." That way, when you take a break, you know that you're still following a plan and not being lazy.

### **I am scared about having periods.**

It's ok to be scared of periods, they're unknown to you. But the good news is that they're not unknown to so many people who've had them before you. You may feel better if you ask family members or friends who have periods for their advice on how to deal with them. Don't be afraid to use trustworthy websites either. Periods can be good, I promise! For example, regular periods reassure you of your health. It's also very empowering to know that you can thrive despite the sorts of difficulties associated with them (some of my best memories have been made whilst on my period). You can feel less scared by being prepared - do you have pads in your room or your school bag for when you start? You could practice putting one on. You could also consider understanding your anatomy better - it sounds odd but it helps you to feel in control. TLDR: being scared is okay. In the future I want you to be able to look back and say "I faced them as best as I could anyways".

### **How do I keep organised (GCSE years) with my creatives? To be answered by yr11 up**

It's important to choose your priorities because creatives take up a lot of time. Are you willing to put in time and effort in order to get a higher grade, sacrificing some of your relaxation time and/or potentially risking your other subjects?

For some people, working hard for their creative was worth it (Personally I spent about a third of my total study/revision time on Art and was super proud of my progress). If that's the case, dedicate extra time to it (could you do it every Friday lunchtime? Could you regularly spend a weekend afternoon on it?). For other people, it's better to focus on maintaining good grades in other subjects and let your creative subject be a time for relaxation. Either way, you should always aim to meet deadlines and avoid



procrastinating. To avoid procrastinating, you need to make the work less intimidating - see if you find it more approachable if you tell yourself "I'll stop after x amount of time, even if it's not finished yet" or "I'll always be able to come back and improve it later" or "You can fail by doing nothing, and you can only succeed by doing something".

If you have a sketchbook or folder, writing in pencil on blank pages the work that is missing (e.g. "Mind map") will help you keep track of what you haven't done yet.





# Affirmations Page

## **Olivia Augustine**

Because every single day she makes me feel like i'm important and loved. She helps me through all my lows and is part of all my highs. No matter what i do she stands by my side and listens when i'm ranting about stupid stuff. I love her loads and she deserves the world <333

## **Rosie (in 6th form)**

For being my favourite person ever and just an icon

## **Trixie and Samrida**

For literally being the best and most supportive friends i could ever ask for :)

## **Bethan Lyons**

You're much much better than you think you are! you make me smile a lot and you're funny, and fun to talk to, and you just make me very happy, thank you :)

## **Heather Li**

You make the best cookies ever and you're also really kind and understanding, and really intelligent as well!

## **Amy (8PB)**

For being a great friend and a friendly person all the time :)

## **Saswathi (8PB)**

For being a brilliant friend and always being kind :)

## **Ananyaa (8PB)**

For being a coolio friend and fun to be around :)

## **Avani (8PB)**

For being an epic friend and an amazing person to sit next to :)

## **Dharani (8PB)**

For being a nice friend and always being unique :)

## **Sai (8PB)**

For being an awesome friend and an awesome cricketer :)

## **Lauren Routledge**

Where to start?? Lauren Routledge is literally the best person alive!!! She is my best friend and means the world to me. She is always there to cheer me up, she is always there to make me laugh and she is always by my side. If you are reading this I hope you know that you are a wonderful person who is loved by everyone you meet!!

## **Dhanushka Shapuri 11CJD**

Even when she is having a hard time, she always takes the time to care and show support for her friends and even people she doesn't know. She is the kindest person I know :)

## **Geography Department**

I think that the entire geography department deserves recognition because they are so helpful and passionate about their subject. They are always interested in what we have to



say and explain things so well! I don't know a single person who doesn't enjoy geography and i think that's mostly down to the teachers :).

**Amy Grace Upton**

She's so kind and caring, even when she's going through the hardest times. Being her best friend is a privilege, and I absolutely love spending time with her! Love you lots <3

**Nina Lees (11CJD)**

She is so nice and so fun to be around. She has a great sense of humour and always makes me laugh. She is an amazing friend. <3

**Naisha Metla**

For always being a happy person and making me laugh a lot, and I mean A LOT!! <3

**Edie Foster**

For being a great friend who is always there for me and is always there to listen to my troubles. I do not know what I would do if she was not my friend <3



## Food4Families : Sustainable Growing for the Masses

To conduct research, I interviewed Michele Atkins, garden tutor at Whitley GrowAllot where I volunteer.

