

PLATANOS COLLEGE



Written by pupils, for pupils

KS4 NEWSLETTER



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EDITOR'S WELCOME

WRITTEN BY CRYSTAL JOY AZZOPARDI

Hello and welcome to the 12th edition of the Platanos College KS4 Newsletter. Fortunately, Easter is upon us, which means the weather is due to improve! Once again, our team have come together to construct a collection of articles on topics we believe are important to our peers.

With this in mind, this term's Special Edition is *The Evolution of Entertainment*. We look at how Entertainment has changed over the years, the controversial history of the Oscars and why the arts are important to us.

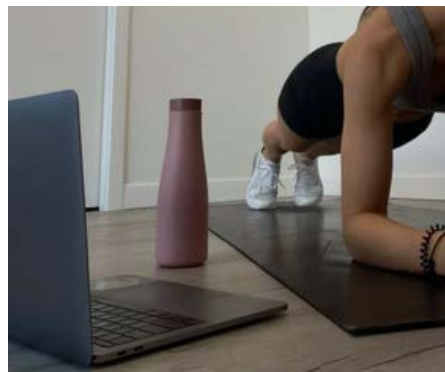
As usual, we also discuss a range of different topics, including interviews with members of Staff and the history of the Benin Bronzes

and of course the ways people celebrate Easter around the world.

The KS4 Newsletter Team have put heaps of time and effort into making these articles the best they can be; we hope that you are entertained and informed by them.

On behalf of the KS4 Newsletter Team, we wish you an enjoyable break over the Easter Holidays.

Crystal Joy Azzopardi [Editor-in-Chief]





learning lounge

HISTORY OF CHESS

WRITTEN BY UHUNOMA OBAYANGBONA



You're no doubt noticed that every lunchtime, there's a small group of Year 10 pupils huddled together playing a game of Chess. Did you know that chess is one of the oldest board game known, whose origin can be traced 1500 years back? It is one of the oldest strategy games and arguably one of the most thought-provoking forms of entertainment. So I guess the question that should be asked is - how did the game of Chess come to be?



Accounts about the exact origin of Chess vary, from some accounts saying that it was founded by a Chinese commander in 200 BC, to some saying that it was created by a Minister in India in order to reprimand a king, with its purpose being to enlighten the king of the value the people of the kingdom. Why? Because the pieces

essentially dictate the fate of the king. However, after 13 years of voracious studying into the extensive history of Chess, British educator Harold J Murray paved the way in establishing what we now regard as the conclusive history of Chess.

The earliest known form of Chess dates back to 6th century India, when a game called Chaturanga was played. Chaturanga roughly translated as "four divisions", with each referring to the four divisions of the early Indian army: foot soldiers, elephants, the cavalry and chariots. These pieces served to form the basis of the modern day rook, bishop, knight and pawns. It was played on a non-checked 8 by 8 board with the course of the game being solely dependent on one piece: the king. Next to the king stood his advisor - precursor of the modern day queen. However, unlike its successor, it could only move one place per move – diagonally. Another piece of the early version of chess that differs from the modern day version is the elephant (the modern day bishop), which had variable moves depending on where it was on the board.

The game then migrated from India to Persia. The name also



changed from Chaturanga to Shatrang. The Persians also introduced the rule of declaring "Shāh" when the king was under threat and "Shāh Māt" when all possible spots of refuge for the king were blocked. These terms have subsequently evolved into the modern terms "check" and "checkmate". Due to an amalgamation of internal conflict and wars with foreign empires, the Persian empire significantly weakened and the game was adopted by the Muslim world after their conquest of the Persian empire. The rules of the game and the names of the pieces largely remained the same. The game became extremely popular for all walks of Muslim society, so much so, that Caliph Harun al-Rasheed made Chess a compulsory Court activity. As the game





spread amongst the Islamic world, the shape of the pieces metamorphosed from intricate soldiers to abstract shapes.

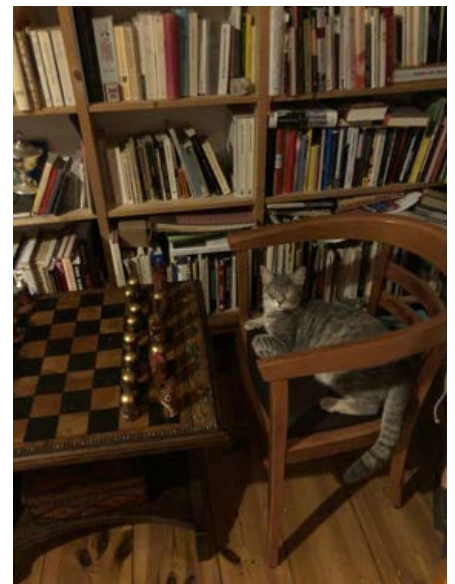
By the 10th century, Chess had spread to Spain and Russia and by the first millennium, the game has spread from southern Europe to northern Europe. The game often spread through countries by conquering and claiming the cultures of those nations. Interestingly, Chess migrated to England from William the Conqueror and his son Henry I.

By the Middle Ages, Chess was a revered game amongst the nobility. Many books about Chess arose in the Middle Ages, with some books stating that Chess should be one of the various skill sets acquired by knights. The pieces of Chess were slightly altered from the pieces that originated in the Muslim world, but in doing so, the shape of pieces were almost unrecognisable from the original Chatarunga pieces. This is because the shape of the pieces was largely influenced by the widespread Christian

faith. Pieces were changed, for example, the elephant transformed into a bishop. Furthermore, the original chariot changed into a rook and the checkered boards with light and dark squares were introduced. The advisor undertook the most notable change from being able to only move one square at a time, to becoming the most powerful piece we still know it to be today.

The game was further spread due to the publication of several Chess books. Chess players published strategies they had developed, leading to the formation of common Chess opening, defences and in-game strategies. Chess further spiralled and the concept of speed and timers were introduced. In one tournament in 1851, a player analysed the board for two hours before making a move. The World Chess Federation was created in 1924, and it is now an international body that runs tournaments and award titles such as a Grandmaster.

Right from its genesis, Chess has been played by many. The game has evolved so much so that computers can now play it better than all human beings - even former World Chess Champion Garry Kasparov was beaten by Deep Blue in the 1990s. So, if you ever find yourself in the mood to indulge in a new hobby, why not try chess? We will be waiting for you at lunchtime!





BENIN BRONZES

WRITTEN BY UHUNOMA OBAYANGBONA



The Benin Bronzes: intricately designed artefacts that used to decorate the Royal Palace in the Kingdom of Benin - which is now modern day Nigeria. The artefacts are a symbol of a rich and extensive culture, as most of them were created between the 13th and 16th centuries.

Behind the Bronzes lies the story of the Kingdom of Benin. It was one of the most advanced African settlements between the fourteenth and sixteenth centuries - a Kingdom vast in commodities such as iron, wood, bronze, ivory and many more. Bronze

and Ivory sculptures were integral in courtly life, used to decorate the royal palace. However, the primary objective of the Bronzes was to glorify the Oba. The best known Bronzes are one which depicts the head of the Obas and the queen mothers. Bronzes that depicted the Oba were tantamount in making a portrait of a Monarch.



James Robert Phillips

However, in 1897, explorer James Robert Phillips embarked on a journey toward Benin. The true intention of his visit is still shrouded in mystery, but some historians speculate that Phillips' intention was to usurp the Oba under the veneer that the visit was a diplomatic one. The visit was later delayed due to the fact that foreigners could not come into the kingdom whilst rituals were being conducted. Despite this, Phillips and his entourage still continued with this expedition to their peril. The travellers were ambushed by Oba warriors and only two

survived the massacre. As a retaliatory attack, British forces burned down the Benin empire, demolishing infrastructures such as the Great wall of Benin and slaughtering an unknown number of its inhabitants, whilst looting thousands of artefacts from the royal palace. A yearning for the British to control West African trade and the assassination of the travellers that came to "negotiate" with the Oba, led to the collapse of the Kingdom and with it, came the theft of the sacrosanct Bronzes.

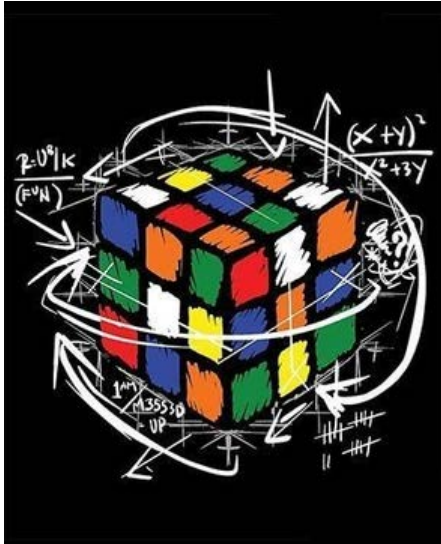
Over a hundred years have elapsed and the Bronzes have been scattered across various museums across the world. Since Nigeria gained independence in 1960, it has sought the return of the Bronzes. Whilst some of the Bronzes have been returned, hundreds still remain in the museums of foreign countries. These items of Royal regalia are part of a wide and expansive culture. Keeping the items signifies to many, the atrocities committed against the Benin empire. Only time will tell whether the Bronzes will ever make their way home.





THE RUBIK'S CUBE: THE ICONIC PUZZLE GAME

WRITTEN JASON TRAN



The Rubik's Cube consists of six faces, each made up of nine smaller square-shaped stickers, with each face being a different colour. The objective of the game is to manipulate the cube so that each of its six faces is a single, solid colour. OK, this might sound easy, but in reality, it's an incredibly difficult and complex puzzle that requires a great deal of skill, patience and determination to solve.

The Rubik's Cube is a 3D mechanical puzzle that has become one of the most iconic and recognisable games in history. It was invented by Hungarian sculptor and professor of architecture Erno Rubik in 1974. Since then, the Rubik's cube has captured the imagination of millions of people around the world, with its challenging gameplay and endless possibilities.



Erno Rubik

There are many different ways to approach solving the Rubik's Cube, but the most common method involves a series of steps that gradually move the cube towards its solved state. This method is known as the 'layer method' and it involves solving one layer of the cube at a time, starting with the bottom layer and working your way up.

The layer method involves a series of algorithms, or sets of moves, that are designed to move specific pieces of the cube into place without disrupting the pieces that have already been solved. By using these algorithms in combination with each other, you can gradually solve the entire cube one layer at a time.

Solving the Rubik's Cube can be an incredibly

challenging and rewarding experience. Lots of pupils at Platanos College play it! In fact, the Rubik's cube has a huge community of 'Speedcubers', who compete to see who can solve the cube the fastest. Speedcubing competitions have become increasingly popular in recent years, with competitors using specialised techniques and algorithms to solve the cube in record-breaking times.

Aside from its challenging gameplay and competitive scene, the Rubik's Cube has also become an iconic symbol in pop culture. It has appeared in numerous movies, TV shows, and music videos and has even inspired its own genre of art known as 'Rubik's Cube art', which involves creating intricate and complex designs using multiple cubes.

In conclusion, the Rubik's Cube is an iconic puzzle game that has captured the imaginations of millions of people around the world. Whether you're a casual player looking for a challenging puzzle to solve or a dedicated Speedcuber looking to set a new record, the Rubik's Cube is a game that has something to offer everyone. So why not give it a try and see if you can solve the cube?



ONLINE HARMS BILL: AN UPDATE FOR 2023

WRITTEN BY BETHEL DAVID

You may be aware of the Online Harms Bill, a topic that has been covered in previous editions of the KS4 Newsletter. If you've not heard of it, don't worry, because we're about to fill you in!

The Online Harms Bill was set up by the UK government to try and make the internet a safe place for us to be – in fact, the aim was to make the UK the safest place in the world to use the internet. It sounds like a great idea in theory, but getting the legislation in place hasn't been a smooth journey.

The Online Harms Bill places responsibility on all tech firms and search engines to protect children and adults from any harmful content. They have to ensure that posts that are illegal will be removed. They also make sure that children see age-appropriate content. Tech giants have expressed their concern that strict checking of ages for those wanting to access their sites, will just put off a lot of people; this in turn will affect the amount of money these companies make. In November 2022, the government also informed tech firms that they would need to publish risk assessments regarding the dangers their sites present to



children and explain how they will address these.

The government says that the Online Harms Bill was created to generate a safe environment for social media users, especially children and young people. The Bill forces Tech companies be accountable for what their users post and share on their platforms. However, some argue that in doing so, the Bill could infringe upon and limit freedom of speech.

Furthermore, others argue that users of social media sites and internet pages should be held accountable for what they share, rather than the blame falling on Tech companies. Ofcom - the body assigned to regulate big Tech firms – will have the power to fine companies £18m or 10% of

their worldwide turnover and even to block sites. In January, the government reached a deal in which Tech firm bosses who repeatedly fail to protect children, can face criminal charges.

However, we all know that children are at risk of a range of dangers when using the internet, including cyberbullying, online predators, dangerous viral trends and being bombarded with posts about self-harm. The father of Molly Russell - a schoolgirl who committed suicide after being bombarded by social media posts about self-harm – has criticised social media giants like Meta, Pinterest and Snapchat. Furthermore, Ruth Moss - whose daughter Sophie killed herself after viewing harmful online content - said *"As far as I'm concerned, where companies willfully break the law and put the lives of children like my daughter at risk, of course, senior managers*





should be criminally accountable. The consequences of non-compliance are life-changing for children like Sophie."

In January of this year, the NSPCC revealed that a YouGov poll showed that 81% of UK adults want senior Tech managers to be held legally responsible for stopping children from being harmed by social media. Furthermore, 66% of those surveyed supported the prosecution of bosses who fail to enforce key protective measures.

The Culture Secretary Michelle Donelan has repeatedly promised to strengthen protections for young people; in fact, 40,000 people signed an open letter to Ms Donelan requesting that the Online Harms Bill holds senior managers to account for the safety of children who use their sites. 15 year old Rachel who submitted the letter to Ms Donelan, stated that *"Far too much pressure is put on young people from such a young age to keep themselves safe online...too many children are exposed to content promoting self-harm and eating disorders. It's become a norm in our everyday lives...We need a Bill that is going to hold big tech firms accountable. Without it, young people are*

on their own. We've been on our own for so long online - and it's not working."

