

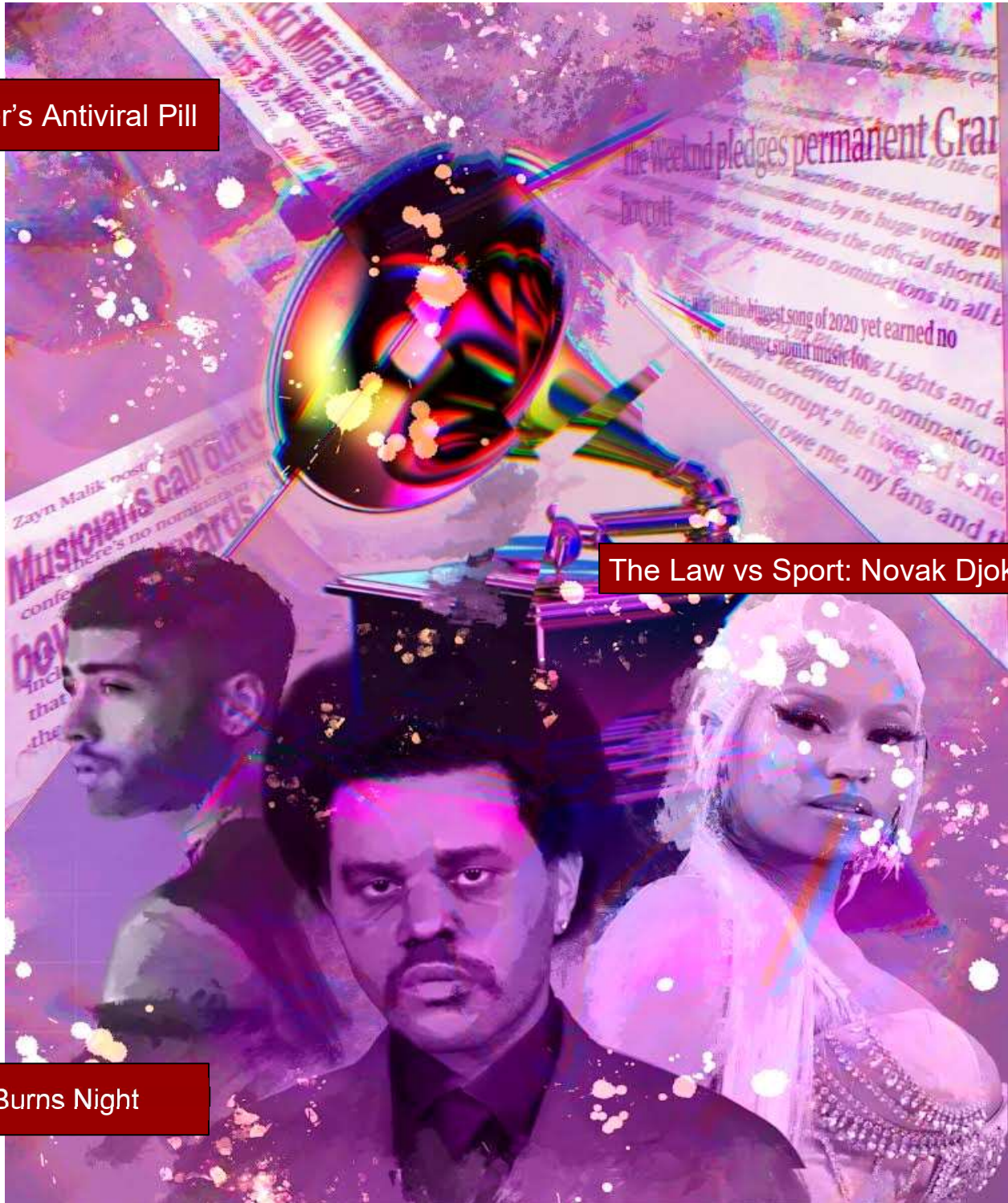
EDITORIAL TAKE:
Celebrities boycotting
the Grammys

THE KENDRICK GAZETTE

What book to read based
on your MBTI?

- The Student Voice of Kendrick School -

Pfizer's Antiviral Pill



The Law vs Sport: Novak Djokovic

Burns Night

Editor's Note

Welcome to the fourth issue of our school newspaper. A special 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 find something of interest or learn something new. The amazing cover art for this issue was done by Sofia Kar Almazan. Our editorial was written by Tara Sinha, Faith Obum-Uchendu and Ava Ford. 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.

This issue comes at an important time of year, as it is Holocaust Memorial Day. To honour this time, the editorial team and the Holocaust Memorial ambassadors have come together to create a platform for memorial poetry done by our students this year. Please take a moment to reflect and take something from these messages.

- Arya Kalavath (Editor-in-Chief)

A Message from the Holocaust Memorial Ambassadors

We would like to thank everyone who entered our poetry competition on the theme: Commemorating the Holocaust. We had some truly wonderful entries which really encapsulated the importance of remembering the events of the Holocaust, especially at this time of year surrounding Holocaust Memorial Day. It is our responsibility as the future generations to ensure that we learn from the past and move forward into a future without discrimination in any of its forms; to honour the lives of the 6 million individuals – the identities of whom many remain unknown and show they will never be forgotten.

Here are this year's best entries:

Remember

Do you remember the days of young?
Of freedom, of joy, of endless sun.
When the air was clear and the skies were blue;
When laughter rang out and our hearts were true.

I remember back when we were free,
We could dream and pray and be proud to simply be.
Not like now, when we are forced to conceal
Who we want to believe, how we truly feel.

I remember back when we could live,
When we had peace and hope and love to give.
Not like now, when we are weary with age
Stripped of our lives and trapped like birds in a cage.

Will you remember these days of old?
Of sorrow, of death, of freezing cold.
As our lungs rot and the sun goes to die;
As we close our eyes and whisper goodbye.

Atika Sahay 9SA



Lost Infinities

Discrimination.

She's told to stitch on a star,
As if religion defines who you are,
As if she mustn't hang her head in shame,
Because she just didn't look the same.

Injustice.

She's scared of every soldier she meets,
As she walks down the empty streets,
In which she moved to, t'is the town,
That's purely built to pull her down.

Change.

She's heard it all on the news,
War on Hitler, and meanwhile Jews,
Disappear by each passing day,
But this is news that no one says.

Fear.

She's crying on a dirty train,
Old man in the corner howling in pain,
They were told that this was salvation,
Yet this is only decimation.

Confusion.

He goes left, she goes right,
The world feels drained of all the light,
Head shaven, body cold,
Undeserving of life, she is told.

Death,

Her infinity is no longer there,
She's herded into a room where,
Death's arms came to her too early,
As she died on a gas so slowly.

Infinite..

Finite...

...

Remember,

Six million lives that were taken,
Homes ruined, people shaken,
Commemorate the lost infinities,
The impossible possibilities.

Anya Bensouiah 8MS



What Happened to Them?

What happened to them? A question, whispered by the ones left
Afraid for the answer, but it is better than no answer at all, and yet
Anonymity's shroud still clings to them, not willing to let them see light
Indifference's claws are still sunk in them, so nobody hears their cries
Their frail ghosts are haunted by the fate of being forgotten
Clumped together as a statistic, again they are labelled by numbers
"1 of 6 million" inked on them, slowly swallowing their other identities
Over time their stories fuse, as do they, into one entity
But the ones left remember them individually, and the ones left need to know
What happened to those whom they knew not so long ago
They need to know the details behind each and every one
For their stories are worth it, too valuable to be remembered by no one
And the ones left search for pieces of them, go on voyages simply for answers
They know, as we do not, that these used to be people, not numbers
They do not quote the graphs or charts, they do not make speeches to condemn
All they are looking for are remnants, a final answer, to the question:
"What happened to them?"
(And one day, we too will know.)

Inakshi Gaba 10FL



Untitled

First came the letters
'Pack your bags
Let's go travel'
They called it
A Holiday.
Pots and pans,
A doughnut box,
Why was no one as excited as me?

'Let's board a train'
My uncle, aunt and neighbours were
there
Is this what they mean by
'Adventure of a lifetime'?
I can't wait to go outside.

My lungs are collapsing against my
ribs.
Adventure isn't supposed to smell like
this,
Like death and dread and of
Everything Ending.
I don't think so, at least.
I can't really breathe.

The doors scrape their ways open
And corpses lay in piles,
Like limp building blocks.
My mother grips my hand
But doesn't meet my eyes.
My mother never lies-
But this doesn't feel like

A Holiday.

I'm not sure I care anymore.
I just want her to hold my hand and
then
Everything will be okay.