Whitley GrowAllot is an allotment run by charity Food4Families as part of RISC - the UK's largest Development Education charity who work with schools and the wider community in social justice and sustainable development. The allotment is open to any and all volunteers in the hopes of helping families learn to grow their own food, a skill which unfortunately has almost stopped being passed down along generations in first world countries.

The project encourages people to have a healthier lifestyle by going out into the fresh air and eating healthier thanks to their harvest. It is also a peaceful getaway, right in the heart of town.

The project's aim is "to sustainably grow food and help the general public to understand better where their food comes from" - the leaders of this project that run the volunteering sessions have years of experience in growing and are well-versed in identifying plants and their uses.

Food4Families was originally set up with a sum of money from the Big Lotto's Local Food scheme with the project aiming to create five gardens a year for three years. At the end of the three years, the project had surpassed its goal with more than twenty volunteer gardens set up and running in and around Berkshire. The allotment I volunteer at, Whitley GrowAllot, was one of the first to be established and has been up and running for almost ten years. The gardens were set in areas that were particularly built up, with an aim to give people who don't have immediate access to vast amounts of land (such as those who live in busy urban areas) a place to grow and see nature exist on its own.

The charity worked with Reading Borough Council to identify unused council land that could be transformed into community gardens. The food from these gardens is usually harvested for the bi-annual Town Meal which ran last Saturday, to celebrate the sustained and locally produced food.



During the first lockdown, the charity also set up an emergency response initiative - Veg4Reading - that provided 1 tonne of locally sourced and grown fresh fruit and veg to hundreds of struggling families and aims to reach its goal of 2 tonnes this year.

The initiative allowed community gardens to extend their growing areas and volunteers flooded in, offering time and produce of their own. The food was collected on a weekly basis and delivered to organisations in the community who were already providing food parcels to families in need. Veg4Reading continues to aim to help families suffering from the fallout of Covid-19, because even once the virus has been beaten, the knock-on effects will still unfortunately take a while to overcome.

I take a lot from volunteering at this garden as it's an opportunity to be in the fresh air and unwind from a busy week while also helping the community and learning about different plants - their histories, uses etc. from the session leaders, who are highly experienced people.

Volunteering is free, fun and rewarding, and the charity could always use more support and public presence. Pop down to your nearest community garden - Whitley



GrowAllot is 7 minutes from school and runs sessions from 3.30pm to 5.30pm after school on a Wednesday and 2pm to 4pm on a Sunday afternoon.

Find out more about donating to the cause and volunteering at the Food Families website:

<https://www.food4families.org.uk/>

Whitley GrowAllot: Meavy Gardens,  
Reading RG2 7RD

- Arya Kalavath



## Mental Illness Is Not a Villain Trait

Mental illnesses i.e conditions that affect a person's health and well-being that stem from the mind, are a highly stigmatised topic in today's society. This stigma not only creates barriers of fear in humanity, but also directly harms those suffering from mental illness.

### Some common stigmas:



### Let's have a look at why these ideologies are harmful and wrong:

"Mental illness makes you dangerous" or "Mental illness makes you crazy":

A big part of prejudice against mental illness is generalisation; that is the idea that every person suffering from a mental illness will react the same way to certain situations and behave a certain way, when in fact "mental illness" is an umbrella term for thousands of possible conditions that all have varying symptoms. And every individual suffering from mental illness is different - no two people suffering from the same mental illness will react to a situation the exact same way.

A person could have clinical depression, the symptoms of which could be lack of energy and a loss of interest in the things they used to enjoy. However if the person had a supportive and stable environment - good friends that understand when they're not up to a planned activity, colleagues, parents or other relatives that remind them to take their medication or support them in their journeys through therapy - that help them in any way they need without judgement, this person could still be able to go to work and go out for dinner and go skydiving.

A person could have schizophrenia, a condition that can cause episodes of delusions and hallucinations. This person could also be in control of their condition using medication, therapy or open communication with those around them. With unconditional support and safe environments, this person could go out to dinner, go to work, skydive.

As we can see, the key to helping individuals live with the mental illnesses they suffer from is unconditional support from those around them. Now it's easy to see how stigma, which judges them without getting to know them past their illness, which means people may see fit to abandon them if the going gets tough, can have such an adverse effect on these individuals.