So what do you think? Do you agree with Rachel and feel that without the Online Harms Bill people our age are on our own? And do you think that the government's plans will have a positive impact? Or, are we fighting a losing battle when it comes to tackling the dark side of the internet?





WHY BASKETBALL IS BENEFICIAL

WRITTEN BY THEO BAILEY



Check out the playground at lunchtime and you will no doubt see an eager group of pupils huddled around the basketball net, aiming to score a basket. It's definitely a popular sport amongst Platanos College pupils. But what are the main benefits of basketball?

Physical activity: Basketball is a great way to get some exercise and stay active. Playing basketball involves running, jumping and quick movements, which can be a fun and challenging way to stay in shape. In fact, it's so fun that you end up getting keeping fit without even realising it!

Competition: Basketball is a competitive sport, so this in itself can be exciting and motivating. It doesn't really

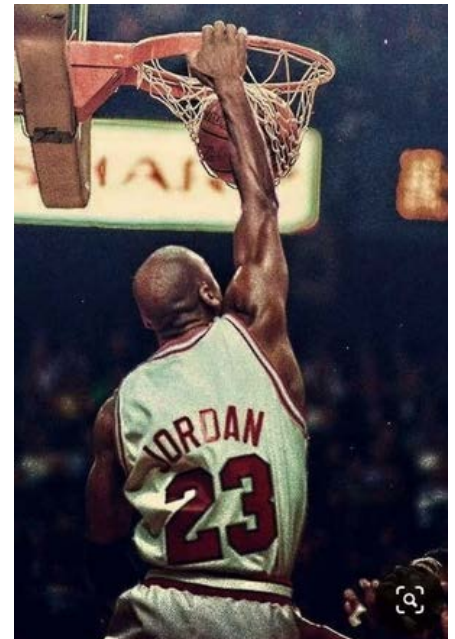
matter if you're playing amongst friends or in an actual League - a bit of healthy competition can be a huge motivator for pushing us to see what we can achieve. Afterall, attitude determines altitude *(Get it? Altitude...reaching the dizzy heights of the hoop...)*

Skills development: Basketball requires a variety of skills - passing, dribbling, shooting. Constantly trying to improve these skills can help you to progress in your game over time.

Social interaction: Basketball is often played with a team, which can provide a sense of community and social interaction. Playing with others can help you develop teamwork skills, make new friends and improve your communication skills.

Enjoyment: There is no doubt that basketball is a thrilling

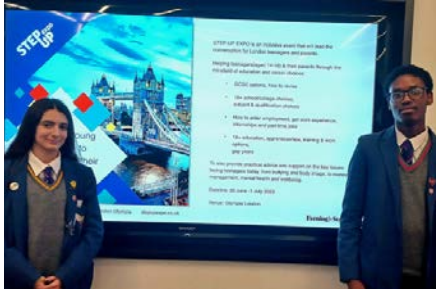
and enjoyable game. So why not give it a go? We'll be waiting for you on the basketball court!





STEP UP EXPO

WRITTEN BY UHUNOMA OBAYANGBONA



Recently, two members of the KS4 Newsletter team were invited to take part in the student forum set up by the Evening Standard Step Up Expo in partnership with Unifrog. We and some other students ranging from years 10 – 13 were presented with thought-provoking questions regarding our 16+ and 18+ choices and our general life choices.

The Step-Up Expo will be the UK's first Expo for teenage students which will be held between 30th of June and 1st of July later this year. The main objective of the Step-Up Expo is to provide students and parents with further insight into GCSEs choices and subsequent post-16 and post-18 choices. The Step Up Expo will also encompass information regarding

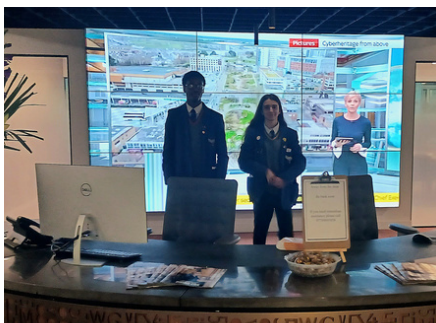
practical advice on paramount life skills such as money management, maintaining your health and well-being and advice about future life choices. The Expo will also comprise guest speakers such as Radio 1 DJ Jack Saunders, TV doctor Alex George, young environmentalists and many more.

We were presented with questions such as: *"Do you plan to switch to a different school or college after GCSEs?"* and *"What would you like to be doing at age 20?"* and even questions such as *"How much do you expect to be earning at age 25?"*. We also discussed what factors are involved in determining your financial and educational future, such as work experience and how work experience can be something as simple as babysitting.

We were interviewed by Unifrog, who asked us about our post-16 and post-18 choices...

The afternoon was topped off with a tour of the Evening Standard Newsroom, where we witnessed first-hand the process and the team that works behind the scenes to write articles that get published in the Evening Standard's publication.

By the end of our visit there, we felt that we had gained greater insight into the working environment and we look forward to potentially attending the Step-Up Expo in the summer.





INTERVIEW WITH MR JAMIESON

WRITTEN BY REGINA FONSECA



We interviewed trainee PE teacher Mr Jamieson who has competed nationally in Karate.

Have you always been interested in PE?

Mr Jamieson: I didn't get into PE until I was going to prepare for my GCSEs and my teachers told me that the things I learnt and did in karate were going to be useful for the GCSEs.

What was the first sport you ever played?

Mr Jamieson: My first ever sport was karate. From Year 2 I started because I had a friend who had opened up a karate club and I decided to go there for my birthday.

Did you face any obstacles during your PE journey?

Mr Jamieson: When I got into secondary school, that's when the obstacles started and also in Sixth Form. It was hard because I was competing internationally and I was also having to keep up with my school work.

What's your least favourite sport?

Mr Jamieson: I think my least favourite is football because I wasn't very good at it when I was younger. Also, when learning karate, you learn how to kick differently to how you do in football. Because of that, I had a hard time playing football.

Have you ever met anyone famous on your karate journey?

Mr Jamieson: I met KSI when I went to this place called OtherWorld. It had pods where you could go in and it had VR booths.

So if being a PE teacher has ever been of interest to you, why not speak with Mr Jamieson?





INTERVIEW WITH MR RIGBY

WRITTEN BY RUSHDA AHMAD AND CRYSTAL JOY AZZOPARDI



We interviewed Mr Rigby about his journey to becoming a Science teacher in the UK.

What did you want to be as a child?

Mr Rigby: As a child, growing up I always wanted to be a doctor and that's why I was motivated to work hard at Science and Maths. In secondary school, I went into the Science route and I was very successful in my exams.

Where are you from and what is it like?

Mr Rigby: I am from Guyana, which is the only English-speaking country in South America. We're part of the Caribbean, not geographically, but because of our association with Caribbean countries. We are said to be the land of six people; we have six different races, so it's a mixed culture. We have people of African, Indian, Portuguese and

Chinese descent, and native people called Amerindians, as well as those of European descent. It's a really rich and mixed culture. I really enjoy it as there's a variety of dishes and dress codes, as well as cultural events that you can take part in and that's what makes it interesting.

What made you decide to become a Science teacher?

Mr Rigby: Initially, I always hated teaching, because I looked at the way children would treat teachers and I said I didn't want to be in that position. However, I moved away from my hometown where I was born and I went to the country to live with my aunt where the only jobs you could do there were teaching, boat building, upholstery or agriculture. That's how I decided to teach. I started in primary school and I grew to love teaching. I then moved on to secondary teaching and as of now I am teaching Science and am enjoying it.

What courses did you take?

Mr Rigby: I did Science courses. I studied Biology, Chemistry, Physics, Spanish, Maths and Geography. I was successful at those subjects and we have a special college that trains you to be a teacher, so I went to that college where I did secondary training. I was taught to teach all three of the

Sciences. Then I went off to university and I did Biochemistry and from there I came to England and did my teacher training in London where I went back to university and did a degree in Science Methodology.

What is your Favourite subject and why?

Mr Rigby: I love all three of the Sciences as well as Maths, but my favourite subject is Chemistry because I love abstract thinking and it helps to build your creativity.

If you weren't a Science teacher, what other profession would you pick?

Mr Rigby: I really wanted to become a paediatrician and so if I hadn't become a Science teacher, I would've become a doctor.

What are the differences between education in England and Guyana?

Mr Rigby: We have the same curriculum, however the big difference is seen in the discipline of the children. Education is seen as the way out in my country. In England, it is not necessarily seen as the way out for children here as there are lots of other things to fall back on. But if you're not successful in your education in my country, it puts you at a great disadvantage.



INTERVIEW WITH MR KABAKA

WRITTEN BY SAMUEL CARDOSA FERNANDES AND INAYA ROSE

We interviewed Mr Kabaka about his journey to becoming a Science teacher at Platanos College.

Can you tell us about why you became a Science teacher?

Mr Kabaka: A few years after university, I was reflecting on my life and what I wanted to do with it; I concluded that I wanted to help people. I deeply believe that you cannot live a fulfilling life if you make it all about yourself. A part of your life has to be dedicated to service to others. Muhammad Ali said, *"service to others is the rent you pay for the room here on earth"*. So, when I thought about my skills and knowledge and how I can use them to help my community, teaching was a natural fit.

What route did you take to become a Science teacher?

Mr Kabaka: In 2017 I applied for the Science PGCE course at Goldsmiths University. At the time, a PGCE course was a one-year postgraduate programme that you could take to train to become a teacher. It involved studying Education at university while being placed in schools as a trainee teacher. I was placed at Platanos College as a trainee teacher in January 2018 and joined the school as a newly qualified teacher in September of that same year.

What are the pros and cons of being a Science teacher?

Mr Kabaka: In my very biased opinion, a pro to being a Science teacher is I get to teach the best subject in school. A lot of the cons to being a Science teacher are not specific to Science alone, but one con is that Science education is largely seen from the perspective of how it can benefit the economy. And while the economy is important, it's meant that a lot of what pupils learn in Science relates to the jobs/careers that they will be able to pursue afterwards. In my opinion, this has made learning Science not as fun and interesting for pupils as it could be.

What advice would you give to any pupils who are considering studying a Science-based subject at University?

Mr Kabaka: My advice is not specific to a Science-based



subject, but my first piece of advice is for a pupil to find the value in what they are learning, even the topics that they don't like. For example, while studying Electronic and Electrical Engineering at university, I found the lessons on Health and Safety dreadfully boring until I electrocuted myself in the lab; after that, I found value in the Health and Safety lessons!

My second piece of advice is there's no such thing as a painless lesson - they just don't exist. Learning is an inherently uncomfortable process because you are going beyond what you know and also, because sacrifices are necessary; you can't gain anything without losing something first. The best learners are those who make peace with this and accept that being uncomfortable is part of the process.





My last piece of advice is all the personal qualities you need to succeed in school, university, and life will not immediately manifest themselves when you need them to. For example, if you need to be more organised, you then need to practise being organised over a long period of time until it is no longer something you actively have to think about - it's just who are.

What is your view of the recent teacher strikes and how do you think they affect pupils?

Mr Kabaka: The teacher strikes have the potential to affect the pupils but what I try to remember is the purpose of the strikes. Because as things stand, the pupils are already affected. It's not just about pay - I think there is a misconception that the strikes are just about pay when really they're also about the conditions that so many schools across the country are in: class sizes being too big, not enough teachers, not enough resources for pupils. In fact, there are currently 400 schools in England without a Physics teacher. So, it's about more than just pay; the pupils are already being affected, so the teachers are striking to hopefully persuade the government to actually invest in education for our pupils.

Do you think if the strikes were to continue, the government will change conditions in the future?

Mr Kabaka: Well, the other day the nurses had to put a halt on

their strikes because the government decided to negotiate a better package for them. So, I am hopeful that the strikes will work; I don't know if they will work, but I am starting to see that a lot of other workers in other industries have paused their strikes because the organisations are actually coming together and deciding to negotiate something better. So I am hopeful that they work.

Wow, what an interesting interview! Mr Kabaka certainly has lots of wise advice to share with us all.





WHY ARE THE PERFORMING ARTS SO IMPORTANT FOR YOUNG PEOPLE?

WRITTEN BY SURI DAGI



We interviewed Ms Valmarana about the Performing Arts and how they benefit young people today.

What are the benefits of the Performing Arts?

Ms Valmarana: Significant to people of all ages, a thorough grounding in performing arts provides you with skills and tools that you can use throughout your life, both professionally and in navigating social situations. For example, if we are looking at careers, the vast majority of career pathways require you to be confident and competent in public speaking as you progress to the higher levels. Whether the job is in banking or sport, as you move up the ladder, you need to be able to make presentations and 'hold the room' with credence, inspiring respect and trust in the teams you manage.

I began my career in Education as an English

teacher, but over the years I have become more and more involved with Drama. This is because I know that Drama prepares you better than any other subject for the challenge of being able to confidently present to colleagues and clients.

There is also a wealth of career options within the Performing Arts sector, from acting to stage management, to lighting, design and broadcasting. The Arts and Culture industry contributes £10.8 billion a year to the UK economy. It is diverse, constantly evolving and offers many opportunities.

For some people though, the more significant benefits are to do with creativity and self-expression. The arts contribute greatly to our mental health. They often provide a necessary journey of self-discovery for teenagers at a time in your lives when you may feel less in control. When everything around you seems



to be changing, time spent involved in Drama, music, Dance or any other creative pursuit, provides the opportunity to assess not just what you see in the outside world, but in yourself. With Drama, it's often about having the freedom of trying on different personalities at a time in your life when you are exploring, inventing and reinventing your own identity, so it's really important.

Rightly, a lot of emphasis is put on Drama for early years children, but for KS4 pupils, the support and guidance provided through Performing Arts may be even more important. Certainly, it contributes greatly to your cultural capital, and what it provides you throughout your life can never be taken away from you.

What advice would you give to any KS4 pupils considering a career in the Performing Arts?

Ms Valmarana: Try to gain as



much practical experience as possible. London is the world capital for theatre, so you are in the fortunate position of living right next to the epicentre of Performing Arts. The National Youth Theatre is just one of over 200 theatres in London, and is only 3 tube stops away from Platanos College. They run a number of initiatives, including courses through the summer holidays that may suit you more than the weekly clubs which happen throughout the year.