I can't really see much.
My eyes are all blurry
And my head feels too heavy
For me to hold up.
I'm not as brave as my mother-
She holds her head up
With a steely gaze at the words

Arbeit macht frei.

I don't know what that means.
But the letters glare down through my
eyes
And my lungs are heaving
And my mother's grip is loosening
And everyone looks so empty
And strange men are coming closer
And
I
Want
To
Go
Home.

Shriya Srimushnam 6NW



Deceit

As your cold hand slipped from mine,
all I could picture was your fading smile.
And strange shady men pushed me aside
"they won't hurt me, I'm just a juvenile"

Swiftly, they seized all our luggage
and I began to feel sick to my stomach,
Or maybe it was because of the fumes
from the place we imagined luxury but is really our doom.
Soon, terror crept through,
This place did not have
 'nice views'
rather, the sight of dead bodies,

Glistening gold gates turned out to be grey,
left me thinking that I came the wrong way.
But little did we know, it all was a lie,
this was the place we were to die.

However, we live in thoughts of yours,
observed by silence or applause.
Anything to remember the horrifying past,
One that we call the Holocaust.

Nevedya Nair 6



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The Kendrick Editorial Team View: Celebrities Boycotting the Grammys

The Grammys are set to take place on the 31st of January 2022 and being one of the biggest events of the year in the music industry, many musicians hope that they will, one day, be popular enough to get nominated – or better yet, win an award. However, in 2021, some controversies resulted in artists speaking out against the awards for a personal individual reasons, predominantly centred around accusations of racism.

One of the biggest controversies has come up due to the lack of recognition for black artists; only ten have won the Album of the Year award since the beginning of the awards in 1958 suggesting less appreciation for 'non-western' music (which can be seen by the fact that no rap album has won an award since 2004). The idea that music with non-western roots - sung/written by POC**, specifically people of black ethnic origin - is not as well understood or appreciated, and so more 'white' music becomes popular and is more relatable has become too prevalent. Since the committees voting for the awards are more likely to vote for songs they believe are popular, rather than ones they think are particularly good, this is rather impactful on how many POC are voted for 'higher-grade' awards, such as Album of the Year.



There are quite a few examples of artists who have been victims of this racism within the awards show, most notably Beyoncé. Out of her 28 Grammys, 18 of them were within typically 'racialised' categories - like 'Rap' or 'Urban' - which are much smaller categories than an artist with her reputation within the music industry would typically be winning in. Even when Beyoncé lost the 2017 Album of the Year award to Adele, Adele's speech focused on Beyoncé and how she deserved to win, showing that this issue was noticed but not explicitly being addressed. The fact that it has taken five years since then for artists to start speaking up is a massive step forward but raises questions as to why they did not speak sooner.

On other hand, musicians like Justin Bieber have been blatantly 'misusing' this platform created by artists boycotting the Grammys over the racial protest. Bieber specifically has used it to object to which category his music is in, in lieu of having three out of four nominations of his songs in 'Pop' categories. He objected to his work being classified as pop and took to Instagram last year to register his protest in this matter. This is - without a doubt - relevant, an album takes time and effort to be put together so its style and purpose not being



understood would have an effect on the artist, but not as much as Black people and other POC being marginalised within the Grammys' selection process and this pulls away from the main problem at hand.

Another issue with the Grammys is that there are often misleading categories, which result in missed opportunities for other artists. For example, the category 'Best New Artist' often nominates already established musicians - like Doja Cat and Megan Thee Stallion - so it gives a smaller chance for breakout artists to be recognised. This discourages new artists with dreams of breaking into the music industry as they realise their music may not be recognised because of the wrongly titled categories and, allegedly, racially motivated nomination committees.

An example of this biased voting system is what BTS brought back from the 2021 awards. Nothing. Not a single award. This was strange since the group was nominated for an award for their song 'Dynamite'. BTS is the fastest group to reach 4 #1 albums within two years since the Beatles and following the awards their fans were left feeling wronged, with claims emerging that they were used solely for their popularity, to encourage more people to watch the awards show, rather than to award them for their success in the music industry. Another similar situation was The Weeknd's result at the same ceremony. He didn't receive a single nomination, even though his song 'Blinding Lights' was the most well-known song on TikTok for several months. The Weeknd decided he would no longer attend the 2021 Grammys or any Grammy Award ceremonies in the future following these events, and in a tweet referring to the Grammys, he wrote: 'You owe me, my fans and the industry transparency'.



Overall, despite being a part of the appreciation of artists and their music since 1958, the criticism of The Grammys has highlighted a multitude of crucial issues which need to be addressed within the music industry, and by extension society as a whole. The most prevalent of these is the systematic racism and bias from over 60 years ago that continues to play into the music industry so heavily today and is corrupting what should be a fair election process and well-earned awards within the music industry.

**POC= people of colour



Do we want to bury our children rather than raise them?

TW: mentions of child abuse and murder

It's often said 'It takes a village to raise a child.' So what exactly does it mean? It's not just the Wikipedia definition of a village, that reads 'a small, self-contained settlement of people, with connotations of pre-industrial civilization,' or the more comedic Urban Dictionary definition, which reads: 'a part of the countryside full of people who know nothing about cities- eg never been on a bus before, and live in the middle of a cabbage field.' The term "village" alludes to a community and the need for an entire community of individuals to provide for and interact positively with children so that they can grow up in a safe and healthy environment. It is a statement so often quoted, yet we continue to fail.

Arthur Labinjo-Hughes, a six-year-old boy, was murdered in June 2020 by his father and stepmother. When he was a baby, his mother was incarcerated for the murder of her partner (who was not Arthur's father).



Emma Tustin and Thomas Hughes, Arthur's stepmother and biological father

Following his mother's arrest, Arthur's father, Thomas Hughes, immediately took full custody of him. Hughes moved in with his girlfriend Emma Tustin in March 2020, just before the UK was forced into lockdown. Tustin made it apparent that she did not want Arthur in her home, and he was isolated from the rest of the family, sleeping on the living room floor although there was a bed available, and having to stand alone in the hallway for up to 14 hours a day, with additional punishments if he attempted to sit down. He was abused, starved, and refused access to water on a regular basis. As if this wasn't bad enough, he was intentionally fed salt-laced food in an attempt to poison him.



Image of Arthur Labinjo-Hughes, in a frail and injured state, on the day of his death

His death prompted a national outpouring of shock, grief and outrage over child abuse and brought light to a subject that is not often spoken about. Social services and their role in protecting children have been scrutinised extensively.

Nonetheless, while schools and social workers have a paid role of responsibility to a child, the society in



which he lives should have had a sense of obligation as well.

Upon the announcement of his death, several people stated that they had seen or heard signs of abuse yet not acted on them, implying a systematic problem across society as a whole. Giving counsel to a struggling or suspectedly abusive parent has a stigma in the Western culture since it is thought of as awkward to comment on someone's parenting or how they raise their children, and because you wouldn't want someone else to criticise your parenting. There is also difficulty in defining what is just a parent who is struggling and in the heat of the moment, when a child is being difficult to deal with, and a genuinely abusive parent who poses a potential danger to a child.

Even Arthur's grandmother was hesitant to confront her son-in-law about certain bruises she noticed Arthur had acquired. She told social services about it, but after one visit from them, where Arthur's injuries were dismissed as 'boys will be boys' and 'run about playing football and get bruises', there were no further questions asked about what was truly going on inside Tustin's house.

The responsibility can be divided both ways: why didn't the grandmother do more? Why didn't she take action to change Arthur's situation? She was aware (even if it was just in the slightest) of what was going on. Did she feel no obligation to make sure this child was safe, protected and loved? Was the awkwardness of airing

out someone's parental shortcomings such a massive problem that this child was left to be killed?

Social services, on the other hand, had previously been involved with both parents (Tustin had two of her children removed from her care prior to this incident) and they had evidently not gone to the lengths and details required to ensure that the child was safe and not being manipulated or threatened into saying that everything was fine at home.

A lot of blame is also being placed on the strains of lockdown, which without a doubt was a difficult time for all, yet when it hit: communities came together along with celebrity and footballer, Marcus Rashford and supplied meals for vulnerable children. Despite children being able to eat being an important issue, one that many people were grateful for, for being aided so quickly, why was domestic/child abuse not thought about when there was already a 'jump on the bandwagon' for economically vulnerable children?



Marcus Rashford promoted and worked with FareShare to distribute over 21 million meals for vulnerable children and families



It is the responsibility of social services and society to support those who haven't been dealt the best hand in life, and here they fell short. But, is a child's life not a community problem? Does the ability for a child to grow up in a happy and safe environment not mean anything to the people around us? Should they not be in any way held responsible for the death of this innocent child?

