

# H I G H

# L I G H T S

**INTERNATIONAL  
WOMEN'S DAY-  
WHY IT'S THE  
MOST IMPORTANT  
DAY IN OUR  
SCHOOL  
CALENDAR**

**LGBT+ HISTORY  
MONTH**

**WORLD BOOK  
DAY: MYTHS AND  
LEGENDS**

**PLUS:**

- **THE RWANDA  
POLICY**
- **AWARDS SEASON  
2024**

**SPECIAL FEATURE:  
sixth form societies**

**and much more  
inside!**

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**Guest Journalists:** Vanessa A

# LETTER FROM THE EDITOR

We're back for 2024 with a jam-packed issue, giving you the lowdown on Highsted's community and beyond. We're lucky enough to have expanded this year, with new Y13 members Abinaga, Jessica, Hannah, Safa and Zoe joining us for the next two issues, and Ellie, Grace, Aimee and Sean joining us in Y12, who will lead the team in the summer term.

Term 3-4 has been as busy as ever, with a wealth of events on offer for our students to acknowledge important dates in our calendar, schools' calendars and the world's. We've reflected upon Safer Internet Day with important guidance on protecting yourselves from the dangers of 'doxing', the action or process of searching for and publishing private or identifying information about a particular individual on the internet, typically with malicious intent. We caught up with the Pride Society on their discussions and fundraising for LGBT+ History Month, with a focus on this year's theme Medicine: #underthescope examining trans health care. World Book Day once again yielded a terrific array of costumes, with students thinking outside (or in some cases, inside) the box for this year's theme of Myths and Legends. Of course, the most important day in our school calendar fell on 8th March, where we once again dedicated the day to celebrating extraordinary women for International Women's Day, this time with guest speaker Carolyn Oulton discussing feminism in Victorian literature, and a big debate on the key issues facing women today, following a sixth form exclusive *Barbie* screening on 7th March.

Students were visited by another guest speaker, Ben West, who spoke to students on the importance of speaking up about mental health and the benefits of getting walking to get talking.

We have been fortunate enough to celebrate the musical talents of not only our students, but our staff. Mrs Braddy led a phenomenal Spring Soiree on 25th March, showcasing the vast and varied talents of our soloists, choirs, rock and classical musicians, as well as an exclusive first look at some of the cast of this year's school musical, High School Musical. \*I\* have been very busy rehearsing with the newly-formed teacher band, Lord of the Vibes, for an end of term lunchtime concert. It has been an immense pleasure to rehearse with my incredible colleagues Mrs Field, Mr Spedding and Miss Baker. Thank you so much to Mrs Braddy for supporting with our sound checks, and to our wonderful audiences for being so kind and encouraging

Elsewhere this issue, we have welcomed the sixth form societies to share their current affairs discussions, along with writing on recent issues we as a team felt you should know more about, such as the Rwanda Policy and its impact on immigration, and the lasting impact of the phone hacking scandals at the UK'S tabloid newspapers. We also have a special feature on the film awards season of 2024, and our spotlight woman for this issue is Reese Witherspoon.

Finally, as we break for the holidays ready for what will be a stressful term for our exam students, we share our tips on looking after your wellbeing.

Thank you to the wonderful team for your hard work on this issue. We wish our Highsted community and beyond a safe and pleasant break.

**Miss Louise McKenner**  
**Editor in Chief**

# LGBT+ HISTORY MONTH

The Pride society rounded off LGBT+ History Month by keeping up Highsted tradition with a stall in the school hall selling Pride flags and badges, along with an array of hand-crafted accessories such as crochet rainbow keyrings, beaded flower rings, personalised beaded bracelets, and hand-painted heart Pride badges made by Phoebe, Ellie and Louisa. Their stall proved ever popular among students and staff, with their efforts raising an impressive £280 for Stonewall, the LGBTQ+ charity of their choice.

Members of the society are also keen supporters of the school's library and collated a selection of fiction and non-fiction reads to mark the month. Their top queer reads from the library are pictured to the right.

As part of the school's Community Tuesday scheme, each society has provided a PowerPoint to educate students on an issue that they are passionate about. The Pride society took inspiration from this year's LGBT+ History Month theme, 'Medicine #underthescope' and focused on the societal treatment of, and medical care for, trans people.