Work experience is also a great opportunity to gain practical experience of your considered profession whilst building up a bank of evidence to demonstrate commitment to a future employer. Theatres such as The Old Vic in Waterloo have great work experience provision, but every place will have its own deadline for applications, so visit a range of theatre websites for key dates and processes early on to avoid disappointment.

You need to show and prove your independence, initiative, reliability and resilience, so do your research and join a Youth Theatre Group. A theatre we work with regularly is Southwark Playhouse. Based in Elephant & Castle, SP runs Saturday sessions for young actors. It's free to join and all they ask is that once you become part of a cast, you commit to every rehearsal. Gaining experience in

professional lighting and sound, devising and teamwork, alongside learning lines under strict time constraints puts you at a great advantage when going for interviews for your next steps.

When you go to auditions it's more than likely that you will need to prepare performances rehearsed from extracts provided, but you will also need to talk passionately about your involvement in the Performing Arts, so go to as much theatre as you can. At Platanos College we run theatre trips throughout the year, so if you are thinking of a career in the Performing Arts, it's always worthwhile registering this with myself or one of your Drama teachers so

that we can provide you with as many opportunities as possible to help you progress.

Thank you Ms Valmarana for the brilliant advice for anyone interested in the Performing Arts!





community corner

A CHEF'S WORLD

WRITTEN BY REGINA FONSECA

We interviewed Year 10 parent, Mr Fonseca about his career as a Chef.

What has being a chef taught you?

Mr Fonseca: When you're a chef, everyday you're learning something new. You never go a day without learning something.

Do you have any favourite dishes?

Mr Fonseca: My favourite dish on the menu has to be this one.



Do you have a least favourite dish?

Mr Fonseca: My least favourite is shrimp; I'm not much of a seafood person.

How did you get into cooking?

Mr Fonseca: At home, my mum would always cook for me and her food tastes so good and I think that's where it started. I always wanted to be able to cook like her and that

inspired me to become a chef. Later, I wanted to improve my skills, which is why I moved to London - to have a wider range of experiences and to learn more things.

What are the positive aspects of being a chef?

Mr Fonseca: I think the key positive aspect of being a chef is being able to make different dishes everyday and being able to be creative with the dishes.

What are the negative aspects of being a chef?

Mr Fonseca: One of the main negative aspects of being a chef is when it's almost closing time and a customer enters the restaurant! Also, when the client orders something but then asks for it to be changed; for example, a customer might order a well done steak and then change their mind and ask for a medium rare steak.

What's the hardest dish to make?

Mr Fonseca: I don't think there is one for me. When you're in the kitchen you make so many dishes that you get used to it. The first few days are difficult, but after getting used to it, it's all easy.

What are your opinions on school food?

Mr Fonseca: School food should be healthy for children and they should also have large enough portions to keep them sustained for the day.

Schools should offer healthy food for a balanced diet and also offer a range of food for all. Children need to eat well in order to grow and not having good food could affect them negatively, like not paying attention in class because they're hungry. To have nutritious food in school there need to be people who understand how the food and kitchen work, especially for young people who are learning in school.

So, would you fancy developing your culinary skills or maybe even pursuing a career as a chef? The world - as they say - is your oyster!





INTERVIEW WITH DAME ELIZABETH NNEKA ANIONWU

WRITTEN BY REGINA FONSECA



In January, a group of Year 10 pupils was thrilled to be given the opportunity to interview Professor Dame Elizabeth Nneka Anionwu, the UK's first specialist Sickle-Cell nurse. We were fascinated to hear about her life story and work in raising awareness of sickle-cell and helping to improve the outcomes for those living with the condition.

Chyna: *What inspired you to become a nurse?*

Professor Dame Elizabeth Nneka Anionwu: What inspired me to become a nurse was in fact my childhood. I was in a children's home for the first 9 years of my life. I used to suffer very badly from eczema and I had to go to the sick bay a lot to get my dressings changed. The main nurse was also a nun. She was the one I always wanted to see because the other nuns didn't know how to change my dressings properly. The one I used to like, she always dressed up in a white habit instead of the traditional black one, so I used to call her the white nun. She never caused me any pain when she changed my dressings - which the other nuns used to, though not deliberately. She used to use distraction therapy, which is a

way to take your mind off something whilst something possibly unpleasant is going to happen, and she would make jokes. I was small and I thought some of the words she used were quite rude and they made me laugh. As I laughed, she would take off the bandage and my dressings. It stuck to my skin which is why it would cause me pain if someone took it off really slowly. It is like taking off a plaster really slowly. That's why I liked this nun and I wanted to be like her. I didn't want to be a nun but when I heard she was a nurse, that's what I wanted to be.

Yasmin: *What obstacles did you face in your nursing career?*

Professor Dame Elizabeth Nneka Anionwu: The first obstacle I ever had was when I was 16 or 17 when I was actually trying to apply to study as a nurse. I was well educated and passed the exams to a good standard. I had the right qualifications to apply to be a student nurse but I didn't hear from the several teaching hospitals I applied to. I don't know why, but in those days they used to ask for the name of your father on the application form. At that point I didn't know my father. I didn't find my father until I was 25 and up to that age I had my mother's maiden name because I didn't know my father. So, to be asked for the name of your father - I had to leave it blank of course. That was the main obstacle. A school medical officer was very unhappy because he said I would make a very good nurse and he gave me the name of a hospital

and a reference and that's the one I trained as a nurse at.

Regina: *How did you first become interested in the field of sickle cell?*

Professor Dame Elizabeth Nneka Anionwu: I call it the 3 P's: they stand for Personal, Political and Professional. Let's talk about Professional first: as a health visitor in the early 1970s, I was working in Brent and part of the role was to visit families with small children and several families had children with sickle cell anaemia. I have never heard of this illness; I hadn't been taught about this and I was feeling very angry and embarrassed that I didn't know about it. I also found out that this was an issue that affected mainly the black community; it does affect the white community but nowhere near as much. And being a young black adult and being aware of my roots, (I had found my Nigerian father by that time), I became interested in issues that affected the black community. I realised this was a condition that was very important to our community. I remember I felt sheer embarrassment that I couldn't help one mother, which





led me to finding out more about it. What I discovered when I met my father was that I had a cousin with the illness, so that made it personal. And then when it comes to the political: I was becoming very interested in black issues that affected the black community, particularly in London, which was where I lived, and that affected their health. Learning about sickle cell really made me sit up and get more interested in it.

Ashlee: *You mention your father's cousin had sickle-cell. How does sickle-cell impact the lives of people with the condition?*

Professor Dame Elizabeth Nneka

Anionwu: I know a lot of people with sickle cell, because I was the first sickle cell nurse specialist in this country, way back in 1979. I would get to know those individuals in the area I worked in, which was Brent in North West London. Because I was the first sickle cell nurse specialist, I got asked to be interviewed on the radio and even on the television. So word got out within the communities affected by sickle cell. I was on a radio programme called Black Londoners; people tracked me down, desperately wanting information about the condition.

Suri: *What do you think the future of sickle cell will be like?*

Professor Dame Elizabeth Nneka

Anionwu: I think it's looking really good because in the last few years there have been several really good new treatments for the condition. But some people have actually been cured of the illness, which, when I was involved, wasn't the case. So that's giving hope to a lot of people that maybe their child or they themselves might actually be cured of the illness. But until that happens for more

people, at least the treatment is better. There are still problems of course. One of the many problems is severe pain that people can get, but there is now better treatment for the pain than there used to be, so things are definitely looking up.

Inaya: *What advice would you give any of our pupils who are interested in pursuing a career in nursing?*

Professor Dame Elizabeth Nneka

Anionwu: What I suggest is that they try to find out more about the real nursing, not just about what you see in programmes. You can find out a lot on the internet now so if they can do a search on videos about nursing in the UK, then that's a suggestion. People need to know what it actually is like to train as a nurse. Also, they can contact people who are nurses like family, friends or even volunteering in areas where they can meet nurses and learn a little bit more about nursing. And the reason I'm saying that is because people need to find out what it's like to train as a nurse and also the career opportunities once you've qualified as a nurse. That is where I think people will be pleasantly surprised. There's a huge range of jobs you can do once qualified - in the hospital, the community and in the travel industry.

Crystal: *How did you feel when you were awarded your CBE?*

Professor Dame Elizabeth Nneka

Anionwu: The CBE was the first of my awards. It was in 2001 and two-thirds of me was really happy and the other third of me wasn't too sure! The reason for that was the E at the end of these Honours CBE, DBE and so on, stands for Empire, but we don't have an Empire! We aren't supposed to

tell people when you are offered an Award but I told one of my friends. I had a chat with him and he said "*I know how you feel about the Empire thing but you should accept it and think about what, for you, CBE stands for, instead of Commander of the British Empire, for you it stands for Cool Black and Exceptional.*" I thought, "*Yeah, I like that!*"

Ali: *Who inspires you in life?*

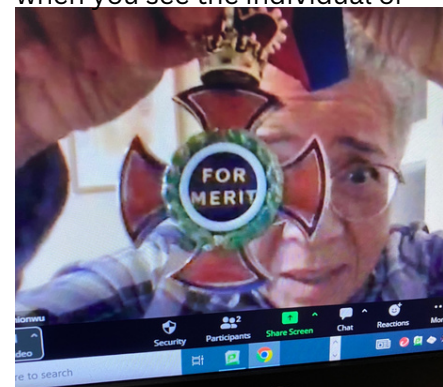
Professor Dame Elizabeth Nneka

Anionwu: There are many people who inspire me, but someone who constantly inspires me is Nelson Mandela. When I was young I read his speech that he gave when he was being tried for treason. He didn't know what his sentence was going to be when he gave his speech and at the end of it he said he didn't want to die, but he was prepared to die for his beliefs. I thought as a young adult how courageous that is to be prepared to die for your beliefs. There are lots of other people I admire, but he's someone who stands out for me, even today.

Uhunoma: *What's the most rewarding part of your work?*

Professor Dame Elizabeth Nneka

Anionwu: I've always liked it when you listen to what your patient is concerned about and you manage to find the answer or the care they are looking for. So, when you see the individual or





family, they start off the session looking like very anxious people and really scared about the illness and situation they are in. By the time the meeting is finished they have changed from this despair and look much more hopeful and relaxed about their situation. That's what gives me the most pleasure.

Yasmin: *What's your opinion on the current nurses' strikes?*

Professor Dame Elizabeth Nneka Anionwu: I understand why nurses want a strike and when I was a nurse I was a member of a trade union. I support the trade unions and I'm very interested in history. I've seen how the trade unions have helped the working class. Nurses can't carry on being treated the way they are being treated by the government. It is the government that is really stopping the ability to pay nurses more than they are at the moment. I'm very much in support of the nurses.

Yasmin: *Did not having your dad at a young age impact your life?*

Professor Dame Elizabeth Nneka Anionwu: I think what it did was that I didn't have a male role model in my family life in the form of a father figure. It affected me psychologically; because I didn't grow up with a male father figure, I was scared of men actually. I never had that and so it took me a long time to feel confident and comfortable with men. That's the main thing that affected me.

Ashlee: *Was there ever a moment in your life you wanted to give up with your career?*

Professor Dame Elizabeth Nneka Anionwu: Not that many but there were a few. The one I remember the most is when I was a Student Midwife when I was studying in Scotland. There was this horrible

midwife - now that I think about it, she was like the teacher in Matilda. Whilst most of the staff were fine, there was this horrible one. However, the matron stopped me in the corridor and asked me *"why aren't you smiling the way you usually smile?"* I burst into tears; I couldn't believe that someone so senior could be that nice to me. And I told her about the issue and what was going on and she sorted it out for me.

Ashlee: *How did you find your father?*

Professor Dame Elizabeth Nneka Anionwu: I didn't know my father and I always had my mum's maiden name. I didn't even know the name of my father because no one talked about him. My mother had become pregnant with me at a young age and had gained a scholarship to study at Cambridge. She left in her 2nd year when she became pregnant - remember this was after WW2 and she was pregnant with a mixed-race child. One day, I asked my mum about my dad and

she told me about him. I didn't know any Nigerian people then, but I knew this gentleman from Sierra Leone who was also a lawyer, so I asked him if he could find out where the name Anionwu is from and what part of Nigeria it's from. That was on a Monday evening and then to my utter surprise on the Wednesday morning he said *"I've spoken to your father."* After I found my father, I had the most incredible relationship with him, it really worked out. It made me feel whole.

Wow! What an inspirational role model Professor Dame Elizabeth Nneka Anionwu is! What can you take away from her interview with us?



The Evolution of Entertainment

ENTERTAINMENT FROM 1900 TO 2023

WRITTEN BY CRYSTAL JOY AZZOPARDI

1904-

The London Symphony Orchestra became London's first permanent salaried orchestra.

1910s-

The theatre was popular, with opera, musicals and ballet being key forms of entertainment.

1930s-

Cinemas were popular. By 1939 there were 4,776 cinemas in Britain.



1941-

Vera Lynn sang to workers during lunchtime concerts at a munitions factory.

1950s-

People liked to read, knit and garden. Families played board games like Monopoly.



Late 1950s-

Yo-yos, 3D spectacles, I-spy books and hula-hooping were all the craze.

1962-

The first video game was created.

23rd November 1963-

The first episode of Doctor Who aired.

1908-

London held its first Summer Olympics.



1922-

The radio (or wireless) was established in England, broadcasting into people's homes.

1940s-

Dancing was a popular pastime during the war.

1948-

London hosted the Olympics again.

Mid 1950s to 1960s-

Rock began to emerge in England, with the rise of The Beatles who had a huge impact on people's political views.

1960s-

Cassettes, video games, comics, sports, festivals and concerts were popular forms of entertainment.

Septemeber 1963-

The Cindy dolls were launched.



1967-

The year of the first colour channel (BBC2).



1980s-

Pac-Man and Donkey Kong among other games were played in arcades.

1993-

The internet began to be used.



1997-

The first social media platform, Bolt and Six Degrees, was formed for people to interact online.

2003-

The iPod was introduced worldwide.

2000s and 2010s-

Brought streaming websites for everyone to watch shows without waiting every week for a new episodes.



2012-

London held the Olympics.

Today-

Reality TV is a huge revenue-earner for the Entertainment Industry.

1966-

The World Cup was held in England.

1970s-

Roller disco parties were a popular phenomenon.



1987-

The first 3D video game was made.

1994-

The National Lottery was established.