A quote from the children's commissioner after Arthur's death stated: *"When we're talking about a child's life, no failure rate is acceptable. Our starting point to address this horrible situation needs to be an honest reflection of where we are now"*

This statement applies not just to the support systems offered by social services and their employees, but also to the people in our communities; We must all work together to make a difference. Not a half-hearted, "I'll say something but won't do it" façade, but real, internalised change.

According to some estimates, as many as 100,000 'ghost' children are at risk of abuse as a direct consequence of their failure to return to school following the school reopenings, and we must do everything we can to bring forth the legitimate change and ensure that vulnerable children are protected, regardless of personal, local, or global

circumstances. Arthur-Labinjo-Hughes lost his life, at the age of 6, at the hands of his abusers. We cannot let this death fade into another passing story that we never think about or act upon ever again.

The responsibility in this particular case is so hard to assign, yet we cannot let everyone go ahead blameless. Social services have a difficult job; they are frequently criticised for events like these, however, they lack the manpower and time to be present every second of every day, whereas a community is always on your doorstep. Regardless, Social Services have constantly been criticised for missing key details to a case where a child has ended up in a horrible condition or even worse, dead and their lack of action to change this is considerably frustrating. For obvious reasons, neighbours should not be policing each other or watching every move a member of their community makes, but it is everyone's responsibility within society to look out for each other and those that are vulnerable. Who is responsible for the life of a child: who could've done more?

Do we want to be a village that is happier to bury their children rather than raise them?

- Tara Sinha



Julian Assange's Extradition to the US



Who is Julian Assange?

Julian Assange is an Australian publisher and editor. In 2006, he set up WikiLeaks, a website which publishes confidential documents and images for the public eye. It came into the spotlight about a decade ago in 2010, when footage was released of US soldiers shooting down 18 Iraqi citizens from a helicopter.

Over the last decade, Assange has faced multiple charges of alleged sexual misconduct (which have now been dropped), and was temporarily issued an international arrest warrant from the Swedish government because of this. He was kept in an asylum in the Ecuadorian embassy in London to avoid extradition after facing court. However, in April 2019, he was arrested by the British police, revoking his asylum status.

This meant Assange could be extradited to the US, where many believed he would be put on trial for releasing confidential US documents.



What is extradition?

In short, extradition is the formal process where one country surrenders an individual to another country for prosecution / punishment for crimes committed in the requesting country's jurisdiction.

In this case, Julian Assange violated the Espionage Act when publishing the military footage in 2010, and now has 17 new charges filed by the US government.

Until 24th January 2022, Assange and his lawyers were preparing for a Supreme Court Appeal to prevent his extradition. At this date, he won the right to ask for his extradition to be blocked. As always, cases like this have their supporters and critics. Revealing misconduct of the government simply spreads awareness of the truth and seems morally correct. However, releasing classified military data of another country can spike geopolitical tensions between nations. Court ruling says that he could be extradited to the US. However, "right and wrong" is subjective in the end. What do you think? Should he be extradited to the US or not?

- Mukta Burde



The Law vs Sport

All animals are equal, but some are more equal than others. We are all expected to obey the law and are told that no one is above it. So why should athletes or the rich bypass legislation? One such incident occurred recently, a battle between the COVID-19 guidelines and World No.1 tennis player, Novak Djokovic, leaving a lot for us to ponder.

Many of you might have heard drabs and drabs about Djokovic's current predicament but may not necessarily know what happened in detail. The majority of us are aware of Australia's tough rules about COVID-19 (to enter the country you must either be vaccinated or have a valid medical exemption) but maybe the Serbian tennis player thought himself above the rules when he travelled Down Under.

On the **4th of January** Novak posted on Instagram, stating he had been given a 'medical exemption' to travel to Melbourne via Dubai for the Australian Open. He landed shortly after on the 5th in Tullamarine Airport. However, when he landed, it was discovered his visa did not allow him to enter the country unvaccinated. The Border Force detained him in a room at the airport overnight and contacted the government to grant the tennis star a visa, but the government refused to do so. The Australian government did not believe that the proof Djokovic provided was sufficient for a medical exemption to be given to him.

Djokovic was then moved to a hotel for asylum seekers and the court agreed to take his case. His father protested that his son was 'not in a detention but a prison' and the Serbian Prime Minister said that all they asked for was a rented house, preferably with a tennis court for the 20 time grand-slam winner to reside, while the issue was being dealt with.

The judge disagreed with the government's decision and the Serbian star was promptly removed from the detention hotel. Meanwhile the government was still reviewing it, in case they still wanted to deport him.

On the 11th of January it was found that there was a false declaration on his immigration form and that he did indeed travel 14 days prior to entering the country. He said his agent had made an error on his form and apologised on their behalf. Djokovic went on to be included in the Australian Open draw.

Only a day later, Minister Alex Hawke once again cancelled Novak's visa on the grounds of public health. The court found this 'irrational' but Mr Hawke said he made his judgement carefully considering all the information. Novak was promptly returned to the asylum hostel he previously stayed in, as he waited for his second court case on this matter.

Ultimately the court case resulted in Djokovic being deported and facing a three year ban from re-entering the country, due to the fact three judges as well as Mr Hawke believed it was in



'public interest'.

The tennis star not only lost this match against the government but also the chance to win his 10th Australian Open. Was this a tactical move played by Morrison in hopes to win the next election- who knows? The Australian government shouldn't have issued a visa to Novak in the first place and Novak should have been more careful with his medical exemption.

So what's next for Djokovic? Will he be allowed to travel to France to play at

Roland Garros or even to the UK to defend his title at Wimbledon? Let's wait and see, as he is currently only one grand slam singles title away from being the most successful Men's Tennis Player ever.

- Manya K Kumar



TV Show Recs:

Reality

The Apprentice - Lord Alan Sugar tests the nerves and brains of the hungriest hopefuls in the business world as they compete to win a six-figure salary job as his apprentice.

Romance

The Vampire Diaries - 145 years after they are turned into vampires during a vampire hunt, Stefan and Damon Salvatore return home, a small town called Mystic Falls. Stefan returns to meet Elena Gilbert who has an uncanny resemblance to his (and his brother's) old love, Katherine Pierce. Damon returns to follow his brother and give him the eternal misery he promised him; they soon discover the war is not over.

Extraordinary You - When a high-school girl finds that she is merely a character from a comic book whose destiny is decided by the writer, she decides to change the plot to suit her desires and find the love of her life.

Snowdrop - Snowdrop is set in November and December 1987. Lim Soo-ho is a graduate student who is discovered covered in blood by Eun Young-ro, a female university student. The girl hides him from the government in her dorm room at her women's university.

WandaVision - The small but cosy town of Westview is the new home for Wanda and Vision. It all seems perfectly normal...right?

Drama

Penthouse: War in Life - A woman attempts to enter high society by becoming the "queen" of a luxury 100th-floor penthouse apartment in Gangnam.

Historical

The King's Affection - During the Joseon Dynasty, the Crown Princess Consort gives birth to twins but sends the girl away to spare her life. Years later, the twin son dies in an accident and his sister must assume his identity and throne, all while hiding her true self.

Action/Thriller

Ninjago - Shunned by everyone for being the son of an evil warlord, a teenager seeks to defeat him with the help of his fellow ninjas. Six young ninjas Lloyd, Jay,



Kai, Cole, Zane and Nya are tasked with defending their island home, called Ninjago.

Alice In Borderland - Obsessed gamer Arisu suddenly finds himself in a strange, emptied-out version of Tokyo in which he and his friends must compete in dangerous games in order to survive.

The Falcon and the Winter Soldier - Falcon and the Winter Soldier are a mismatched duo who team up for a global adventure that will test their survival skills -- as well as their patience.

Teen Wolf - Scott McCall, an awkward teen, turns into a werewolf after being bitten by one a day before sophomore year. He must learn to adapt to his new identity while handling life as a teenager.

Comedy

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

Modern Family - Told in documentary-style through the perspective of an unseen filmmaker, each family goes through their own trials and struggles, yet ultimately showing the hilarious side of family life.

Steven Universe - Steven, a young boy, inherits a magical gemstone from his mother. He tries to figure out the secrets and spends his days in Beach City with the other Crystal Gems.

Horror

Mieruko Chan - She can see dead people...she just chooses to ignore them. That's Miko's plan, anyway, with horrifying (and sometimes hilarious) results.