### And finally:

"Mental illness makes you weak"

This prejudice is the most harmful to those who are at the highest risk - i.e. the people who are struggling but don't want to admit it, those who need help but don't feel they can get it without compromising their carefully built image. This is a direct cause of the stigma today. The idea that to struggle makes you weaker, to outwardly require help makes you lesser is an undercurrent that runs through modern society that many people don't notice but do adhere to. It can lead to harmful expectations of oneself and others and ultimately keeps you from supporting



those around you and yourself in kind, constructive and productive ways.

All of the above stigmas are ones that you may have had at one point or still do have today. And having been taught those stigmas was not your fault, it is a part of society that is perpetuated through media (the villain is assigned the traits of mental illness, yet the hero is the picture of health; characters are assigned mental illnesses that aren't portrayed by those who actually suffer from them, leading to mass generalisation, incorrect representation and further stigma) and also generational ideologies, things passed down to you by your elders. It's

hard to see past it when it's all around you, but tackling this stigma is everyone's job. If everyone does their part to keep their prejudice in check, to offer help and support to those who need it without judgement, the world would be a much safer place for people suffering from mental illness and lives would undoubtedly be saved.

Mental illness is **not** a villain trait. It is a people trait, 100% normal and should be treated with support, not segregation.

- Arya Kalavath



## Fidget toys take the world by storm

Fidget toys, generally small items originally designed for individuals with anxiety, autism, ADHD or other similar disorders, have risen to notoriety as a result of many trends over the last few years. Between the fidget cube becoming the tenth-highest funded Kickstarter campaign of all time in 2016, the fidget spinner going viral in early 2017, and the pop-its which have in recent months taken over TikTok, there is a long line of well-known products sold to both kids and adults under the name of fidget toys. They have become a very popular category and are very beneficial to the people who use them to increase their ability to concentrate, especially in classrooms or the workplace.

A rise in diagnoses of ADHD and anxiety disorders, especially in the USA, has led to a general decline in the stigma that surrounds mental health issues. As a result of this, more and more people in the world are being recommended these fidget toys and other stimulating objects, known as stim toys, by their psychiatrists and therapists. This has brought them to the forefront of public awareness and has created a sense of normalcy around using these toys. The change has come much to the benefit of neurodivergent people, as with every third child in a crowd clutching one of these toys, they are increasingly less likely to be singled out.

However, the most recent cause of their popularity soaring is social media. With TikTok as the most downloaded social media app of 2020, and the hashtag #fidgettoys being used on videos that amassed a stunning 13.8 billion views at the time of writing, and another 10.8 billion views on the hashtag #popit, there is no

arguing that the platform hasn't heavily factored in the toys' rise to popularity. It's no surprise, therefore, that with so many children obsessively using them, they've begun to be seen as a disruption, especially in the classroom. Many students will remember when this occurred with the fidget spinner trend early in 2017. In this year, numerous articles were written by disgruntled teachers expressing their hatred for the toys. This was because, despite being intended to promote focus in children at school, they became collectable items, resulting in them being banned in many schools across the country. With that ban, all of the children who needed the toys for their intended purpose no longer had access. Moreover, although these toys became trendy foremost amongst kids who deal with the peer pressure of needing to have the latest fashionable thing, adults can make use of these toys too. Often they won't have been introduced to the concept of coping using fidgets as a child, despite long term struggles with stress or various undiagnosed mental health issues, so the toys could be a welcome relief, no matter how late in life.

Alongside these TikTok trends comes the rise of an anxiety economy, based around consumerism and cultural stress levels being at an all-time high. According to studies conducted by the American College Health Association, 50% of undergraduates in 2011 reported they felt "overwhelming anxiety", rising to 61% by 2017. However, the financial instability of younger generations doesn't permit them access to potential long-term solutions. Answers such as difficult-to-access therapy, expensive medication or complete lifestyle overhauls are often simply not viable. Even the concept of working more exercise or healthier diets and habits into our daily lives can be impossible for the less



privileged in our capitalist society, with personal value rooted in the labour we produce. Not to mention that at this point, targeting the root cause of our anxiety seems hopeless, especially for the average citizen who may feel they can make very little direct impact on the state of the world. Manufacturers know this, and jump on the opportunity to market a new fad product as the solution to all our woes. This results in the general public throwing their money at quick-fix products, which are almost always more accessible, instead of getting to the root of the issue. For most, these items are the only viable option, and if they can help make life even slightly easier, then it is hardly fair for them to be judged for their choices.