2000s-

Hip-Hop dominated the music industry.

February 2004-

Facebook was formed.



2010s-

Brought new franchises such as The Marvel Cinematic Universe.



August 2014/ 2016-

Musical.ly was formed in August 2014 and was rebranded as Tik Tok in 2016.



OSCARS "OH MY!" MOMENTS

WRITTEN BY UHUNOMA OBAYANGBONA



The Oscars: a celebration of outstanding feats in the film industry. The Oscars are comprised of 24 different categories that merit the works in the film industry of the past year. However, since its inception in 1929, the Oscars have been riddled with all sorts of controversies.

One of the biggest controversies in Oscars history was when American Indian, Sacheen Littlefeather appeared on stage to speak on behalf of winner Marlon Brando in 1973. Brando had asked Littlefeather to reject



Sacheen Littlefeather

his Academy award for his role in *The Godfather* in 1972. Sacheen stood before a primarily white audience to tell them that Brando wouldn't be accepting the reward due to his disgust at *"the treatment of American Indians today by the film industry."* However, Littlefeather received a hostile reception, with "boos" being yelled at her. Even famous actors such as John Wayne tried to besiege the stage during the speech. After nearly 50 years, Sacheen received a formal apology by the Academy. This episode served to expose the subtle institutional racism interlaced with the Oscars and highlights the shortcomings of the Oscars, as in the words of Littlefeather *"it has only been 50 years"*.

Another, more recent contentious episode occurred during the 2022 Oscar ceremony. It all started when host Chris Rock made a disparaging comment regarding Jada Pinkett Smith who suffers from alopecia, a condition in which the immune system attacks hair follicles. After initially seeming to laugh along with the joke, Will Smith then proceeded to storm on stage and slap Chris Rock and yell expletives at the shocked Host. Shortly afterwards, Smith was invited to the stage after winning Best Actor for his



role in *King Richard*. During his acceptance speech, Smith apologised to the Academy for his inappropriate conduct but refrained from issuing an apology directly to Rock. Smith consequently received a 10-year ban by the Academy, but many were shocked that he was comforted by other celebrities whilst Rock was not, and that the Academy seemingly condoned violence by allowing him to remain at the venue. Jim Carrey stated that he was *"sickened by the standing ovation"* that Smith received during his acceptance speech and would have had him removed. However, some people supported Smith's actions with actors such as Tiffany Haddish stating that he did *"what a man was supposed to do"*. The whole saga served to further exemplify the shortcomings of the Academy, as after an overt display of physical abuse, Smith was allowed to go back onto the stage to accept his award.

Over the past few years, the

controversy. A lack of diversity is clear as minority communities remain largely underrepresented.

Furthermore, if a member from an ethnic minority group wins an award, it is often for acting out stereotypical portrayals.

But, are there signs that the Oscars is making progress in representation? Well, let's reflect on the most recent Oscars ceremony held in March...

Ke Huy Quan, who was a childhood star in epic '80s movies *The Goonies* and *Indiana Jones and the Temple of Doom*, won the Oscar for Best Supporting Actor. A delighted Quan—who fled Vietnam in 1978—said, *"My journey started on a boat. I spent a year in a refugee camp, and somehow, I ended up here on Hollywood's biggest stage. Stories like this only happen in the movies."*



Ke Huy Quan

Navalny won Best Documentary Feature, with Director Daniel Roher stating that *"he was dedicating the award "to not only all political prisoners around the world" but to the subject of the film (imprisoned opposition to the Russian regime, Alexei Navalny). He promised "the world has not forgotten your vital message to us all. We cannot, must not be afraid to oppose dictators and authoritarianism wherever it rears its head."* Navalny's wife went on to state, *"My husband is in prison just for telling the truth and defending democracy."*

The winner of Best Live Action short film, *An Irish Goodbye*, stars an actor with Down's Syndrome – the first ever to win an Oscar. The directors even used some of their limited acceptance speech time to sing James Martin Happy Birthday! His father, Ivan Martin said: *"It's an amazing feat. It's something that nobody can ever take away from him. When you're the first to do anything, it's there for life and that's how it is with him."*

Michelle Yeoh won the Oscar for Best Actress; she is the first Asian woman to have done so and only the second woman of colour (after Halle Berry). Not only this, but as a 60 year old woman, Yeoh had somehow overcome the stigma that often befalls older women in Hollywood. In her acceptance speech, she stated *"This is a beacon of hope and possibilities. This is proof that dreams do come true. And ladies, don't let anybody tell you [that] you are ever passed your prime."*

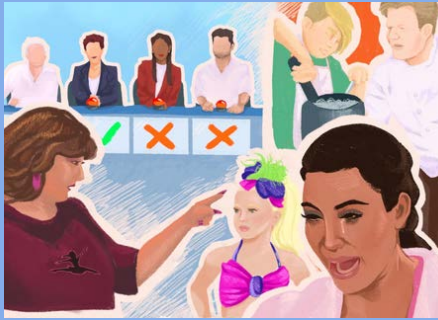
So, maybe Hollywood and the Oscars are starting to make positive changes when it comes to representation, inclusion and upholding the moral values that they expound in the movies.



James Martin

THE DARK SIDE OF REALITY TV

WRITTEN BY MELANIA SKOTARENKO-SPICER



We all know of Reality TV... Most of the time you may hear about the petty drama or scandals that seem to happen frequently - but beneath the shiny, appealing exterior lies an iceberg of horror, manipulation and exploitation. So, let's check out what lies beneath...



Layer 1

We've all likely heard of the Kardashians, the celebrity family best known for appearing on the TV series Keeping up with the Kardashians (KUWTK). The show first aired in 2007 and ran on until 2021 (reaching its 20th Season). KUWTK's premise was to document the privileged lives of the 'Kardashian Jenner clan' - mostly involving family arguments or relationship drama. Many have criticised the unhealthy beauty

standards promoted by the family towards their young and impressionable audience. For instance, Kim Kardashian has promoted dangerous weight loss products and has been accused of making teens feel insecure for not having the proportions of a Barbie doll. The surface layer of reality TV can mask the promotion of dangerous products and unrealistic beauty standards that fans are bombarded with through their screens.



Layer 2.

And what about if we delve deeper? Let's take Love Island, the British dating show that first aired in 2015. The premise is that a group of young adults join together, trapped in a luxury villa, in the hopes of finding a relationship. Whilst this show may seem entertaining, there has been concern in recent years regarding its impact on the mental health of contestants and some viewers. More and

more information, interviews and articles have been coming out from former contestants calling the show out for not revealing what really happens behind the scenes. Since Love Island is an incredibly popular TV series, many fans will engage with the contestants on their social media pages, sending their support, but also criticism. These comments can be hateful in many different ways, which has impacted the lives of the former contestants. Such trolling has tragically contributed towards the suicide of four people associated with the show. Even now, those who have gone on the show have struggled a lot with their mental state declining and suffering. So, beneath the glossy exterior, the trolling of Reality TV contestants can be a cruel and vicious tool with which to harm them.

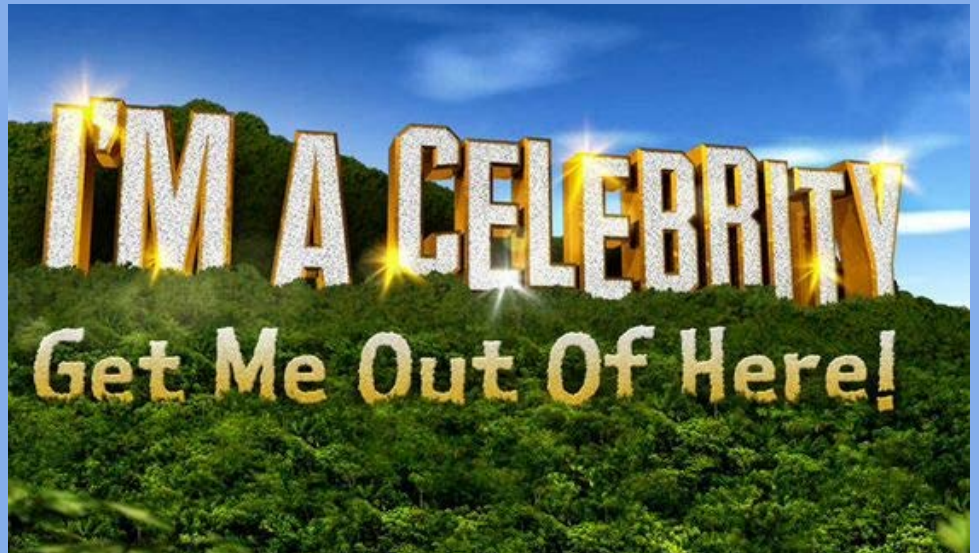


Layer 3

A really contentious issue when it comes to Reality TV, is

the featuring of children in such shows as Dance Moms, which is about the training and careers of young dancers ranging from 6 to 16. Based in Pennsylvania, members of the Abbey Lee Dance Company attend weekly dance competitions across America to compete against other companies, in the hope of winning awards and titles. The show did highlight how the competition caused a lot of pressure on the girls and how being exposed to TV early on in life could affect their mental health. Furthermore, the money-generating drama that would occur between mothers and the dance teacher sometimes led to actual physical fights – all within view of the children. More concerning perhaps, is that scripting of the show would include criticism of the children themselves. At what point does featuring children in Reality TV constitute child exploitation?

So, next time you watch your fave Reality TV show, try to look beneath the glossy exterior and ask yourself, what impact on mental health does this show have? And whilst many would argue that those who choose to enter the world of Reality TV should also be strong enough to deal with the negativity that accompanies it, can we ever justify exploiting children for entertainment? What do you think?



CHAT SHOWS: MORE HARM THAN GOOD?

WRITTEN BY REGINA FONSECA

In the 1990s, chat shows like Ricky Lake and Jerry Springer were hugely popular. The shows claimed to offer help to members of the public and drew in large audiences. Often, viewers were enticed by the controversial issues being discussed and the dysfunctional relationships that were exposed.

However, many argue that such chat shows are purely exploitative, taking advantage of people who may be vulnerable for the sake of our entertainment. Furthermore, there have been accusations of abuse and harassment associated with chat shows; so, behind the friendly and seemingly helpful façade that chat show hosts beam through our TV screens, is there something more ominous going on?

You may have heard of Ellen DeGeneres; her show raked in millions of dollars in revenue and attracted big-name movie

and music stars. Ellen was a popular host, with a friendly demeanour and charisma on set. However, in July 2020, a former employee of the show accused DeGeneres of a "toxic" on-set atmosphere of "racism, fear, and intimidation". This was not the only complaint made; one former employee alleged that he was fired from the show for setting up a GoFundMe page to cover medical costs that the workplace health insurance did not cover.



Comedian Kevin T. Porter

Comedian Kevin T. Porter announced on Twitter that DeGeneres was "notoriously one of the meanest people alive." He then went on to urge people to share their experiences of her behaviour, promising to donate \$2 to the Los Angeles Food Bank for each post. This led to the thread going viral, with DeGeneres releasing a statement promising to "correct the issues" going forward...On day one of our

show, I told everyone in our first meeting that 'The Ellen DeGeneres Show' would be a place of happiness -- no one would ever raise their voice, and everyone would be treated with respect. Obviously, something changed, and I am disappointed to learn that this has not been the case. And for that, I am sorry. Anyone who knows me knows it's the opposite of what I believe and what I hoped for our show."



Dr Phil

You may also be aware of Dr Phil, whose show started in 2002 and covers a vast range of topics including weight loss, financial planning, grief, dysfunctional families, marriage counselling, rebellious teenagers and support for charitable causes.

Dr.Phil would often send 'troubled teens' to a place called 'Turn-About Ranch' in order for them to get the help



Ellen DeGeneres

that they need. However, later, one of these teens, Hannah Archuleta, claimed she had been assaulted soon after arriving at the ranch: *"At the ranch, I was alone and isolated from all of my family."*

Following a further incident, Archuleta decided to report her abuse to a female staff member, but was accused of lying. She said that the other forms of abuse she faced consisted of being forced to face a wall, shovel manure for hours, being left outside in terribly cold temperatures and forced to sleep on a wooden plank.

Later, another guest on the Dr Phil show, Danielle Bregoli claimed that she was instructed to act in a way that would attract TV audiences, including kicking and screaming.



Jeremy Kyle

Closer to home, you may well have heard of the Jeremy Kyle show, which ran from 2005 to 2019. Kyle was notorious for shouting at his guests and being both blunt and rude to them; this approach however,

seemed to attract viewing figures on daytime TV. But, on 9th May 2019, police found a man dead at an address in Portsmouth. The man - 63-year-old Steve Dymond - had been a guest on an episode of The Jeremy Kyle Show that had been filmed a week before his death but had not yet been aired. After taking a polygraph test (which he failed), Dymond was accused by Kyle of being a *"serial liar."* The ordeal of being humiliated on national TV seemed to be the main factor in Dymond's decision to take his own life.

Later, ITV stated that *"Given the seriousness of this event, ITV has also decided to suspend both filming and broadcasting of The Jeremy Kyle Show with immediate effect in order to give it time to conduct a review of this episode of the show and we cannot comment further until this review is completed."*

Following widespread calls for the show to be permanently taken off air, Chief Executive Carolyn McCall announced that the programme was being cancelled.

With the rise in 'normal' everyday people appearing on chat shows and Reality TV, the duty of care that TV bosses have to ensure the well-being of their guests and contestants has been in the spotlight in recent years. Some high-profile deaths, including that of former Love Island

Presenter Caroline Flack, have caused people to question whether the darker side of TV shows is promoted at the expense of individuals' well-being and health. And if that's the case, are we viewers partly to blame for expecting more drama and controversy?



Carolyn McCall



Caroline Flack

IS REALITY TV A PLACE FOR POLITICIANS?

WRITTEN BY CRYSTAL JOY AZZOPARDI



Matt Hancock

In late 2022, Matt Hancock, former Secretary of State of Health and Social Care (2018 to 2021), decided to participate in *'I'm A Celebrity Get Me Out Of Here'*. His decision to appear on the Reality TV show was widely ridiculed and criticised, with many of his constituents angered that he would not be fulfilling his role as MP during that period. However, he isn't the only example of a politician appearing on Reality TV – past appearances include George Galloway in 2006 and Nadine Dorries in 2012. The question is, is it ever appropriate for a politician to be televised for entertainment?