Mystery

Busted! - A panel of Korean entertainers teams up with some of the biggest names in K-drama to solve mysteries. Each episode sees the bumbling detectives trying to solve a different case, based on vignettes presented by famous Korean actors and comics, but it's all part of an overarching plot that unfolds throughout the series. The tension mounts as the sleuths edge closer to solving the biggest mystery of all -- what happened to Project D?



Movie Recs:

Horror

Us - Adelaide Wilson and her family are attacked by mysterious figures dressed in red. Upon closer inspection, the Wilsons realise that the intruders are exact look-alikes of them.

Black Swan - Black Swan is the story of a ballerina called Nina (Natalie Portman), who gets the opportunity to be the leading role in Tchaikovsky's 'Swan Lake'. Slowly driven to insanity when the artistic director - Thomas - decides her rival Lily might be better for the role, how far will Nina go to sabotage her?

Feel Good Films

Inside Out - Ever wonder what goes on inside our minds? Now you can find out. Take the journey into Riley's mind and witness her emotions go through decisions - some easy and others much more difficult.

Drama

West Side Story (2021) - A musical in which a modern day Romeo and Juliet are involved in New York street gangs. On the harsh streets of the upper west side, two gangs battle for control of the turf. The situation becomes complicated when a gang members falls in love with a rival's sister.

I Want To Eat Your Pancreas - An aloof boy comes across a book in a hospital waiting room. He soon discovers that it is a diary kept by his very popular classmate who reveals to him that she is secretly suffering from a fatal pancreatic illness. The story revolves around how their relationship develops as he gets to know her more and more, until...

The Book Thief - It is set in Germany during World War II where a girl called Liesel is sent to a family who lives on Heaven Street. A boy called Rudy falls in love with her and soon they become friends. Suddenly a mysterious visitor arrives, and she has to keep him a secret. As Britain declares war, and the heat rises, Liesel slowly starts losing everyone and everything she loves...

Himizu - it's basically the aftermath of the massive earthquake and tsunami in Japan in 2011. It tells the story of two 14-year-olds who are ignored and disliked by their parents. You follow the two main characters, who are both pretty unlikeable, in their plight for survival whilst existing in their horrible living situations. It's one of my favourite movies of all time, and it's so jarring how realistically it portrays mental illness in young people.

Don't Look Up - Two low-level astronomers must go on a giant media tour to warn mankind of an approaching comet that will destroy planet Earth.



Comedy

Happy New Year - Rohan and his gang steal stuff, and it's on new year

The Columnist - Savagely funny, The Columnist takes the unbridled criticism of social media to its over-the-top conclusion.

Zootopia - Even though it's an animated Disney movie, this movie is still relevant today. It can be interpreted as many social issues such as sexism, racism, etc. It tells the story of wholesome bunny Judy Hopps and the challenges she faces as being the only female and animal of prey in the whole of the police force, which is mostly huge, predatory, male animals.

The Lorax – Twelve-year-old Ted lives in a place virtually devoid of nature; no flowers or trees grow in the town of Thneedville. Ted would very much like to win the heart of Audrey, the girl of his dreams, but to do this, he must find that which she most desires: a Truffula tree. To get it, Ted delves into the story of the Lorax, once the gruff guardian of the forest, and the Once-ler, who let greed overtake his respect for nature.

Encanto - The Madrigals are a family where everyone is given a special gift - however, Mirabel is the only one who didn't get one. As the magic mysteriously starts to fade, she is the only one who can save her family.

Fantasy

Princess Mononoke - In the 14th century, the harmony that humans, animals and gods have enjoyed begins to crumble. The protagonist, young Ashitaka - infected by an animal attack - seeks a cure from the deer-like god Shishigami. In his travels, he sees humans ravaging the earth, bringing down the wrath of wolf god Moro and his human companion Princess Mononoke. His attempts to broker peace between her and the humans bring only conflict.

Romance

Words Bubble Up Like Soda Pop - a shy guy who writes haikus + a girl insecure about her buck teeth meet and they help each other through their insecurities and fall in love

After - Tessa has always gone with the rules, but when bad boy Hardin Scott gets involved with her, she finds herself risking it all and walking the line. But is it all over when she finds out what he has been hiding from her?

Gnomeo and Juliet - It's basically Romeo and Juliet but 1000000% better and very cute. It's not cliché I swear. Basically, there are red gnomes which are the Capulets and blue gnomes which are Montagues.

Dilwale Dulhania le Jayenge - It's about 2 young people who are complete opposites, but fall in love on a trip to Europe.



Action

Karate Kid (2010) - Dre (Jaden Smith) moves to China and gets bullied by local kids. He befriends the maintenance man Mr Han (Jackie Chan) and finds out that he is also a kung fu master. Watch the movie and find out whether Dre overcomes the bullies and to see if he even finds love...?

Venom - Great film. Sci-fi and action. Marvel film. About a guy who gets taken over by a symbiote which turns him into venom.

Dune - Paul Atrides, a brilliant and gifted young man born into a great destiny beyond his understanding, must travel to the most dangerous planet in the universe to ensure the future of his family and his people. As malevolent forces explode into conflict over the planet's exclusive supply of the most precious resource in existence, only those who can conquer their own fear will survive.

Eternals - The Eternals, a race of immortal beings with superhuman powers who have secretly lived on Earth for thousands of years, reunite to battle the evil Deviants

Dystopian

What happened to Monday? - A film that took inspiration from the one-child policy in China, seven septuplets are living together in hiding when one of them suddenly goes missing.



Surgical Breakthrough for Prostate Cancer

Prostate cancer is one of the most common types of cancers, affecting approximately 50,000 people per year. It can ruin their lives, and, in some cases, is deadly. It is the second leading cancer in males, with lung cancer as the first. In the past, many have devastatingly seen their loved ones fight prostate cancer, only to succumb to it in the end. But recently, it has had multiple scientific breakthroughs in treatment, and is standing on the brink of a major advance.

What are the symptoms of prostate cancer?



As the cancer grows in the prostate gland within the male's reproductive system, it may become aggressive, causing severe side effects as it swells in pressure against the bladder. Symptoms may include urinary and sperm production dysfunction.

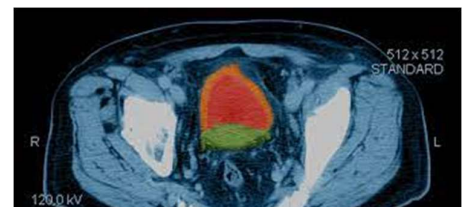
In more serious cases, the cancer may metastasise, travelling through the blood or the lymphatic system and affecting nearby bones and other organs. This makes it even more difficult to be cured.

What is the new breakthrough in treatment?

A new "amazingly simple and quick" operation performed through a process called 'irreversible electroporation' is the newest breakthrough in treatment. The procedure sends electrical pulses into the tumour of the prostate, targeting cancerous cells. This is done by a nanoknife (not an actual knife!), cutting open the membrane of the tumour, leaving it to shrink then die, so it poses fewer risks to surrounding organs and healthy tissues. This is a form of needle puncture through the skin, which is guided by ultrasound to find the tumour. It can also be used on tumours that were previously difficult to treat. This reduces treatment to a 45-minute operation, rather than removal of the prostate or the long-term treatment of radiotherapy.

Surgeons at University College London Hospital (UCLH) have already used it to treat prostate cancer patients.

The consultant urologist who led the first operations said: 'What is very exciting about this treatment is its precision in targeting and attacking the cancerous cells without damaging healthy tissue, and maintaining the prostate's important functions.'



So, what does this mean for medicine?

This means there could be a massive surgical advancement with different, more efficient techniques for the next generation of surgeons. The treatment can also be applied to many other types of cancerous cells. Medics have called for bigger trials of the procedure, and it is already used for liver and pancreatic cancers.

The quick, and minimally invasive operation means that patients don't need to stay overnight, freeing up valuable time and space in hospitals. Due to the efficiency of the treatment, it can be carried out quicker, with fewer side-effects.

How does this differ from other forms of treatments?

Its advantage is the development of Lu-PSMA-617 - a molecule that selectively seeks out and attaches to a specific protein on the cancer cell surface and delivers radiation. This damages the DNA and destroys the cancer cell.

The treatment can effectively find and demolish cancer cells that are resistant to other therapies or drugs and it can be received by injection over long-term sessions, spaced roughly six weeks apart. Side effects are minimal, the most common being dry mouth.

The Future

Cancer is terrible to experience, if it's affecting you, your family, your friends, or even the person living across the street. But with modern technology we are working towards a world where cancer is not as dangerous, and we've already made the first step with this new breakthrough treatment for Prostate Cancer.