While they could easily be another trendy toy being pushed by people wanting to

make easy money, it cannot be ignored that fidget toys are helping children and adults alike to function more smoothly in day-to-day life. And although teachers will continue to be frustrated by the things that distract their students, banning these toys from the classroom will help nobody in the long run, especially those who have now found their accessibility needs become more socially acceptable. If a child ends up being bored in a lesson, they will be able to distract themselves without the toy just fine. So what right do we have to judge others on their decision to wear an Among Us pop-it keychain? What harm can their happiness really do?

- Alex Harvard  
(Co-edited by Oliver Turan)





## Racism in Football

Racism **sucks**. It sucks even more when it's because of a game invented in 1863 by old-fashioned Caucasian men. To be completely honest, I'm not an avid football fan at all - I'm possibly the furthest thing from the lovely picture you have formulating in your mind right now. But in the gap between GCSEs and A Levels, I had a scary amount of free time and became heavily invested in the EUROS. I was acutely aware of the significant role racism plays within the community.

EURO 2020 was memorable to say the least: it was the year that England nearly won a cup which would have been the first since the World Cup victory in 1966. But despite coming so close to a victory that would have been celebrated tremendously by a demoralised nation, many turned their backs on the very players that got us there.

Raheem Sterling is the prime example: despite having 3 goals and 1 assist under his belt and being what many acknowledge to be the star player of the England team, who brought a finesse and individuality that opposing teams knew to fear; he became the target of racist remarks and brutal abuse. Among the many occasions this occurred, the most clearly visible was at the Bulgarian qualifier game which was halted twice as fans continued racist behaviour including Nazi salutes and monkey chanting.

Media contribution not only furthered this racist onslaught of the POC England players, but Sterling in particular was often used as the media's scapegoat. These articles with stark racial undercurrents were widespread and published under the guise of average media coverage. Can this be denied if while Kane was glorified

as "England's Golden Boy", Sterling who carried England through the qualifiers and initial games was ignored and only brought to focus for "showing off the blinging house he bought for his mum"?

In spite of the unfair treatment, Raheem displayed incredible maturity and spoke out calling racism "the only disease" in football and has called for the establishing of a player-led-anti-racism task-force order to help prevent further incidents.

Despite his stellar response, many people in Britain often associate football with racism and vice versa: a prime example being me, as a British person of colour (POC) was taught that after England loses a game - you don't go out. You don't go out in fear of experiencing hate crimes and racial abuse at the hands of angry white fans, which was **clearly** seen in media reports following the EURO finals. It also enforces the fact that often as POC, especially a black and/or indigenous POC, you can only ever be British when you win, but when you lose you are the child of an immigrant or immigrant yourself - forever unwelcome in the very country that you worked hard to represent.

This shift in narrative is not only harmful to the health of the individual and the affected community, but is a detriment to all working sectors: the loss of POC talent is definitely noteworthy and ultimately is the loss of viewers like us.

So, I ask, is it really worth it?

Is it worth losing out on such talent for the sake of spewing hatred induced hurtful words?



Is it worth abusing the very players that  
play to bring joy to the nation?

The answer is no.

- Rachel Correia



## Book Recs:

### Fantasy

**Shadow and Bone** - Alina always thought she was normal until she was discovered to be the legendary Sun Summoner. Now, with great power comes responsibility, deceit and betrayal.

**Percy Jackson** - Twelve-year-old Percy Jackson is on the most dangerous quest of his life. With the help of a satyr and a daughter of Athena, Percy must journey across the United States to catch a thief who has stolen the original weapon of mass destruction — Zeus' master bolt. Along the way, he must face a host of mythological enemies determined to stop him. Most of all, he must come to terms with a father he has never known, and an Oracle that has warned him of betrayal by a friend.

### Historical

**The Promise (by xinran)** - A history book that focuses on one family across 3 or 4 generations in China across the 20th Century and how the shifts in China over the 100 years have affected the values and love lives of the Chinese people.

**Storm and Silence** - It is a story set in the past about a woman who goes out of her way to obtain women's rights to vote and work by pretending to be a man.

### Mystery

**Girl, Missing** - A girl called Lauren tries to find out where she really comes from, and starts asking her adoptive parents questions about her past. She soon finds out that she may have been snatched from her real family as a baby. Running away, Lauren dives head first into danger. She realizes that someone wants to stop her finding out what happened when she was a baby...at any cost...