In Hancock's case, he had been the Secretary of Health

during the Covid pandemic and many were critical of the legacy he had left. He received further criticism when news of his extra-marital affair broke and he was pictured with his mistress during a time when all UK households were being instructed to stay at home to save lives and protect the NHS.

A latecomer to the jungle, Hancock's arrival was a shock to his fellow campmates. The singer Boy George said he felt guilty *"sitting here like I'm having fun with him"* as he hadn't been able to sit with his own mother during the pandemic when he *"thought she was going to die."* Similarly, the comedian Babatunde Aleshe said he struggled to put aside negative feelings about Hancock *"because of the many people whose lives have been affected"*.

When questioned by the other campmates, Hancock claimed that he wanted the public to see the *"real"* him and was hoping for *"forgiveness"*. In addition, he stated his intention to use his platform of Reality TV to engage a new audience who might not otherwise be interested in Politics; he particularly wanted to raise awareness of dyslexia.

Hancock said appearing on *I'm A Celebrity Get Me Out Of Here* was *"a great opportunity to talk directly to people who aren't always interested in politics, even if they care very much about how our country's run."*

So, what do you think? Should Politics and Entertainment be completely separate? Or, are there advantages to merging the two?



Boy George



Babatunde Aleshe

NETFLIX'S HARRY AND MEGHAN

WRITTEN BY CHYNA-CHAE QUAIN-BROWN



It is well known that since first meeting in 2016, Harry and Meghan's relationship with members of the Royal Household and with the media has been full of controversy and tension. In December of last year, the documentary series *Harry & Meghan*, aired on Netflix in the UK. Highly anticipated, it covered subjects like the British Media, the Royal Family and mental health. The first three episodes of *Harry & Meghan* saw 81.55m viewing hours globally, with Netflix stating this was *"the highest view hours of any documentary title in a premiere week"*. Did you know that over 28 million households watched at least some of the series?

In the documentary, Harry and Meghan delve into detail about their relationship with the British Press. From the

beginning of the couple's relationship, Meghan Markle was harassed by the media, a so-called *"rite of passage"* for women joining the British Royal family. Meghan, her mother and even some of her friends would be followed and stalked by the Press. In the series, Harry states his fears that history would repeat itself – a reference to the tragic and untimely death of his mother following a high-speed pursuit by paparazzi. Indeed, Harry states that *"the majority of [his] memories are of being swarmed by paparazzi."*

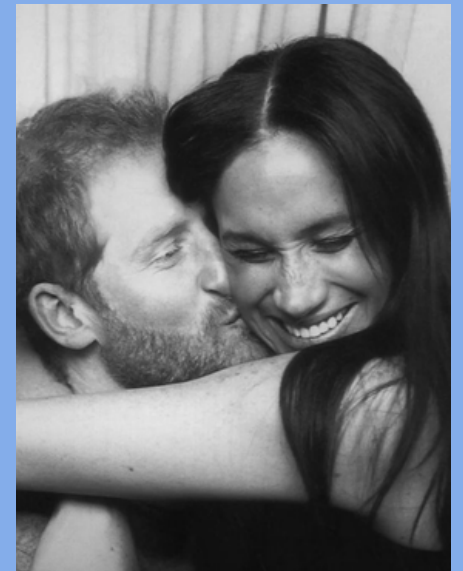
You may recall that the couple decided to withdraw from their Royal titles in January 2020. This caused much controversy and criticism at the time, with many people believing the decision to be Meghan's idea. However, Harry contradicted this, stating that it was *"predictable that the woman is to be blamed for the decision of a couple. In fact, it was my decision."*

More sinister claims are discussed in the series, including Meghan recalling her first death threat and the deliberate leaking of sensitive stories to the Press.

However, critics of the couple have argued that they have profitted hugely from their

fame and names, whilst simultaneously trying to back away from their roles and responsibilities. A spokesperson for the couple has stated that *"The Duke and Duchess have never cited privacy as the reason for stepping back...This distorted narrative was intended to trap the couple into silence ... They are choosing to share their story, on their terms, and yet the tabloid media has created an entirely untrue narrative that permeates press coverage and public opinion. The facts are right in front of them."*

With the recent publication of *Spare*, it will be interesting to see how Harry and Meghan's relationship with Senior Royals, the Press and of course, the British public, changes over time.



HEIR OR SPARE?

WRITTEN BY CHYNA-CHAE QUAIN-BROWN



You will no doubt have heard about the controversy surrounding the release of Prince Harry's autobiography, *Spare*, earlier this year.

The Duke of Sussex said that he was writing this book, "*not as the prince I was born but as the man I have become*." So what is all the fuss about?

Spare sold an astounding 1.4 million English-Language copies in the UK, US and Canada on its release day. Shortly before the book's release, the documentary *Harry & Meghan* detailed the couple's troubles with the Royal Family and their tensions with the British media. The documentary was widely criticised, with many arguing that it was self-serving as well as insulting to the late Queen and Duke of Edinburgh.

Others supported the couple, saying that they were left unsupported by Senior Royals.

In *Spare*, Harry details his views on a number of contentious issues, including begging his father King Charles, not to marry the now Queen Consort, Camilla. He also reveals the conflict between himself and other Senior Royals, regarding his wife Meghan and the future of their roles and responsibilities.

Many people have criticised Harry's decision to release his memoir, with one of the most widely critiqued parts of it being the revelation that he killed 25 members of the Taliban when he was stationed in Afghanistan; some have argued that Harry's boast has jeopardised the lives of soldiers currently serving in the army as well as having the potential to catalyse a national security threat to the UK.

Former Royal Correspondent Jennie Bond has expressed support for Harry, stating "*There are parts like that which I have a great deal of sympathy with,*" whilst Piers Morgan scathingly tweeted that *Spare* is "*even more salacious in its deeply intrusive revelations about the Royal Family than you can possibly imagine.*"



Here are some key topics that Harry discusses in *Spare*. What is your opinion on each of these revelations?

King Charles's lack of emotion in revealing to Harry the death of his mother, Diana Princess of Wales: "What I do remember with startling clarity is that I didn't cry. Not one tear. Pa didn't hug me. He wasn't great at showing emotions under normal circumstances, how could he be expected to show them in such a crisis? But his hand did fall once more on my knee and he said: It's going to be OK. That was quite a lot for him. Fatherly, hopeful, kind. And so very untrue."

Prince William's anger that the Royal Family had leaked personal stories to the Press: "Pa and Camilla's people had planted a story or stories about him, and Kate, and the kids, and he wasn't going to

take it any more. Give Pa and Camilla an inch, he said, they take a mile.”

Harry's revelation that he killed members of the Taliban: “While in the heat of combat, I didn’t think of those 25 as people. You can’t kill people if you think of them as people. They were chess pieces removed from the board, Bads taken away before they could kill Goods.

Harry's claim that his father refused to continue to financially support his family because he was concerned about Meghan Markle's popularity: “Pa might have dreaded the rising cost of maintaining us, but what he really couldn’t stomach was someone new dominating the monarchy, grabbing the limelight, someone shiny and new coming in and overshadowing him.”

In Spare, Harry states: “I love my Mother Country, and I love my family, and I always will...I just wish, at the second-darkest moment of my life, they’d both been there for me.”

So, what do you think? Have Harry and Meghan been treated poorly by the Royal Family and the British public? Or have they used various forms of media and entertainment to play the parts of professional victims? And what will be the future for the Sussexes? Time – and History – will tell.



ESCAPING INTO ENTERTAINMENT

WRITTEN BY SOPHIA MARTINS

We all know what it's like to want to escape from our daily routines and challenges; sometimes, you need to give yourself time to relax and recuperate. Here are some of the ways in which entertainment can help our wellbeing...

Music

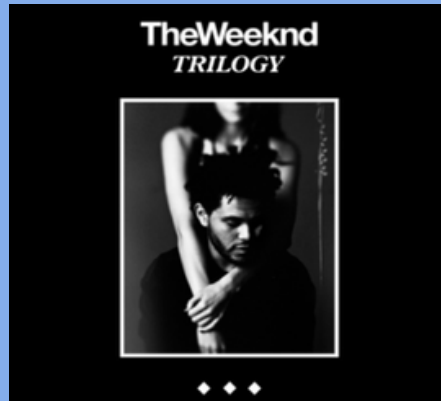
Music has to be one of the most used outlets when wanting a safe space or even a sanctuary.



Music creates connections between people, calms us down when we're nervous or angry, 'heals' us, and allows us to forget about our problems. Did you know that listening to music can release dopamine, which is a chemical that induces happiness?

According to Healthline, music has further benefits, including:

- Uniting communities (e.g.) singing national anthems at sporting fixtures
- Lowering anxiety



- Making us want to move more – thereby improving heart health
- Releasing serotonin and other hormones associated with immunity
- Helping to boost memory

We asked Platanos College pupils who their favourite music artists are and why; there are some of their responses:

"My favourite music artist is the band Queen because they have been a comfort to me for over 2 years now."

"Bruno Mars because he makes good music that feels like liquid gold."

"Courtney Love because her music is very unique and easy to listen to."

"Red Velvet because their discography contains every concept you can think of. They don't really have any bad songs either, the group

members have great personalities and they have amazing vocals too"



Sport

We all know that Sport is an extremely popular choice of entertainment all over the world, amongst all ages. Last year the FIFA World Cup 2022 showed us how countries worldwide can be brought together, with fans chanting proudly in support of their country.

Did you know that a study by the University of Chicago found that watching sports and engaging with fan sites and activities, helps to improve the neural connections in the brain? This is thought to be because tracking players' performances and comparing results and statistics, helps to work out the brain, keeping it alert!

So, what other benefits are there to watching sports as a form of entertainment?

- Being part of a team can boost our wellbeing and self-esteem
- Being part of a larger fan base can help us feel that we belong to a wider community
- Reducing stress by helping us to escape from normal responsibilities for a while.



Movies

Did you know that UCL's Department of Experimental Psychology (Division of Psychology and Language Sciences) and Vue Entertainment, found a correlation between watching a film our brain function, social connections, productivity and creativity?

Using questionnaires and biometric devices (similar to a Fitbit), the Study found that the heart rates of audience members were elevated during the 2-hour movie – despite the fact that they were sitting still. In fact, for approximately 40 minutes of the screening, their heart rates were recorded as between 40-80% of their maximum heart rate. This is exactly what the British Heart Foundation calls the '*healthy heart zone*'.

According to Professor Devlin, "*the peaks of physiological activity*" indicate "*a strong emotional response from the audience.*"

So what are other benefits of movie-watching?

- Creating a sense of shared social purpose, in watching a movie with other people.
- Providing a space (through cinemas) for us to immerse ourselves in one activity, rather than constantly trying to multi-task.

You probably enjoy at least one of the entertainment forms above. But did you know just how much your mind and body were benefitting from them?



DRAMA: MORE THAN JUST ENTERTAINMENT?

WRITTEN BY SURI DAGI

Do you enjoy Drama? What is the value of it as a subject? Is it just for those who want to become actors in the future?

Drama allows us to escape from reality and live someone else's life for a period of time. Changing the entire way your mind works to become an entirely new person, can be exciting and riveting! However, it can also be very challenging, especially if the character being played goes against your own morals or is simply the polar opposite of you as a person.

But acting isn't just about pretending to be another person; it's about experiencing and empathising with many complex emotions in order to become your character. You have to put aside your actual personality and form that emotional connection with your character's personality. Through this process, we can build an awareness of how to utilise our voices and bodies, in order to best portray the character we are playing.

Drama is the perfect channel for us to explore emotions that we don't usually come face to face with every day. Indeed, the sense of knowing you can be a whole different person and escape from your own reality for a while, can be



extremely therapeutic. There is freedom of expression in undertaking a role - you become wrapped up in a world of imagination that is totally different to your own reality!

But where did Drama originate from?

The early origins of Drama come from Athens, where hymns called 'dithyrambs' were sung. These were later adapted for choral processions, with participants dressing up in costumes and masks. The term 'Drama' means 'to do' or 'to act' in Greek.

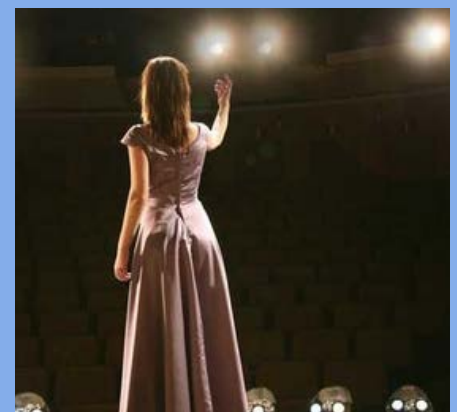
Throughout the centuries, Drama has had a massive impact on society. In Shakespearean England, the theatre was a key form of entertainment and socialisation for people, with audiences getting actively involved in the action.

In Europe, 18th and 19th century drama wasn't as diverse as modern day drama; this was because the classes

were still very much divided and therefore most plays were written for middle audience.

Nowadays, our very own capital city has its own thriving theatre spots, including the Old Vic and Royal Haymarket.

But, what other value does Drama have aside from being a form of entertainment? Well, many of us who love Drama believe that it can have a positive impact on mental health. In fact, did you know that Drama therapy has been proven to reduce symptoms of social anxiety? It also enables people to build their confidence by performing in front of other people. Drama can also be anxiety-relieving and enable us to explore thoughts and feelings without fear of judgement. Many shy and reserved people also find that Drama gives them the opportunity to venture out of their comfort zone. There is little doubt that Drama has a range of benefits - how about you give it a go?



WHAT ARE YEAR 10 PUPILS' FAVOURITE FORM OF ENTERTAINMENT AND WHY?

WRITTEN BY VIRTUOUS DANZARIA AND ASHLEE KAMAGATE

Inaya: *"I like listening to music because I find it really therapeutic for me and as well as it being enjoyable"*

Aisha: *"I like watching Netflix and other streaming services because they keep me occupied."*

Samuel: *"My favourite form of entertainment is mainly watching and playing football because it's something I really enjoy."*

Mariama: *"I like watching films because they offer something for everyone."*

Abdullah: *"I like watching football matches - it's a thrilling sport."*

Regina: *"Listening to music has to be one of my favourite forms of entertainment because it's really relaxing and it's been proved that listening to music can reduce anxiety as well as improve your mental alertness."*

What about you? Which of the above do you most enjoy? Which ones might take you out of your comfort zone?