- Zara Talukder



New Pfizer Antiviral Pill: will it change the course of the pandemic?

On December 31st, representatives of the British government issued a press release regarding Pfizer's new "Paxlovid" antiviral pills' and their approval for public use. This is the first COVID-19 oral treatment.

In the release, Health and Social Care Secretary Sajid Javid stated that Paxlovid would "ensure our country is in the strongest possible position to deal with the threat posed by Omicron as we head into the new year", also mentioning that Britain is currently one of the leading countries in COVID-19 treatments. But what is Paxlovid and why is it so effective against the virus?

It has been 2 years since the UK began its fight alongside the rest of the world against COVID -19. The effects of this pandemic have been far reaching, affecting us all and forcing us to adapt to 'a new normal'. The development of the COVID-19 vaccines has enabled us to better protect us against the disease, and the hope is the new pill will too.

Paxlovid is an antiviral pill which reduces the ability of SARSCoV-2 (the virus that causes COVID-19) to multiply in the body. The substance PF-07321332 and a small dose of Ritonavir are the 2 main components of this pill. PF-07321332 is a substance which blocks the activity of the enzyme the virus needs to multiply, making it much harder for the virus to spread in the body. Ritonavir is a protease enzyme inhibitor (also used to treat AIDS and HIV) which slows down the breakdown of PF-07321332, making it last longer and fully completing the process.

The pill adds on to the various other protections against COVID-19, such as the Pfizer, AstraZeneca and Moderna vaccines that we have access to in the UK. This is a good sign as an oral pill for protection increases accessibility to treatment at home when the time comes for us to move forward with everyday life as close to normally as possible.

This antiviral pill brings us one step closer to getting back to our normal lives: seeing our family, friends and loved ones. Stay safe!

- Nitya S.



Agony Aunt Column

Period pain

Periods can be a scary topic to discuss or think about as we grow older. We might be afraid of the changes they could bring, or afraid they'll hurt. But the truth is, everyone's period is different. Some people aren't bothered by them at all, while others find them very stressful. Some get quite painful cramps and others don't feel any pain at all. But, in our opinion, a hot water bottle helps immensely if you do get cramps, and is definitely worth investing in. It's not ideal, but the pain is definitely manageable if you do get it, so remember to stay active, give yourself a break and treat yourself kindly. If you are feeling very worried about it, you can always talk to someone - most likely, your mum because she is probably still going through it too and usually will have similar symptoms to you. Or you can talk to a friend. Having open conversations about things that worry you should be something you feel comfortable about with the people you love and care about. So, don't be afraid to break down that barrier if you are worried about something you'd like reassurance for.

Friendship groups

Friendship groups are a difficult thing at school, and it can feel as though the world is ending when they start to drift apart. But it's not always a bad thing - it allows you to reevaluate what kind of people you want to surround yourself with and whether or not you really want to be in the group. It's an opportunity for growth, even though change can be daunting. If you really want to keep your group together, let your friends be aware of your feelings because open communication is essential to maintaining any kind of healthy relationship. Your friends don't always have to meet with you physically, as it can be especially hard for everyone to be available at the same time, especially with school work. You could always try things like study sessions on google meets, so you're all spending time together, but also being productive. You can try online movie nights, or plan meets further in advance so it's guaranteed to happen. As long as everyone in the group wants to remain together, it is worth everyone doing their bit to keep them together.

Focussing in lessons

Lessons can sometimes be difficult to give your 100% to all the time. A good way to keep yourself paying attention, even if you don't feel like studying it that day, is to create an association between specific subjects and something you enjoy. This will mean you start to look forward to all of your lessons for different reasons. Try to find just one good thing in every lesson you have that day, or one thing you look forward to, and keep at it for that reason.



Seeking advice for mental health

Never worry about the possibility of overreacting in regards to mental health. There's a quote that could help with worrying that you're "faking it" or "making a big deal out of nothing" and that is: "if you're still struggling when no-one's watching, it's real." You can seek affirmation from your friends, parents and teachers too, but first remember to validate your own feelings within yourself. You're feeling the way you feel for a reason, and it's completely normal to want to fix that. If you need help or guidance, tell someone. Parents can contact people to get you what you need, the school nurse can help you talk it out or friends can just be there to listen to you so you can sort out your thoughts and feelings. You won't waste anyone's time by being concerned about your mental health, I promise you that. If you think you need help, look for it. Every aspect of your health is incredibly important and should be made a priority.

Making mental health a more open topic

It can be really frustrating to receive advice that doesn't necessarily help you. Most of time it's because the person is trying to provide some help but isn't familiar with your specific case. Mental health and what helps it is different for everyone. That's why promoting the education surrounding the topic is really useful, and we're proud of those of you that spread that message.

We would say the first step to informing people about what they should be doing is sitting down and talking to them individually. If you start spreading correct advice to people one by one, they will tell others and the information will travel over time.

However, it is 100% not your responsibility to educate other people on topics they should be motivated to learn about themselves. Sometimes, just encouraging a person to read into what might help their friends could spark an interest that helps so many others. If it becomes too draining, you shouldn't force yourself to carry on because you also have to prioritise your own mental health.

And if you're someone who hasn't been receiving advice that helps you from those you've reached out to, don't give up! We recommend speaking to a professional, someone who can get to know you over a period of time in the context of your mental health and find solutions that work just right for you. Counsellors at school are very well equipped to give you advice that will help your mental health, because that's what they've trained for. You might find it useful to give that a shot.



Screen-time and its effect on loved ones

As screen time rates per week are on a constant rise – which was not at all helped by lockdown – it can be worrying when loved ones become increasingly dependent on their screens. For example, with your siblings, sometimes a talking-to from a parent is a very effective way to get through to them. You could help the person find something they would enjoy more than using their screen, which works as an effective distraction that they themselves could be invested in. Even if that is something else linked to screens, at least it's a step in the right direction. You could also try suggesting that taking a break could improve their screen-time experience, as they're fresh-minded when they return. Perhaps during that break, get them to go with you on a walk, and spend some quality time with them. Spending time away from their main hobby could help them find alternative hobbies and interests away from their screens.

Being yourself around friends

Sometimes, with friends, you can feel very vulnerable to like certain things that they perhaps don't relate with - especially those friends you don't know very well. Having mutual respect is an important foundation for any relationship; never forget that. Real friends should never make you feel "uncool" for the things you enjoy. If they react quite badly to the things you love, they aren't being good friends and you should tell them that. Toxic culture in school life and around our generation has made it almost impossible for people to act like their true selves around the people they like. But the friends that last the longest are the ones who accept you for who you are. And that is never too much to ask. If their previous actions have made you feel disrespected or reluctant to be your true self, they need to know about it so they can change their actions.

Alternatively from all of this, it's never a bad thing to just own it. Now, this is a much more difficult state of mind to get to – to not care about what anyone thinks. And many of us take a long while to get there. Most of the time, that starts with having a good support system, so try starting there.



Affirmations Page

This issue, we received almost fifty student and staff appreciation posts, and these have all been emailed out separately. We thank you for writing in all these kind anonymous messages, and we're sure your recipients do too.



Burns Night

Every year, on January 25th, Burns Night is celebrated widely in Scotland, despite not being a public holiday. It acknowledges the work of the poet Robert Burns (commonly referred to as 'the Bard'), born on January 25th, 1759. Ultimately, this day is to celebrate the old Scottish language - Scots - that Burns wrote his poems in, and to raise awareness of the significance of these poems, especially to Scottish culture.

Robbie Burns is regarded as the national poet of Scotland and for a while, his song 'Scots Wha Hae' was known as 'the unofficial anthem' of the country. This is mainly because of the way he wrote in 'Scots', a currently dying language. However, he often wrote in a slightly Scots dialect so that his songs and poems could be appreciated fully by other readers.

His night is celebrated by having a large meal, full of traditional Scottish food (like haggis and cock-a-leekie), wearing their best tartan whilst enjoying some lovely bagpipe music. Another enjoyable part is reciting some of the Bard's poems and songs, most notably Auld Lang Syne.

The meal centres around the haggis (a type of sausage prepared in a sheep's stomach) on a large platter to the sound of someone playing the

wonderful music that comes from bagpipes. When it is placed in front of the guests, the person holding the Burns supper reads the "Address to a Haggis" because it is an ode to the dish, an example of one of the many wonderful works of Burns. It is sliced into a couple of pieces once the reading has been completed and the supper commences.

After everyone has eaten, the toasts begin. To begin with, the host will give a speech to preserve the Bard's memory, followed by a man with a speech about his views on women and then vice versa. People will then sing more of Burns' songs and recite some more of his poetry. And to end, one of the guests will give a guest of thanks before the whole group joins together to finish the dinner with 'Auld Lang Syne'.