**Two Can Keep a Secret** - There is a murder in Echo Ridge High and Ellery and Ezra try to work out who it is.

**The Phoenix Code** - When Ryan Flint accompanies his journalist mother to an archaeological expedition in Egypt's Valley of the Kings, he isn't expecting life-threatening danger and a 3,000-year-old murder mystery - but that's exactly what he finds! Before he knows it, he has joined forces with Cleo McNeil, an archaeologist's daughter, to solve secret codes, discover an ancient treasure and outwit a strange cult intent on gaining possession of the relic. Can Ryan and Cleo unravel the mystery and solve the Phoenix Code before it's too late?

### Sci - Fi

**Mind Games by Teri Terry** - In a future world, life is tightly controlled by the all-powerful PareCo. Standing out from the crowd is dangerous so misfit Luna hides her secrets carefully, not realising her own power. Unlike her friends and family, Luna has never been able to plug into Realtime, PareCo's virtual world, where almost everyone now lives their lives. So how do PareCo know about Luna, and why do they want her for their elite think tank? The truth is hidden in a web of shining silver secrets, and the corrupt authorities would do anything to keep it that way. Can Luna find a way to use her own hidden powers and bring the truth to light before it's too late?



**Wranglestone** - In a post-apocalyptic America, a community survives in a national park, surrounded by water that keeps the Dead at bay. But when winter comes, there's nothing to stop them from crossing the ice. Then homebody Peter puts the camp in danger by naively allowing a stranger to come ashore and he's forced to leave the community of Wranglestone. Now he must help rancher Cooper, the boy he's always watched from afar, herd the Dead from their shores before the lake freezes over. But as love blossoms, a dark discovery reveals the sanctuary's secret past. One that forces the pair to question everything they've ever known.

**Crimson Poison trilogy** - Nat Walker is the orphan heiress to her parents' games empire. While the mystery behind their deaths remains unsolved, Nat must fend off the unwelcome attentions of her aunt, who is keen to "adopt" her and her millions. When her guardian, Jamuka, is called back to Mongolia by a clan emergency, Nat discovers vital information about the poison that is killing his people. She decides to follow him and becomes drawn into the deadly game of revenge, corruption and world domination that is playing out against the snowy white Steppes.

## Romance

**Noughts and Crosses** - Sephy is a Cross — a member of the dark-skinned ruling class. Callum is a Nought — a "colourless" member of the underclass who were once slaves to the Crosses. The two have been friends since early childhood, but that's as far as it can go. In their world, Noughts and Crosses simply don't mix. Against a background of prejudice and distrust, intensely highlighted by violent terrorist activity, a romance builds between Sephy and Callum — a romance that is to lead both of them into terrible danger. Can they possibly find a way to be together?

**Jane Eyre** - Jane Eyre, an orphan is abused since childhood, but things take a big turn when she decides to take things into her own hands. On the path of love and independence, who will win?

## Horror

**The Luminous Dead** - When Gyre Price desperately lied her way into a cave exploration, she thought she would be closely monitored by a group of professionals who would tell her where to go and make sure she didn't get hurt. Instead she got Em. Em uses drugs while lying to Gyre to "ensure the smooth operation". However, Gyre slowly finds out -bit by bit- the horrors that lie in the cave around her.

## Contemporary Fiction

**Louder than words** - Rafi, a young girl who hasn't spoken for eight years, must find the words to save her brother now that he can no longer speak for himself. Rafi idolizes her seventeen-year-old brother, who is popular, generous, and a borderline genius. Ever protective, Silas always includes her when he's with his friends, so she gets to hang around with Silas' pal, Josie. With Josie, Rafi finds herself with a proper friend for the first time in her life. As they grow closer, Rafi realizes that she wants to find a way back into the world - she wants to learn to speak again. But Silas has found a new interest too, and it's taking him away from everything that was once important to him.

## Non - Fiction

**Diversify by June Sarpong** - Putting the spotlight on groups who are often marginalised in our society, including women, ethnic minorities, those living with disabilities, and the LGBTQ+ community, Diversify uncovers the hidden cost of exclusion and shows how a new approach to how we learn, live and do business can solve some of the most stubborn stereotypes.