Year 10's favourite Entertainment past times

Video Games

Movies

Art/Art Exhibits

Shopping

Amusement Parks

Theatre

Watching and participating in Sports

Social Media

Reading

Social Interactions

Festivals

Concerts

HISTORY OF ART

WRITTEN BY MELANIA SKOTARENKO-SPICER



Romanesque 1000 – 1150

It was characterised by a vigorous style in both painting and sculpture.



Renaissance 1495 – 1527

Subjects grew from mostly Biblical scenes to include portraits, episodes from Classical religion and events from contemporary life.



Rococo 1720 – 1760

Uses soft colours and curvy lines, and depicts scenes of love, nature and youth.

Art has long been a hobby, whether it is being admired, shown or you're creating your own work. But, how has art evolved in Europe?



Gothic 1140 – 1600

It is characterised by mystery, horror, and gloom



Baroque 1600 – 1725

The style is dramatic and exaggerated



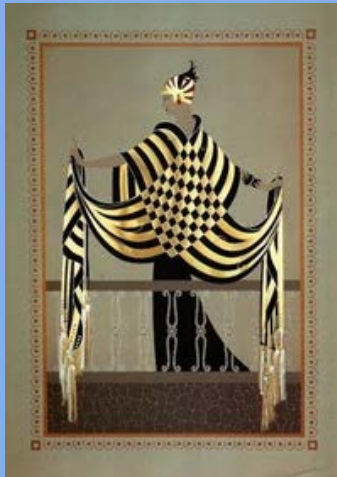
Romanticism 1800 – 1850

An interest in human psychology, feelings and the natural world.



Impressionism 1870 – 1900

Uses small, visible brushstrokes.



Art deco 1920 - 1935

Uses rich colours and bold geometry.



Minimalism 1960 - 1975

An extreme type of abstract art that shows simplistic shapes and hard edges.



Realism 1840 – 1870

An accurate and unembellished depiction of nature or of contemporary life.



Cubism 1905 - 1939

Revolutionary approach to representing reality.



Pop Art 1956 - 1967

A deconstruction of images seen in popular culture.



Contemporary 1978 - now

Today's artists work in and respond to a global environment that is culturally diverse and technologically advanced.

JUST A GAME?

WRITTEN BY KHIMON FRIDAY

Many of us enjoy gaming in our free time – it can relax us, promote a healthy competitive spirit and help us to develop skills like hand-eye co-ordination. Gaming also enables us to connect with others – but, beware of the people you meet when gaming!

Did you know that criminals can hack the device you are playing and even virtually let themselves into your home? Did you know that the World Health Organisation actually classes excessive video game play as an actual health disorder? But why? Well, here are some of the risks of gaming:

- Reduced motivation to do anything else
- Poor mental health
- Social disconnection
- Exposure to toxic gaming environments

But there is also a more sinister aspect to gaming – and this takes the form of criminals who intend to do

harm to others. Almost a decade ago, a young man called Breck Bednar got stabbed by Lewis Daynes, who is currently serving 25 years in prison.

Daynes and Bednar had met virtually whilst gaming. Bednar's mother Lorin said that her son had been invited to join an online gaming group by his friends. The person who ran this group was someone none of them had ever met and who claimed to be a 17-year old Computer Engineer. Over time, Daynes manipulated Bednar and he would say things like *"Lewis says I don't need to finish school as he can get me a Microsoft apprenticeship when I turn 16."* Eventually, Bednar stopped listening to his mother altogether: *"I'd be telling Breck to get offline and he'd literally have Dayne's voice in his earphones telling him not to listen. I could see Breck's face, torn between me or his cool mentor who had the whole world going for him."*

In February 2014, Daynes lured the teenager, who lived in Surrey, to his flat in Essex after months of talking online. By this point, Lorin had become sufficiently suspicious of Daynes to have contacted the police, but little was done



about her concerns. Tragically, shortly after arriving at his flat, Bednar was brutally slain by Daynes.

Lorin states, *"I didn't know Daynes was a murderer but I knew he was dangerous. All I'd done with police, with other parents, with Breck, all the rules I'd had, the talking we did...it all failed."*

In the aftermath of her son's murder, Lorin set up the Breck Foundation to raise awareness on internet safety; this involves raising awareness in schools and amongst parents and police.

Lorin warns that *"Boys may*



report this less but I want everyone to understand that they can be groomed and hurt – maybe not murdered but hurt in other ways – by people who are not who they say they are online...There's nothing worse than thinking you could have saved your child and didn't. I cannot bear for another family to go through this."

Here are some online gaming safety tips from Childline:

- Choose a safe username – this means not sharing any personal information like your real name
- Be aware of who you may be playing with
- Report and mute anyone who's abusive or threatening
- Be careful of scams and never accept gifts from people you meet online
- Have regular breaks from gaming
- Check your settings
- Be careful about what you download as this can lead to your personal information being shared with others and your device being hacked.



ONLINE SAFETY

guidelines for kids

- 1 Follow the family rules for behavior and length of time on social media sites and online gaming.
- 2 Never share personal pictures.
- 3 Never reveal personal information, such as address, phone number, or location.
- 4 Don't chat with strangers and avoid "friending" anyone you don't know.
- 5 Never respond to a threatening email, message, post, or text.
- 6 Use only a screen name and don't share passwords with anyone (other than with parents).
- 7 Never agree to get together in person with anyone met online without parent approval and/or supervision.
- 8 Always tell a parent or other trusted adult about any communication or conversation that was scary or hurtful.

PCAR

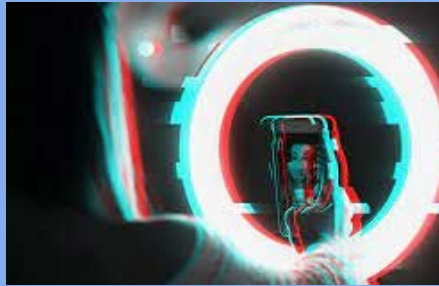
ARE YOU SAFE ON TIKTOK?

WRITTEN BY VIRTUOUS DANZARIA

A lot of us use TikTok as a form of entertainment. However, are you aware of the dangers you may inadvertently be exposing yourself to? For example, many trends that have circulated around this app have been deadly, such as the hot water and Blackout challenges. The hot water challenge, which was a popular trend in 2019, consisted of people boiling hot water and pouring it on their friends as a 'prank'. Needless to say, this trend resulted in many people suffering second and even third degree burns, which they are still recovering from to this day.

Now, you might be wondering how people could possibly think of participating in such a dangerous act, however, with many young people being heavily influenced by things they see online, the temptation to take part in trends like this are not as uncommon as you might think.

Additionally, through TikTok and many other social media



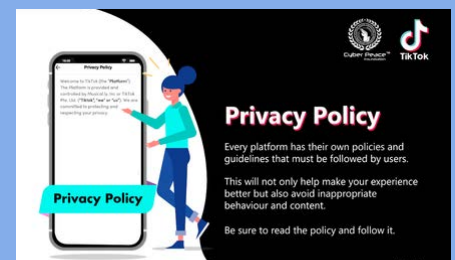
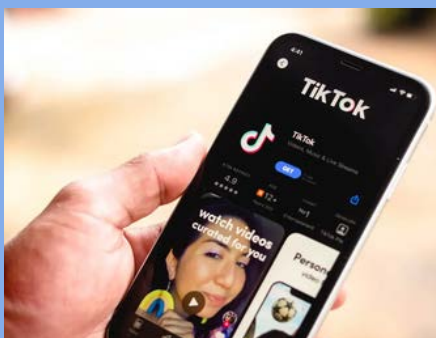
apps, it is very easy for people to become susceptible to online predators and scammers. For example, increasing cases of identity theft and kidnapping have all been linked to oversharing of personal information to internet strangers online. As TikTok is a social app, it is very easy for predators to pry this information out of you by pretending to be someone they are not - for example, a friend or someone your age. Titania Jordan, the Chief parenting officer of parent-control app Bark, states that *"Even if you set your own account to private, you may still be exposed to sexual or violent content posted to the public feed, ranging from overtly sexual TikToks to physically dangerous stunts that kids may want to recreate, to overtly racist and discriminatory commentary, there is a wide range of concerning content on the platform."*

From 12th August 2021, Tiktok rolled out the following safety features for young people of

our age:

- Accounts for children between ages 13-15 would stop receiving push notifications after 9 p.m.
- For teens between ages 16-17, push notifications would be disabled after 10 p.m.
- Users between the ages 16 and 17 have to actively switch their settings to allow them to direct message, whilst anyone under 16 would no longer be able to do so.
- Users under the age of 16 who are trying to publish their first video now get a pop-up messages to help them understand their privacy options. They can no longer upload the video without selecting who will be allowed to see it.

So, if you use TikTok, take care to ensure that you are as safe as you can be online.



TIKTOK – COUNTDOWN TO THE END OF THE MUSIC INDUSTRY?

WRITTEN BY INAYA ROSE



As one of the fastest-growing social media platforms, TikTok has certainly revolutionised the way people consume and create content. Music is an integral part of the platform's identity, with users creating dances and lip-syncs based on songs and music content. While TikTok has certainly helped many artists gain exposure, there is a growing concern that the platform is actually destroying the music industry.

But why do some believe this? Well, one of the primary ways that TikTok is seen to be harming the music industry, is by devaluing the work of musicians. Because TikTok has become such a powerful marketing tool, many artists are more concerned with creating a viral hit than creating a well-crafted album. Consequently, some argue that there is less focus on genuine creativity and artistry and too much focus on creating the next viral trend or sound, just for popularity.

Furthermore, TikTok's algorithms prioritise short, catchy hooks and melodies over longer, more complex songs. Consequently, what we are left with is what's known as the homogenisation of music – this effectively means that music starts to sound the same, with little variation between one song and the next. Additionally, TikTok often favours remixes and covers of existing songs over original and new compositions, which means that artists who want to create new music are overlooked in favour of re-hashed and re-mixed old tunes.

Another way that TikTok is harming the music industry is by promoting a culture of free content. Because TikTok users can easily share and use songs without paying for them, many artists are losing out on important revenue streams. So, instead of artists being able to rely on record sales and touring to make a living, the rise of streaming and social media platforms means that these are no longer as viable options as they once were. Many artists now rely on licensing their music for use in advertisements, TV shows and movies, but even that income source is becoming less reliable as advertisers and content creators seek to find cheaper alternative options.

And let's not forget the role of record producers and labels; previously, they would ensure the promotion of artists and the playing of their music across media outlets such as the radio. Nowadays, however, successful artists know how to use the TikTok algorithms to their advantage. This results in record labels and music producers becoming almost redundant.

While this might seem like a positive development, it has also led to a situation where artists are under enormous pressure to constantly create new and engaging content for TikTok, rather than focusing on developing their craft or creating meaningful albums. This can lead to burnout and artistic stagnation, as artists are forced to prioritise short-term gains over long-term artistic growth.

As social media platforms evolve, the music industry and those involved in it must adapt their own techniques. However, while there are certainly benefits to TikTok's influence on the music industry, it is also important that musicians are able to continue making music that is both meaningful and original, and not just generic homogenised white noise.

SOCIAL MEDIA: A SINISTER SANCTUARY?

WRITTEN BY MADINAH MAKSENE



Every day, billions of young people use social media as a source for entertainment; maybe you are one of them? Social media is a popular way of spending free time. But the internet is a large domain and it undoubtedly has drawbacks as well.

In 2017, 14-year-old Londoner Molly Russell committed suicide due to graphic content she was exposed to on social media. She engaged in numerous materials linking to depression, self-harm and suicide. One of the key issues was that these negative issues were being romanticised on platforms like Pinterest and Instagram.

While dealing with her depression and anxiety, Molly continued to read detrimental posts, which, as a result of her activity, kept appearing on her feed. Pinterest sent Molly's account emails that actually promoted dangerous behaviour, whilst Instagram showed her a range of harmful posts. Before taking her own

life, she read some of the following quotes from Instagram:

- *"If I wasn't here...life would be great for the ones I love."*
- *"I wonder what it feels like to look in the mirror and not feel disgusted by your own reflection."*

Prior to committing suicide, Molly read one last post which stated *"The worst thing depression did to me was take my intelligence. Feeling yourself getting dumber and dumber is painful"*.

Coroner Andrew Walker stated that *"Molly Rose Russell died from an act of self-harm while suffering from depression and the negative effects of online content"*. Molly viewed a lot of Instagram posts, which had a significant impact on what ultimately led to her suicide.

The algorithms on sites like Instagram can result in an individual having lower self-esteem and succumbing to depression and anxiety. Furthermore, cyberbullying - which is rife on social media apps - does not only result in mental effects, but can also have an effect on physical wellbeing. For instance, a victim can have sleep issues, which might contribute to



their physical wellbeing and state of mind.

Additionally, it could alter eating patterns and result in eating disorders. Worse still, it can lead to suicidal thoughts.

There are a number of inherent dangers we expose ourselves to every time we click on our favourite social media app: poor body image; the risk of grooming; negative self-image; obsessive focus on likes and comments; accidentally revealing more personal information than we should. So it's important to remain alert.

There are websites which can help you if you are struggling with your mental health:

- Samaritans
- Mind
- Childline
- PAPYRUS
- Young Minds



THE CORRUPTION OF KPOP

WRITTEN BY MADINAH MAKSENE



You may be aware that during the past few years, K-Pop (Korean Pop) has become increasingly popular. However, some would argue that beneath the fun and colourful veneer, lies a rotten core.

Did you know that from the age of 13, K-Pop teens are subjected to strict and unhealthy rules? For instance, they are instructed to refrain from eating too much to avoid becoming "too heavy." Furthermore, plastic surgery is even suggested.

Many K-Pop idols undertake risky diets to stay in shape and satisfy society's beauty standards. One of the most extreme diets was one TWICE's Momo went on. She had been instructed to lose 15 pounds (around 7kg) in just a week! This resulted in her not

eating anything except ice cubes and going to the gym constantly.