It may not seem like much to us, but this tradition is rather important to the Scots so they can immortalise their language and culture through the Bard's memory. Maybe you could try celebrating Burns Night, to carry on his legacy and so future generations remember him and his work for years to come.

- Ava Ford



Book Recs:

Fantasy

Kingdom of the Wicked - Emilia and her twin sister Vittoria are streghe - witches who live secretly among humans, avoiding notice and persecution. One night, Vittoria misses dinner service at the family's renowned Sicilian restaurant. Emilia soon finds the body of her beloved twin...desecrated beyond belief. Devastated, Emilia sets out to find her sister's killer and to seek vengeance at any cost - even if it means using dark magic that's been long forbidden.

Chain of Gold - Cordelia Carstairs is a Shadowhunter, a warrior trained since childhood to battle demons. When her father is accused of a terrible crime, she and her brother travel to Edwardian London in hopes of preventing the family's ruin, but Cordelia's new life is blown apart when a shocking series of demon attacks devastate London. These monsters are nothing like those Shadowhunters have fought before—these demons walk in daylight, strike down the unwary with incurable poison, and seem impossible to kill. Trapped in the city, Cordelia and her friends discover that their own connection to a dark legacy has gifted them with incredible powers—and force a brutal choice that will reveal the true cruel price of being a hero

Chain of Iron - Cordelia Carstairs seems to have everything she ever wanted. She's engaged to marry James Herondale, the boy she has loved since childhood. She has a new life in London with her best friend Lucie Herondale and James's charming companions, the Merry Thieves. She is about to be reunited with her beloved father. And she bears the sword Cortana, a legendary hero's blade. But the truth is far grimmer, for all of them. A serial murderer is targeting the Shadowhunters of London, killing under cover of darkness, then vanishing without a trace. Together with the Merry Thieves, Cordelia, James, and Lucie must follow the trail of the knife-wielding killer through the city's most dangerous streets. All the while, each is keeping a shocking secret.

Mystery

An Inspector Calls - A tranquil night, in the Birling family. It's Sheila's big day soon! She's getting engaged to a lovely chap called Gerald (he's really rich). But then there's a funny looking fella called Inspector Goole, and big man Mr Birling thinks he's getting up to no good. Mr Birling thinks his kids are too woke, Mrs Birling is misogynistic, there are millions and millions of Eva Smiths, the author loves socialism.

A Place Called Perfect - Violet never wanted to move to Perfect. Who wants to live in a town where everyone has to wear glasses to stop them going blind? And who wants to be neat and tidy and perfectly behaved all the time? But Violet quickly discovers there's something weird going on in the town – she keeps hearing voices, her mom is acting strange and her dad has disappeared. When she meets Boy she realizes that her dad is not the only person to have vanished... and that the mysterious Watchers are guarding a perfectly creepy secret!



Ace of Spades - Welcome to Niveus Private Academy, where money paves the hallways, and the students are never less than perfect. Until now. Because an anonymous texter, Aces, is bringing two students' dark secrets to light. (Watch out when reading this book - search up the trigger warnings online)

Murder on the Orient Express - A lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train. When an avalanche stops the Orient Express dead in its tracks, the world's greatest detective - Hercule Poirot - arrives to interrogate all passengers and search for clues before the killer can strike again.

One of Us is Lying - Bronwyn, Addy, Nate, and Cooper are suspects in the murder of Simon Kelleher. Each of the high school students have secrets that they would do anything to protect, so how far would they go to make sure they're kept out of the spotlight?

Sci-Fi

Slated - Kyla's memory has been erased, her personality wiped blank, her memories lost forever. She's been Slated. The government claims she was a terrorist and that they are giving her a second chance - as long as she plays by their rules. But echoes of the past whisper in Kyla's mind. Someone is lying to her, and nothing is as it seems. Who can she trust in her search for the truth?

Romance

The Seven Husbands of Evelyn Hugo - Aging and reclusive Hollywood movie icon Evelyn Hugo is finally ready to tell the truth about her glamorous and scandalous life. But when she chooses unknown magazine reporter Monique Grant for the job, no one is more astounded than Monique herself. However, as Evelyn tells her story, Monique begins to feel a very real connection to the legendary star, but as it nears its conclusion, it becomes clear that her life intersects with Monique's own in tragic and irreversible ways.

Contemporary

The Midnight Library – Nora, a thirty-something woman is regretful about her life and feels alienated and unneeded in this world. In the depths of her wallowing, she comes across the Midnight Library. In it, each book represents a portal into another variation of what her life could have been.



As she reads the volumes, they allow her to access different versions of her life - relationships she could have stuck with, careers she could have pursued and so on. As she jumps in and out of these alternate realities, Nora's journey of self-discovery results in a life-affirming and reflective story about the choices we make, the paths we've chosen and each of our places in this world.

Historical

The Dictionary of Lost Words - The Dictionary of Lost Words explores how the language around us and the power of words can change the world - set during the suffrage movement, a girl - inspired by her father's team of lexicographers collecting words for the first Oxford English Dictionary - set's out to create her own dictionary. One that tells the words relating to women and common folk, that often go unnoticed and unseen.

Undercover Princess - Lottie Pumpkin - an ordinary girl who dreams of being a princess. Ellie Wolf - a princess who dreams of being an ordinary girl. Both attend Rosewood Hall, Lottie on a scholarship, Ellie to get away from her royal duties. When fate puts these two in the same room, it seems logical to switch places - no one even knows Ellie is a princess. Nothing could go wrong. Nothing at all...

The Egg - The story explains that both death and time do not really exist – they are concepts on earth that humans created. Instead, The Egg explains that God created one single human, and, since that time, whenever a human life died, it simply moved on to take the form of another life, reincarnated in past or present time.



What book to read based on your MBTI type

One of the most prominent personality-typing systems is the Myers-Briggs Type Indicator. The MBTI personality test is a self-report questionnaire used to determine a person's personality type, showcasing your strengths, weaknesses, and preferences in day-to-day life. There are 16 personality types you may be sorted into, based on four 'scales': Extraversion (E) – Introversion (I); Sensing (S) – Intuition (N); Thinking (T) – Feeling (F) and Judging (J) – Perceiving (P).

The 16 types:

<https://www.16personalities.com/personality-types>

The (free) test:

<https://www.16personalities.com/free-personality-test> *

What book should you read?

ISFJ: The Defender

[ISFJs](#) are steady in their ways, being friendly and humble- they are responsible and efficient, paying close attention to practical aspects in their everyday life. Defenders fulfill their obligations seriously, continually going above and beyond to meet expectations and please others, both at work and at home while being exceedingly reliable and realistic.

Considering this, we would recommend **Cloud Atlas - David Mitchell**.

Abridging the human experience of living into a wide tapestry of reincarnation and

interconnecting narratives, the low points within this book are necessary for this novel's ultimately optimistic message, accurately reflecting the ISFJs kindness and generosity in a world of often less kind people.

Fictional examples of ISFJs: Dr. Watson (Sherlock Holmes); Samwise Gamgee (The Lord of the Rings); Neville Longbottom (Harry Potter) and Momo Yaoyorozu (My Hero Academia).

ESFJ: The Consul

[ESFJs](#) are alert and people-oriented, and they like participating in their social community. Their accomplishments are led by strong principles, and they are eager to help others. Consuls continue to enjoy helping their loved ones and friends, hosting social occasions, and doing all in their power to ensure everyone's happiness. This type are altruists, who take their obligation to help and do the correct thing seriously, while needing to feel appreciated by others.

Due to this, we would recommend **Pride and Prejudice - Jane Austen**.

ESFJs are emotionally intelligent, optimistic and often love romance novels for their wit and exploration of many types of relationships. This book is incredibly real - the social dynamics, humour, and subsequent realness of *Pride and Prejudice* will fascinate this type, making it an enjoyable read for the ESFJ.

Fictional examples of ESFJ: Bianca Stratford (10 things I hate about you); Molly Weasley (Harry Potter); Meg March (Little Women); Kabuto (Naruto); Leorio (Hunter x Hunter) and Ryuk (Death Note).



ISTJ: The Logistician

[ISTJs](#) are restrained yet determined, having a logical view on life. They meticulously plan out their actions and carry them out with deliberate precision. They are driven, first and always, by logic, integrity and dedication.

For these reasons, we recommend the series **Dublin Murder Squad- Tana French**.