## Song Recs

### Pop

**Sick Boy** - The Chainsmokers  
**Bad Habits** - Ed Sheeran  
**Green** - Cavetown  
**Superheroes** - The Script  
**Shivers** - Ed Sheeran  
**Levitating** - Dua Lipa

### K - Pop

**ASAP** - STAYC  
**Find You** - Monsta X  
**Some** - BOL4  
**Fever** - ENHYPEN  
**SOLO** - JENNIE  
**Red Lights** - Stray Kids  
**Promise** - Jimin  
**Our Summer** - TXT  
**HWAA** - (G)I-DLE  
**Still With You** - Jungkook  
**Louder Than Bombs** - BTS

### Alternative/Indie

**Moonsickness** - Penelope Scott  
**Blood // Water** - Grandson  
**right where you left me** - Taylor Swift  
**tolerate it** - Taylor Swift  
**august** - Taylor Swift  
**betty** - Taylor Swift  
**Therefore I Am** - Billie Eilish  
**Buzzcut Season** - Lorde  
**Sangria** - Easy Life (ft. Arlo Parks)  
**In My Mind** - Lyn Lapid

### Rock

**Impossible** - Nothing But Thieves  
**Bang Bang** - Green Day  
**The Oral Cigarettes** - Shine Hold  
**Believer** - Imagine Dragons

### R&B/Soul

**Say So** - Doja Cat  
**Dark Red** - Steve Lacy



# Entertainment's Page

DINGBATS:



**BUSINE**

toria sponge

**EOMITONS**



$1 + 2 - 1 =$

ANSWERS:

- 1.
2. A blast from the past
3. High Five
4. Misunderstanding
5. Seaside
6. Unfinished business
7. A piece of cake
8. Mixed emotions
9. Handsome



## WORDSEARCH: FIDGET TOYS!

S	E	L	D	O	O	N	Y	E	K	N	O	M	O
E	M	S	N	I	A	H	C	R	E	L	L	O	R
B	S	A	T	N	O	Q	T	S	S	S	K	L	R
U	Q	I	R	A	E	R	E	S	T	I	O	T	A
C	U	F	S	B	N	M	E	P	A	L	L	E	I
Y	I	O	T	A	L	G	T	L	L	N	O	E	N
T	S	N	F	I	R	E	L	E	G	T	U	C	B
I	H	G	L	N	U	W	F	E	G	O	B	P	O
N	P	E	F	H	F	I	F	I	T	D	I	D	W
I	A	L	I	O	N	S	S	P	D	O	I	L	B
F	N	N	S	O	S	D	E	I	E	G	Y	F	A
N	E	F	I	D	G	E	T	C	U	B	E	S	L
I	L	L	T	U	O	D	Y	W	E	E	U	T	L
N	S	O	R	T	E	R	T	E	G	D	I	F	S

MARBLE FIDGETS  
SQUISH PANELS  
RAINBOW BALLS  
TANGLE TOYS  
MONKEY NOODLES  
INFINITY CUBES  
ROLLER CHAINS  
FIDGET CUBES  
FIDGET RETROS  
FIDGET MEN

### QUIZ:

- Q1:** When was the restriction of gaming hours enforced?  
**Q2:** What percentage of Chinese minors play games online?  
**Q3:** How long, and when, are children under 18 allowed to play video games?  
**Q4:** What happened in Miami on 24th June?  
**Q5:** What is one of the theories on why the condo collapsed in Miami?  
**Q6:** What was one of the structural problems with the below-ground parking area?  
**Q7:** What game was stopped twice due to racist abuse directed towards POC England players?  
**Q8:** What was Sterling's response to the racism experienced after the Euro 2020 tournament?  
**Q9:** What can fidget toys help with?  
**Q10:** According to studies conducted by the American College Health Association, what was the percentage of undergraduates that felt "overwhelming anxiety" in 2017?  
**Q11:** Who became the winner of the US open, despite critics saying that she "wasn't cut out for the game"?  
**Q12:** Who was her last opponent?  
**Q13:** She became a British ladies major champion after how many years?  
**Q14:** What was the magnitude of the earthquake that struck Haiti on the 14th August?  
**Q15:** How many children were affected by the earthquake?  
**Q16:** What were the 2 major cities affected?





## Editor's Note

That brings to a close the second issue of our school newspaper. Thanks to all of our writers for making this a possibility, we could not have done it without you. This symbolises the voice of the student body, so we hope you found something of interest or learned something new. The amazing cover art for this issue was done by Sofia Kar Almazan. Our editorial was written by Inakshi Gaba, Kaya Garcha and Simone Panda. We as an editorial team are glad we were able to bring this together, and we hope to publish many more issues just like this one.

- Arya Kalavath (Editor-in-Chief)