"I didn't eat anything for the whole week and went to the gym all the time. I spat all the time so there was no water in my body. And when I laid down on the bed and tried to sleep, I was scared that I wouldn't wake up again, so I suddenly started crying." - Momo of TWICE

Another idol who went on a dangerous diet was IU, whose diet even become a popular trend among YouTubers. She said that she started the diet after being called a "pig." It is shocking that not only do K-Pop celebrities feel enormous pressure to lose weight, but that their followers and fans also experience it too.

Even after making their debut, many K-Pop idols are not treated fairly by the big music bosses. Choi Jin-ri - whose stage name was Sulli - was found dead at the age of 25 after taking her own life. She was a South Korean actress and singer and former member of the group f(x). In 2014 she left the group due to having suffered from trolling and hateful comments. Sadly, Choi Jin-ri was discovered unconscious in her Seongnam

residence on 14th October 2019. It was reported that she was relentlessly bullied and harassed online because she did not fulfil the expectations forced upon female K-Pop singers.

In another tragic case, Goo Hara, a former member of the girl group Kara, also committed suicide in 2019. Not only did she suffer from depression following cyberbullying, but she also claimed that her ex-boyfriend had threatened to ruin her career by sharing explicit pictures of her. She took her own life on the 24th November 2019 in Cheongdam-dong in Seoul.

K-Pop is thought to be an eye-watering \$5 billion industry. But what about the cost to those who lose their mental health, physical wellbeing or even their lives to it?



Choi Jin-ri

THE FANG-TASTIC HISTORY OF VAMPIRES

WRITTEN BY JASON TRAN



Hollywood is full to the brim with vampire movies, with various depictions of Bram Stoker's Dracula having been made over the years for both cinema and TV. Indeed, the history of vampires is a long and varied one, with the belief in these blood-sucking creatures dating back to ancient times. The idea of the vampire has evolved over the centuries, with different cultures and societies imbuing the creature with their own myths and beliefs.



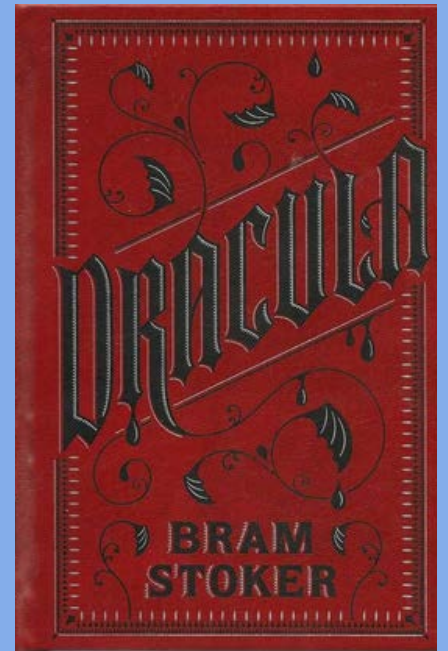
Did you know that one of the earliest recorded accounts of vampires comes from ancient Mesopotamia? In fact, the Sumerians believed in creatures known as Ekimmu, which were believed to be the spirits of people who had died prematurely or violently. It was thought that these spirits could return to the land of the living and drain the life from other living creatures. In some cases, they were even said to be able to possess the living and use their bodies to carry out malevolent acts.

In Ancient Greece and Rome, tales of vampires focused on the idea of revenants, which were the spirits of the dead who returned to haunt the living. These spirits were often portrayed as being covered in blood. The belief was that they could be driven away with garlic or by piercing their hearts with a stake (popular vampire tropes!).

In the Middle Ages, the belief in vampires became more widespread in Europe. It was believed that vampires were undead creatures that could only be killed by driving a stake through their hearts or by cutting off their heads. In some cases, it was also believed that vampires were able to transform into nocturnal creatures, taking the

the form of bats or wolves.

Nowadays of course, vampires are popular figures in movies and games, generating huge amounts of revenue for the entertainment industry due to their wide-reaching appeal for mass audiences.





crime & conspiracy

THE AXEMAN OF NEW ORLEANS

WRITTEN BY RUSHDA AHMAD

The Axeman was a figure of terror for the people of New Orleans between May 1918 to October 1919. He was an unidentified serial killer who got his infamous name from his murderous methods, using either an axe or a straight razor -items that often belonged to the victims themselves! Though his actual motives are unclear, most believe that his killings were racially-motivated as many of his victims happened to be Italian immigrants.

The Axeman first struck on 22nd May 1918. His first victims were Italian grocer Joseph Maggio and his wife Catherine. The two were found in their home, having been brutally slain with an axe. The following month, the Besumer family were attacked; with the exception of one victim, most survived. Two months later in August 1918, the Axeman showed his

truly sadistic nature by attacking a pregnant lady called Ms. Schneider; miraculously, both she and her unborn child survived.

The police were by now, increasingly confused and concerned as to who the ruthless killer could be. The whole city of New Orleans was under constant fear of being

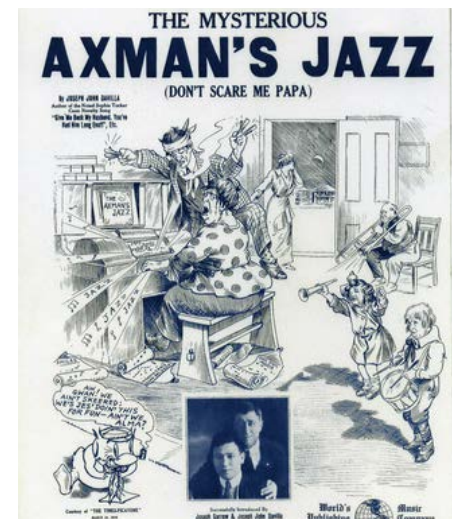
terrorised by this ruthless killer. And they certainly had reason to be... elderly Italian grocer Joseph Romano was next to be attacked and killed. The people of New Orleans were panicked and frightened, unsure of whether they would be next to suffer from the cruel hands of this unidentified killer.

After a period of no attacks, on 10th March 1919, the Cortimiglia family fell victim to the Axeman; tragically, a 2-year-old child was murdered. The authorities were called just in time to see the Axeman just before he fled, claiming to be a *"demon from hottest hell"*.

A few days after the attack, the Axeman allegedly sent a letter to the Times-Picayune newspaper. The letter was headed as *'Hell'* and was addressed to *'Esteemed mortal'*. The letter consisted of the writer describing his link to hell and his power and ridiculing the police force and their inability to capture him. Critically, it also contained a threat towards the City of New Orleans, promising a new wave of terror at exactly 12:15 the following Tuesday night. Bizarrely, however, as an example of his so-called 'mercy', he promised to spare any home that was filled with

the sound of jazz music. So, on the following Tuesday, at exactly 12:15, New Orleans was alive with the sound of jazz resonating throughout the streets. This had the desired effect, with no one being attacked that night.

However, weeks later the Axeman went on to attack another Italian grocer, Steve Bocam before attempting to take the life of a teenager called Sarah Laumann. One fateful night in October, the Axeman struck for the last time, killing a man called Mike Pepitone. Astonishingly, the Axeman of New Orleans was never found – and so the mystery of this brutal killer remains to this day.



Right after the publication of the Axeman letter, John Joseph Dávila, (a musician and a jazz composer) published a sheet-music called *"The Mysterious Axeman's Jazz (Don't Scare Me Papa)"*.



WHAT HAPPENED TO NICOLA BULLEY?

WRITTEN BY BETHEL DAVID



Nicola Bulley, a 45-year old mother of two children, went missing early this year on the 27th January whilst going on her regular dog walk in Lancashire. Nicola had dropped her children off at school before taking her dog Willow on a walk by the river. She was last sighted at around 9am by a witness.

Later, a phone was discovered on a bench that Nicola may have left. It was logged on to a Microsoft Teams call, with the camera and microphone both switched off. However, the police suggested the phone could have been left as a decoy. A forensic expert stated that the mobile phone was the only piece of evidence the police found.

In addition, Nicola's dog was with her at the time she disappeared and was later found to be dry, suggesting

that it had not entered the river. This led police to believe that Nicola may not have accidentally fallen into the river, but had in fact been kidnapped. However, no screams were heard at the scene, even though a number of witnesses were spoken to. At the time, Nicola's family disregarded the suggestion that she had fallen into the river, due to a lack of evidence; they urged the police to take the matter seriously as they were very concerned that a violent crime had taken place.

In the days and weeks after Nicola's disappearance, the police faced widespread criticism of sexism in their investigation; not only did they release details of her experiencing early menopausal symptoms, but they also revealed that she had issues with alcoholism. Many were outraged at this release of personal information, including a former Women's Minister, who stated that the



Nicola Bulley the day she vanished

police force needed to face serious questions.

After a few weeks of searching, Nicola's body was found a mile from where she was last seen. It was a tragic end to her life, with her family releasing a statement in which they said *"We will never forget Nikki - how could we? She was the centre of our world, she was the one who made our lives so special and nothing will cast a shadow over that."*





office of opinion

CAN WE RELY ON OUR EMERGENCY SERVICES?

WRITTEN BY MADINAH MAKSENE



Sarah Everard

If you've ever had the need to call 999, you were probably feeling all sorts of emotions: fear, worry and pain. When that emergency call is made, we put our full trust into the hands of the emergency services; we rely on them to protect us. However, in recent months, the emergency services have come under fire for a number of horrific cases and failings.

Perhaps the most infamous of these is the killing of local woman Sarah Everard, who was kidnapped as she was walking home to Brixton Hill after returning from a friend's house near Clapham Common. The public was horrified when the murderer was revealed to be a serving Metropolitan Police Officer.

The 48-year-old offender,

Wayne Couzens used his knowledge from working on Covid patrols to 'arrest' Ms Everard. He handcuffed her and placed her in his vehicle. This act was witnessed by a couple who were driving past, but they did not think much of it since they thought it was an undercover police officer carrying out an arrest during lockdown. Everard's body was discovered on 10th March 2021. Her mother later stated *"He treated my daughter as if she was nothing and disposed of her as if she was rubbish."*

In the aftermath of the killing, it was revealed that Couzens had already committed a number of criminal acts.

According to a survey by YouGov, 48% of the public now lack confidence in the police when dealing with crime in their local area, which outnumbers those who do feel confidence (43%). Additionally, distrust for the Met Police Force is highest among 18-24 year olds.

Sadly, Couzens is not the only member of the police who has committed heinous acts. Earlier this year, PC David Carrick pleaded guilty to 49 charges, including 24 counts of

assault against women from the years 2003-2020. He was also convicted of imprisoning victims.

Prior to this, Deniz Jaffer and Jamie Lewis were jailed for taking and sharing pictures of murdered sisters Nicole Smallman and Bibaa Henry.

In February of this year, the celebrity Katie Price expressed her disgust that her disabled son Harvey had been mocked and ridiculed by 8 serving police officers.



But shockingly, such horrifying crimes and abuses of power are not only committed by members of the Police. Recently, the London Fire Brigade has come under scrutiny following reports of racism and misogyny. It was alleged that one black firefighter had a noose put over his locker and a Muslim officer had bacon rolled onto his plate and a terrorist hotline sign posted on his locker. In addition, a female



firefighter received a video of a colleague exposing himself, whilst a number of female firefighters said that they had been inappropriately touched. It was found that the behaviour of some staff "left a clear trail of psychological harm".

Sir Mark Rowley, the Head of the Metropolitan Police has stated his commitment to rooting out corruption and abuse within the Police Force. But, is the problem that racism, sexism and abuses of power are an intrinsic part of our emergency services? And if so, what can be done to address these awful issues? And until that time, how can the public feel genuinely secure in the hands of the very institutions we rely on to maintain law, order and our safety?



Sir Mark Rowley





WOMEN'S RIGHTS = HUMAN RIGHTS

WRITTEN BY MARIAMA DIALLO

Across the world, many women and girls are still facing discrimination based on their sex and gender. Gender inequality manifests itself in many ways: the gender pay gap, domestic and sexual violence, lack of education and poor access to healthcare. Furthermore, across the world, many young girls are being exposed to the possibilities of child marriage, teenage pregnancy and sexual exploitation and abuse.

Women's Rights Movements have long fought to address this inequality and to try to bring about lasting change through protesting and campaigning. The fight for equality has been a challenge, to say the least. Let's not forget the Suffragette Movement, during which Emmeline Pankhurst and her fellow suffragettes campaigned for the right to vote.



But what are some of the major problems that women still face today?

Sexual and Physical Violence

Every woman and girl around the world should be able to live without fear of violence, whether this takes the form of sexual violence, forced abortion, marriage or forced pregnancy. According to UN Women, approximately 736 million women have had to face physical or sexual violence including non-partner sexual violence at least once in their lifetime – this accounts for 1 in every 3 women! Furthermore, did you know that across the world, 81,000 women and girls were killed in 2020? Of these, 58% were killed by a partner or family member. Shockingly, this means that a girl or woman is killed in their home every 11 minutes.

Gender inequality

Many women in the workplace are being treated unfairly due to their sex. According to the Institute of Fiscal Studies, in 2019, the average working-age woman in the UK earned 40% less than her male colleagues. Furthermore, the London School of Economics reports that 41% of women provide care for children, grandchildren, older people, or

or people with a disability; this is compared with just 25% of men.

According to the Equality and Human Rights Commission, in the UK, men are almost twice as likely to be in a managerial or senior role than women, despite girls tending to outperform boys in school.

We interviewed Year 10 pupils about their views on gender inequality. Here's what they had to say.

"There's a lot of sexism towards many women around the world which shouldn't be acceptable."

- Al Baraa

"Women should have the same right as men."

- Lucas

"Women are people and should be treated as such."

- Chyna

"It's unfair that people are treated differently just because of their gender."

- Crystal





SINISTER CYBER BULLYING

WRITTEN BY MELANIA SKOTARENKO-SPICER AND MADINAH MAKSENE

Cyberbullying: *the use of electronic communication to bully a person, usually by sending intimidating or threatening messages.*



We're all aware that Cyberbullying sadly happens, but what exactly constitutes cyberbullying and how are people our age affected?

Many young people between the ages of 12 and 17 have experienced online abuse; in fact, 30% have experienced it on multiple occasions. It is also known that up to 70% of kids who were bullied online claimed that the online bullies came from their own school! Did you know that 42% of those surveyed reported harassment on the social media network Instagram. Tragically, teenagers who suffer from cyberbullying are more likely to engage in suicidal and self-harming behaviour than those who do not.