This series focuses on observations, logic and facts instead of focusing on feelings and the surrounding atmosphere. The lead detective - Cassie - is very possibly an ISTJ. We'd recommend the series to this type as they will be able to connect personally to the protagonist, who is reserved but is able to untangle a lot of information to reveal the underlying truth. ISTJs will be able to apply what they learn from Cassie, and the book, in practical real-life situations.

Examples of fictional ISTJs: Darth Vader (Star Wars); Alex Dunphy and Jay Pritchett (Modern Family); Thorin Oakenshield (The Hobbit); Hermione Granger (Harry Potter) and Giyu Tomioka (Demon Slayer)

ESTJ: The Executive

[ESTJs](#) show considerable fortitude, steadfastly adhering to their own sound judgement. They are frequently a stabilising influence among others, capable of providing steady guidance in the face of hardships. They lead by example, demonstrating dedication and purposeful honesty, and reject all laziness and cheating within their work, being strong believers in authority and tradition.

Considering this, we would recommend **Slayer - Kiersten White**.

ESTJs will most likely relate to a character like Nina, who needs structure within her life. The message that 'making choices is hard' is a struggle many people of this type will relate to. The feeling of unease in any unconventional settings, and what to do when one arises is something many of this type will grapple with. ESTJs aptitude for stubbornness, and when to make that choice to listen to other people's ideas, is reflected in Nina's personality and the ever-challenging plot that challenges Nina's order and structure.

Examples of fictional ESTJs: Monica Geller (Friends); Mycroft Holmes (Sherlock Holmes); Lucas Sinclair (Stranger Things); Princess Tiana (The Princess and the Frog) and Regina George (Mean Girls)

ISTP: The Virtuoso

[ISTPs](#) possess an individualistic mindset in which goals are pursued without significant external stimulation required. They approach life with curiosity and personal competence, altering their approach as required, often exploring ideas through creating, troubleshooting, trial and error and first-hand experience.

We would recommend **Gridlinked - Neal Asher**; the first book in the Polity Universe.

Neal Asher's writing is brutal, extremely logical, and very matter-of-fact, appealing to the nature of ISTPs. The continuous fast-paced action that drives a lot of the book won't get boring for this type. The sci-fi mystery, and the logical and clever



storytelling will keep you engaged all the way.

Examples of fictional ISTPs: Aragorn (The Lord of the Rings); Catwoman (Batman); Jace Wayland (Mortal Instruments); Horatio (Hamlet); Kristoff (Frozen); Levi Ackerman (Attack on Titan); Shota Aizawa (My Hero Academia).

ESTP: The Entrepreneur

ESTPs are usually dynamic and action-oriented, managing whatever is in front of them effectively. They like exploring life's possibilities, whether by mingling with others or through more solitary pursuits. Rather than sitting idle and formulating situations in their minds, entrepreneurs jump before they see, rectifying their mistakes as they go- they are the "eye of the storm".

One book an ESTP may enjoy is **Daisy Jones & the Six - Taylor Jenkins Reid.**

ESTPs will likely connect well with the protagonist - Daisy, a crazy, fun, exciting character who is someone you're always watching to see what they'll do next. Written in the style of an interview, the spontaneous nature of both the story and Daisy will appeal to this type, especially.

Examples of fictional ESTPs: Heathcliffe (Wuthering Heights); Gimli (The Lord of the Rings); Ginny Weasley (Harry Potter); Viola (Twelfth Night); Katsuki Bakugou (My Hero Academia)

ISFP: The Adventurer

ISFPs have open minds and embrace life, new experiences, and people with grounded warmth, feeling very deeply. Their capacity to stay 'in the now' allows

them to discover intriguing possibilities. They employ aesthetics, design, art and their own decisions and actions to test the boundaries of societal norms.

To reflect this, we recommend **The Language of Flowers - Vanessa Diffenbaugh.**

The protagonist's intricate personality - the strength, ruthlessness and independence - will draw this type in, with the lush beauty of the mysterious flowers allowing for the appreciation of both art and aesthetics that are often valued highly by ISFPs. The expression of deeply felt emotions through flowers is likely to be very appealing to this type, providing them with both appreciation and comfort of beauty.

Examples of fictional ISFPs: Edmund Pevensie (The Chronicles of Narnia); Cinna (The Hunger Games); Legolas (The Lord of the Rings); Sasuke Uchiha (Naruto); Harry Potter (Harry Potter); Remy (Ratatouille) and Black Panther (MCU).

ESFP: The Entertainer

ESFPs enjoy lively experiences, passionately interacting in life, and delighting in exploring the unknown. They may be quite gregarious, frequently inviting people to participate in shared, everyday activities. Incredibly generous with their time and energy, they love encouraging others they often get caught up in the heat of the moment.

A book that manages to level the energy that this type emits is **The Unhoneymooners - Christina Lauren.**



There's always something happening in this book- it's never a dull moment, much like the life of an ESFP. The building of relationships in this book is incredibly entertaining, and most likely something the ESFP will be able to relate to their own personal relationships within life.

Examples of fictional ESFPs: Sirius Black (Harry Potter); Rue (The Hunger Games); Lydia Bennet (Pride and Prejudice); Alexei Vronsky (Anna Karenina) and Shoyo Hinata (Haikyuu).

INTP: The Logician

INTPs are adaptable individuals who appreciate taking a unique approach to many areas of life. They frequently seek out unusual pathways, combining openness to new experiences with unique creativity. Often losing themselves in thought, this type's mind is always buzzing with ideas, questions, and insights - few things energize them like the opportunity to swap ideas or enjoy a lively debate with another curious, inquiring soul.

For these purposes, we recommend **Notes from Underground - Fyodor Dostoevsky**.

Often, INTPs enjoy an intellectually stimulating read, and the vast number of concepts warned against in this revolutionary novel will provide further ideas that the INTP can explore. The clash between human nature and the law of nature, and the overall complexity of this philosophical novel will stimulate the INTPs need for knowledge.

Fictional examples of INTPs: Smaug (The Hobbit); Violet Baudelaire (A Series of Unfortunate Events); Pierre Bezukhov (War and Peace); Arthur Weasley (Harry Potter); L (Death Note); Sherlock Holmes

(Sherlock) and Alice (Alice's adventures in Wonderland).

ENTP: The Debater

ENTPs (my type!) are daring and innovative, dissecting and reconstructing ideas with tremendous mental agility. They are tenacious in their pursuit of their objectives, regardless of the opposition they may face. The ultimate devil's advocate, this type, like their INTP counterparts, are on a constant quest for knowledge. But what better way to gain it than to attack and defend an idea or concept, from every angle, every viewpoint?

The book we would recommend is **Fight Club - Chuck Palahniuk**.

A tale of frustration and sadness, at the 'modern-day consumerist life', the non-conformist ideas and perspectives shown throughout the novel are ideal for the type that delights in challenging and debating against conformity. As corresponds to the personality of the ENTP, these fresh ideas are accompanied with sardonic humour- as are most of an ENTPs' conversations.

Fictional examples of ENTPs: Tony Stark (MCU); Osamu Dozai (Bungo Stray Dogs); Jack Skellington (The Nightmare Before Christmas); Merry Brandybuck (The Lord of the Rings); Fleabag (Fleabag); Timon (The Lion King); Hange (Attack on Titan) and Jack Sparrow (Pirates of the Caribbean)

INTJ: The Architect

INTJs are astute strategists like mastering the finer points of life, bringing creativity and logic to all they accomplish. Their inner world is frequently solitary and intricate. While often questioning and



analysing everything around them, INTJs can often be incredibly pessimistic and cynical about human nature. Despite being very deep thinkers, architects want to be successful, however, not just inventive.

To compliment this, we would recommend **Fahrenheit 451 - Ray Bradbury**.

Its focus on seemingly insignificant details reflects what's often happening in the minds of this type, and to understand the novel, an INTJ's mind will shine. They can think about the problem of the message being conveyed in the story, while simultaneously thinking about how the book is still relevant today and how to fix the impending doom of living in a society who is "complacent in its own combustion". (<TedED)

Examples of fictional INTJs: Prospero (The Tempest); Severus Snape (Harry Potter); Fitzwilliam Darcy (Pride and Prejudice); Professor Moriarty (Sherlock Holmes); Ciel Phantomhive (Black Butler) and Lelouch Lamperouge (Code Geass).

ENTJ: The Commander

ENTJs are determined individuals who like momentum and success. They gather relevant information to build their creative visions, but they rarely pause long before acting on them. Natural born leaders, this type tends to be driven by an unyielding sense of rationality, while being charismatic and confident enough to drive an entire team towards a set of targets.