The most harmful apps include TikTok, Instagram, Snapchat and Twitter, as anyone is able to access and create anonymous accounts;

consequently, they are able to say what they want - often without consequence. It's important to spread awareness about cyberbullying as every day, more and more lives are being affected by it. Remember, if you are ever struggling with facing online harassment, then you can speak to a trusted adult and always have the option to report any malicious activity that you see.

Cyberbullying can come in many shapes and forms, so be aware and try to spot it if you are concerned about anything. Here are the main forms of cyberbullying:

- **Harassment:** Although there are many different sorts of cyberbullying that come under this broad category, sending threatening or destructive texts is the main form.
- **Doxing:** This is revealing personal information on the internet about someone without their consent, to purposely humiliate them. This can be posting private photos or documents that belong to the victim, or exposing their name, address and other information.



We interviewed Year 10 pupils about their thoughts on cyberbullying:

Uhunoma: *I think cyberbullying is egregious - not only is it illegal, but detrimental to one's mental health.*

Anonymous: *It is a cowardly thing to do. If you are not comfortable to say it to someone's face, you shouldn't say it at all.*

Ameerat: *Cyberbullies have nothing better to do with their time.*

Meleah: *Cyberbullying can affect a person's mental health in a negative way. It can cause them to have horrible thoughts about themselves. Always think before you say something as you never know what people are going through. Please be kind.*

Camissa: *I believe that cyberbullying is often used as a form for people to let out their negative thoughts and pass them on to another person. This should not be a form of coping as words have serious consequences.*

Regina: *I think cyberbullying is dumb because since people*



have phones, laptops and more, they think they can be rude and disrespectful behind a screen. Most people who cyberbully either can't say something in real life and need to say it behind a screen, or have something going on at home or within themselves. People don't deserve to get cyberbullied. All bullying is wrong.



Yasmin: *Bullying is wrong no matter what. It's not ok and never will be. Instead, try to uplift others and boost their mental health.*



If you are struggling with mental health, or being cyberbullied, or even bullied in general, try to talk it out with an adult. There are however, websites for you to go on if you are struggling or do not feel comfortable speaking to someone you know:

- Samaritans
- ThinkUKnow
- NSPCC
- Cybersmile Foundation
- Mind
- Childline
- Young Minds





inspiration station

MAJESTIC MANCHESTER UNITED

WRITTEN BY NICHOLAS SILVA



But, whatever the future of Manchester United, here are some key facts about the team.

Man U is one of the most prestigious football clubs in the world and one of the most successful English football clubs ever.

They are also known as *"red devils."*

They were founded in 1878.

Wins include:

- 20 first division/Premier league
- 12 Fa cups
- 5 League cups
- 3 European cup/Champions league
- 1 UEFA cup winners
- 1 UEFA Europe league

They have had some prominent players such as Bobby Charlton, George Best, Peter Schmeichel, Eric Cantona, Roy Keane, Ryan Giggs, David Beckham, Paul Scholes, Rio Ferdinand, Cristiano Ronaldo, Wayne Rooney, Robin Van Persie, Nemanja Vidic, Zlatan Ibrahimovic.

Bobby Charlton was the club's top goalscorer with 249 before Wayne Rooney passed him in 2017 with 253 goals

If you're a footie fan, you may well know that Manchester United has been the subject of a heated debate regarding possible new ownership. In February of this year, Sheikh Jassim bin Hamad Al Thani and Ineos both expressed their interest in buying the Old Trafford Club, with an astonishing figure of £4.5 billion being discussed as a sale price.

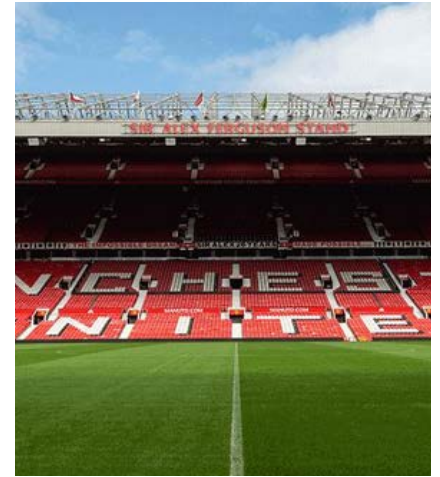
For many Man United fans, new ownership will be welcomed. Current owners the Glazer family are widely disliked, with fans chanting songs against them at matches. Protests against the owners include the release of a social media statement saying that *"The Glazers are universally despised and will never be accepted. They are done."*





In 1986 the Club appointed Alex Ferguson as manager. After winning the FA Cup in 1990, the next 20 years saw the Club win 25 major trophies.

On the 6th February 1958, the team was flying back to England after a game against Red Star Belgrade in the European Cup, when disaster struck. Shortly after leaving Munich, the plane crashed, killing eight players and three members of staff.



Manchester United became the first English club to win a treble - the FA cup, the Premier League and the UEFA Champions League simultaneously during 1998-1999.



Manchester United's most expensive transfers:

- Paul Pogba for £94.5m
- Antony for £86m
- Harry Maguire for £80m
- Jadon Sancho for £76.5m
- Romelu Lukaku for £76.2m



Man U has had three different home grounds

- North Road (1978-1880)
- Bank Street (1893-1910)
- Old Trafford (1910-)



seasonal specials

EGG-CELLENT EASTER TRADITIONS AROUND THE GLOBE!

WRITTEN BY JASON TRAN



As we approach the annual Easter celebrations, we thought we would look at different traditions of this time around the world. Being one of the most important religious holidays in the Christian calendar, Easter is celebrated globally. From egg hunts to special foods and decorations, there are many unique and exciting Easter traditions across different cultures and countries.



But first, let's remind ourselves what Easter is really about?

Easter is a Christian holiday that commemorates the resurrection of Jesus Christ; it is celebrated on the first

Sunday after the first full moon of spring. For many Christians, Easter is a time of renewal and rebirth, as well as a time to remember Jesus's death and resurrection.

In the United Kingdom, Easter is usually marked with church services, egg hunts and special meals. But around the world, Easter is celebrated differently. From colourful religious ceremonies to unique egg-decorating techniques, there are many different Easter traditions to explore.

No matter where you go, you'll find unique Easter customs and traditions: in some countries, Easter is celebrated with parades, while in others it is marked with special foods, like hot cross buns or lamb.

Here are some of the most interesting Easter traditions from around the world:



Easter Traditions in Europe

In many European countries, Easter is celebrated with colourful religious ceremonies.

In Poland for example, churches are decorated with bright flowers and the streets filled with traditional Easter processions called Palm Sunday. In Germany, eggs are decorated and the Easter bunny brings gifts to children. In France, the traditional Easter meal is a special kind of bread called pain de Pâques. In Italy, Easter eggs are boiled and then dyed in bright colours, whilst the traditional Easter food in Spain is a cake called Monas de Pascua, which is decorated with colourful icing and sugar eggs. Did you know that in Portugal, people make a sponge cake known as folar, which is a piece of sweet bread and a boiled egg in the middle?



Easter Traditions in the Americas

In Mexico, Easter is known as Semana Santa (Holy Week), and is marked with special meals and religious processions. In the United States, Easter is usually celebrated in a similar way to



how we mark it in the UK - with egg hunts and family gatherings. In Canada, some people celebrate with a traditional Easter egg tree, in which eggs are hung from a tree with colourful ribbons.

In the Caribbean, Semana Santa is celebrated with religious processions, live music and traditional foods. In Brazil, people celebrate Easter with a special type of bread called Pão de Pascoa, which is decorated with bright colours and symbols. In Peru, people celebrate with a traditional Easter cake, which is made with eggs, milk, and sugar.



Easter Traditions in Asia

Like other parts of the world, Asia celebrates Easter in a variety of ways. In India, the Easter celebrations are often combined with the Hindu festival of Holi. In the Philippines, Easter is celebrated with a special type of bread called Ensaymada, which is decorated with colourful sprinkles.

In Japan, Easter is known as Oboro, and is celebrated with traditional foods such as sweetened eggs and niigiri (rice balls). In Korea, Easter is known as buhwaljeol, and is marked with a special type of

bread called "Gae-Bok", which is decorated with colourful ribbons and eggs.



Easter Traditions in Africa

In Africa, numerous traditions exist for celebrating Easter. In Ethiopia, Easter is known as Fasika, and is celebrated with traditional foods such as injera (flatbread) and wat (stew). In Nigeria, Easter is known as Ikeji, and is marked with traditional foods such as akara (bean fritters) and fufu (mashed plantain).

In South Africa, Easter is known as Paseka, and is celebrated with special foods such as smoorsnoek (a type of fish stew). In Ghana, Easter is known as Kwafo, and is marked with traditional foods such as waakye (rice and beans).



Easter Traditions in Oceania/ Australasia

In Oceania, there are many ways to celebrate Easter. In Australia, Easter is known as Easterfest, and is marked with traditional foods such as hot cross buns and lamb on the spit. In New Zealand, Easter is known as Pascha, and is celebrated with traditional foods such as lamb and sweet potato pie and Anzac biscuits.

In the Cook Islands, Easter is known as Rarotonga, and is marked with traditional foods such as riki (a type of bread) and poki (a type of pudding). In Tonga, Easter is known as Fakahina, and is celebrated with traditional foods such as kumala (a type of sweet potato) and lolo (a type of coconut milk).

As you can see, there are many unique and interesting Easter traditions from around the globe. From colourful religious ceremonies to unique egg-decorating techniques, there's something for everyone to enjoy this Easter! So, why not try some of these egg-cellent traditions in your own home this year? Happy Easter!





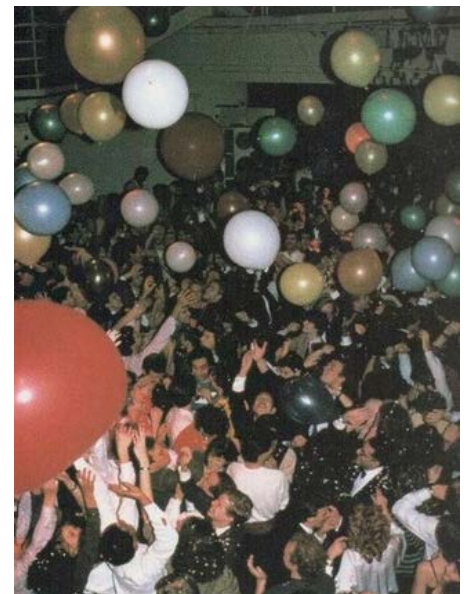
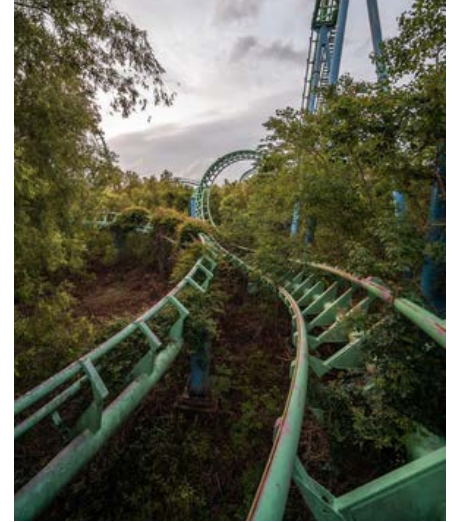
cacophony of colours

LIFE

WRITTEN BY AMEERAT DAUD



Life is a test
That you can't cheat.
Life is a rollercoaster
With its ups and downs.
Life is a lesson
That has to be learnt.
Life is a well
That sometimes runs dry.
Life is a race to success
That we may win
And at times lose.
Life is a cycle,
Birth and death are a daily
occurrence.
Life cannot be lived again,
So live it to the fullest
And with no regrets.





meet the staff

Meet our staff for this term's edition of the KS4 Newsletter! What exactly are our staff looking forward to during their Easter Break?

I am looking forward to spending time with my family over the bank holiday weekend.

Crystal Joy Azzopardi

I am going to do some spring cleaning.

Chyna-Chae Quain-Brown

During the Easter break I'm going to celebrate Easter with my family, go out with my friends, and enjoy whatever sun there is.

Sophia Martins

I plan to sleep for 8 hours daily if possible.

Uhunoma Obayangbona

For the Easter Break, I am looking forward to going to the mountains.

Jason Tran

I'm looking forward to going to Venice in Italy during the Easter Break.

Melania Skotarenko-Spicer

During the Easter Break, I am going to visit loved ones.

Rushda Ahmad

I'm looking forward to Ramadan and enjoying my break with my friends.

Madinah Maksene

I'm going to eat lots of Easter Eggs and visit my grandad.

Virtuous Danzaria

I'm going to go spend time resting in my beloved bed.

Ameerat Daud

I can't wait to celebrate Easter with my family and go out with my friends.

Bethel David

I am looking forward to going to Portugal.

Nicholas Silva

This Easter, I will be doing a lot of exercises, learning to cook, participate in 2 tournaments, chill and game.

Khimon Friday

I am going to spend time with my family.

Inaya Rose

During the Easter Break, I am travelling with my family.

Samuel Cardoso Fernandes

During the Easter Break, I will be revising and spending time for myself.

Regina Fonseca

I will be fasting for Ramadan.

Mariama Diallo

I will be practising my basketball skills.

Theo Bailey

I'm going to be spending the Easter holidays with my best friends and we're going to go to new places we haven't been to before.

Suri Dagi

THE EVOLUTION OF ENTERTAINMENT

WRITTEN BY UHUNOMA OBAYANGBONA



Entertainment: a sanctuary that frees
Us from the never-ending void of Boredom.
A key that leads us into a seemingly
Perpetual state of happiness.
An intricate board game or a simple video,
Immersing us in a sense of bliss.
Is it a necessary escape from boredom
Or rather, a treacherous abyss?

For behind this alluring veneer,
Lies a more sinister truth...
A reservoir of drained time,
A root to indoctrinate people with fake news,
The greater the developments,
The more powerful the threat to society,
As we spiral downwards into a world
Ruled by online trolls and vicious views.

Despite the stream of negativity
Enshrouding the entertainment industry,
It still remains an abode, a sanctuary
In times of trouble.
Whether it be a medium to find yourself in
Or an escape from reality,
It can bestow upon us
Lifelong learning, laughter
And a world of fantasy.