Matching this, we would recommend **The Confidence Game - Maria Konnikova**. This book explains how con artists seek to exploit human emotions, and investigates the minds, motives, and methods of such people, and why people fall for it over and

over. The question of how our sense of truth is manipulated by the people around us is one I believe will be compelling to an ENTJ- the characters and personalities of the con artists described will often have similarities with a person of this type, providing understanding of why they are often such successful leaders. However, I believe this book also sheds light on the often overlooked values of ENTJs- the willingness to follow another leader and make the best for the team and not just themselves, will be interesting - and contrasting - compared to the often stereotypical portrayals of this type in the media.

Examples of fictional ENTJs: Irene Adler (Sherlock); Voldemort (Harry Potter); Woody (Toy Story); President Snow (The Hunger Games) and Doctor Strange (MCU).

INFP: The Mediator

INFPs are usually thoughtful, open-minded, and imaginative, and approach everything they approach with care and creativity. The inner worlds of this type are vibrant, colourful and imaginative, and feel a need to help others with their empathetic and idealistic personalities.

Combining this, we would suggest **Extremely Loud and Incredibly Close - Jonathan Safran Foer**.

An incredibly moving book, the conflicting nature of wanting harmony, yet finding yourself having to cope with tragedy and life's challenges is a prominent theme that arises in the book, and one that many INFPs will not only relate to but also find deeply moving. This book will open up a different perspective of the world to you...not only of finding the optimism and hope after loss, showing a large range of



different characters interacting and interconnecting with each other. Being incredibly empathetic people, the themes of survivors' guilt throughout the novel will hopefully both resonate with you and connect to you on an emotionally deeper level.

Examples of fictional INFPs: Bill Weasley (Harry Potter); Frodo and Gollum (The Lord of the Rings); Desdemona (Othello); Scout Finch (To Kill a Mockingbird); Lucy Pevensie (The Chronicles of Narnia); Jane Eyre (Jane Eyre); Ken Kaneki (Tokyo Ghoul); Edward Scissorhands (Edward Scissorhands) and Elio Perlman (Call Me By Your Name).

ENFP: The Campaigner

ENFPs are people most likely to embrace big ideas and take action that reflects their feeling of optimism and kindness toward others, with their vivacious energy flowing in a variety of directions. This type are truly free spirits- extroverted, open-hearted and open-minded. They shine in any gathering due to their energetic, happy demeanour. Despite their ability to be the star of the show, they aren't interested in only having a great time, with a great need for genuine, emotional relationships with others.

For this, we would recommend **Ender's Game - Orson Scott Card**.

A story that is driven by the power of empathy and acceptance, this will connect to the nature of many ENFPs- this book has the level of connection this type desires, and the drive that they use to inspire loyalty in their peers. As well as this, the dystopian and exciting plot will keep up with the ENFPs need for adventure and their fast paced, energetic outtake on life.

Fictional examples of ENFPs: Beatrice (Much Ado About Nothing); Horace Slughorn (Harry Potter); Jo March (Little Women); Natasha Rostova (War and Peace); Willy Wonka (Charlie and the Chocolate Factory); Olaf (Frozen); Phil Dunphy (Modern Family) and Peeta Mellark (Hunger Games).

INFJ: The Advocate

INFJs have profound thinking and creativity when it comes to life. Their internal vision, personal convictions, and a modest, principled humanism lead them in all they do. Most people with this personality type desire to solve society's fundamental issues, hoping that injustice and misery would become a thing of the past. Nothing improves their mood like creating a solution to someone else's issues, and this type will join any movement they believe is right - however big or small.

To compliment this, we would recommend **Wicked: The Life and Times of the Wicked Witch of the West - Gregory Maguire**.

If any book sums up this type, it is this one. The book demonstrates how, despite Elphaba trying to do good and help everyone, she is consistently seen to be something she isn't. No one takes the time to understand her, but that doesn't stop her. That sense of integrity to oneself is something that reflects the nature of INFJs very well, and is something they will admire more about themselves after reading this novel.

Fictional examples of INFJs: Galadriel (The Lord of the Rings); Atticus Finch (To Kill a Mockingbird); Prince Caspian (The Chronicles of Narnia); Remus Lupin



(Harry Potter); Kawora Nagisa (Neon Genesis Evangelion); Izuku Midoriya (My Hero Academia); Banquo (Macbeth); Manny Delgado (Modern Family) and Elsa (Frozen).

ENFJ: The Protagonist

[ENFJs](#) believe they are called to a higher purpose in life. Earnest and idealistic, these personalities aspire to make a good difference in the lives of others and the world around them. They never miss the opportunity to do the right thing, no matter how hard or easy it may be. Being born leaders with your natural charisma and strength, ENFJs don't hesitate when to speak out and be vocal about their beliefs.

After reviewing this, we recommend **East of Eden - John Steinbeck**.

The care, detail and attention to humanity is one that quite deeply reflects what that higher purpose in life is for this type. The empathy that is carried through the pages of this novel is one that will resonate, and will spur the ENFJ to carry on aspiring to improving the lives of others- especially after seeing the effects of a lack of love in this book. I hope this inspires you to carry on doing what you do.

Fictional examples of ENFJs: Elizabeth Bennet (Pride and Prejudice); Emma Woodhouse (Emma); Amy March (Little Women); Oikawa (Haikyuu!!); Elle Woods (Legally Blonde); Mia Dolan (La La Land); Hans (Frozen) and Wonder Woman (Wonder Woman).

To learn more:

Here are some articles that can further your understanding of the MBTI, and some of the controversies that surround it.

- <https://www.verywellmind.com/the-myers-briggs-type-indicator-2795583>
- <https://www.imperial.ac.uk/media/imperial-college/administration-and-support-services/staff-development/public/impex/MBTI.pdf>
- <https://www.myersbriggs.org/my-mbti-personality-type/understanding-mbti-type-dynamics/>
- <https://www.myersbriggs.org/more-about-personality-type/misconceptions-about-the-MBTI-assessment/>
- <https://www.vox.com/2014/7/15/5881947/myers-briggs-personality-test-meaningless>
- <https://www.livescience.com/65513-does-myers-briggs-personality-test-work.html>
- <https://bookriot.com/books-on-myers-briggs-personality-types/>
- <https://www.psychologyjunkie.com/2017/11/06/10-books-need-want-myers-briggs-expert/>

*While most would argue **against** the reliability of 16 personalities, many would point out that it is a good way to get people introduced into the world of the MBTI. It is a good starting point, but if you wish to deepen your understanding fully, it is necessary to do further research using the links/books above.



Song Recs

Pop

Last Dance by Donna Summer
When You Were Mine by Cyndi Lauper
Life by the Sea by Tubbo
Muffin by Badboyhalo
Taunt by Lovejoy
Your new boyfriend by Wilber Soot
I'm in love with an e-girl by Wilber Soot
Soft boy by Wilber Soot
the lucky one by Taylor Swift
perfume by Britney Spears
oh yeah, you gonna cry? by Lovejoy
something sweeter by LUME
You, Clouds, Rain by Heize
Domino by Jessie J
Like that – Bea Miller
Put a little love on me by Niall Horan
Glass Bead by GFriend

Musicals

Officer Krupke by Leonard Bernstein

Alternative/Indie

pacify her by Melanie Martinez
2011 by 5SOS
Why Can't I Be You by The Cure
Okay by Chase Atlantic
All too Well by Taylor Swift
No Surprises by Radiohead
Free Love by HONNE
Goodbye by Billie Eilish
Ghost of You by 5 Seconds of Summer

Nothing New by Taylor Swift
Sober by Demi Lovato
Stardust by New Politics
Elephant by Kevin Parker
welcome to wonderland by Taylor Swift

K - Pop

Winter Falls by Stray Kids
Friends by BTS
If I Ruled the World by BTS
Angel or Devil by TXT
Anti-romantic by TXT
10 months by ENHYPEN
Ring Ding Dong by SHINee
layin low by Hyolyn
Weekend by Taeyeon

Rock

im so sick by Flyleaf
Starman by David Bowie (**Glam Rock**)

Dance/Electronic

apricot by bicep
Closed Ending by SHAUN
instagram by DEAN
2 KIDS by TAEMIN
Polaroid Love by ENHYPEN

Hip-hop

Feel Good Inc by Gorillaz



Entertainments Page

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The Grammys

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COMMITTEE
 GENRES
 RACIALISED
 MUSIC
 JUSTIN BIEBER
 NOMINATIONS
 CORRUPTION
 GRAMMYS
 BTS
 BEYONCE
 BEST NEW ARTIST
 THE WEEKND