### Queer Books in the School Library

*They Both Die at the End* (2017) by Adam Silvera  
*Heartstopper* (2019) by Alice Oseman  
*Art and Gwen Are Not in Love* (2023) by Alex Croucher  
*Loveless* (2020) by Alice Oseman  
*She Gets the Girl* (2022) by Alyson Drake & Rachael Lippincott  
*The Art of Being Normal* (2015) by Lisa Williamson  
*The Black Flamingo* (2019) by Dean Atta  
*Felix Ever After* (2020) by Karen Callender  
*Giovanni's Room* (1956) by James Baldwin  
*The Picture Of Dorian Gray* (1890) by Oscar Wilde



**PRIDE SOCIETY**

**STALL**

**PRIDE SOCIETY**

**CONTACT STONEWALL'S INFORMATION SERVICE WITH YOUR QUESTIONS ON ANY ISSUE AFFECTING LESBIAN, GAY, B AND TRANS PEOPLE.**

# LGBT+ HISTORY MONTH

## #underthescope

The society first wanted to educate students on the spectrum of gender expressions and identities which fall under the trans umbrella. It is important to remember that some trans people may choose not to have surgery, and some people may not be able to change their appearance outwardly due to fear or persecution or disownment from their families. This does NOT make their identity any less valid. Equally, some trans and non-binary individuals' gender expression may be more masculine or feminine and not necessarily match their identity. For instance, a trans man may identify as male but still enjoy wearing makeup.

Healthcare for trans individuals is at breaking point. The waiting time for initial NHS assessment is now as high as seven years, forcing the majority of trans people to seek private healthcare. This means that only those who can afford private referrals, prescriptions and surgeries will be able to medically transition within a reasonable time frame, as services are sadly overstretched and underfunded. While not all trans people experience gender dysphoria, this is the leading cause of depression among trans people, and a delay in gender-affirming care can cause a rapid decline in mental health. Trans people are five times more likely to have long term mental health conditions than cisgender people. Feeling disconnected from their bodies, or ostracised when they go out in public, or facing constant misgendering, all contribute towards mental ill health



The future of trans healthcare looks uncertain. In October 2023 the health secretary announced plans for trans women to be banned from female NHS wards. As of March 2024 the NHS is ceasing prescription of puberty blockers to trans teenagers, following the announcement of the closure of the Tavistock clinic in London.

The Pride society also emphasised to students the importance of taking small steps to be good allies. Asking a person's pronouns rather than assuming them, and using the correct pronouns, are simple ways to help trans people to feel included.

The last day of the society's charity event was marked by an Open Mic in the school hall, which included performances from students, society members and staff.

Thank you to the Pride society and to their mentor

Mr Lovett for their continued commitment to raising awareness in school.



**Miss McKenner and the Pride society**

# WORLD BOOK DAY

Every year at Highsted, our community comes together to celebrate a different theme related to books, and we dress up as our favourite characters from them! This year's theme was 'Myths and Legends', and our students (and staff!) definitely embraced this with their costumes. Walking around the school on World Book Day was such a wonderful thing to see- everyone was dressed up so creatively, with so many different costumes. There were Greek gods and goddesses, Robin Hood, Dracula, Pandora's Box, even the Sword in the Stone and many more! There were so many costumes to choose from, so selecting the winners was no mean feat! Well done to everybody brave and creative enough to come into school in costume. A special congratulations to the following prize winners for their fantastic costumes (photo captions L-R on right of page).

A new addition this year was a puzzle afternoon for Years Seven to Ten and Year Twelve. Students were given a series of challenges to find the missing diadem, all on the theme of books and authors. All classes competed against one another to solve the problems in the quickest time, and eventually found the diadem underneath the teacher's chairs! The enthusiasm around the school was infectious, and we will certainly be running a similar event again. Well done to our champions: 7A, 8M and 9JH!



**KS3**

Zosia S, Year 7 - Kitsune  
Habiba A, Year 7- Pandora's Box



**KS4**

Isabel B, Y10- Persephone  
Evelyn S, Year 10- Robin Hood



**KS5**

Millie P, Year 13- Leo Valdez  
Heather M, Year 12- Morgana Le Fey



**Laynie-May L, Y13**



**Staff**

Mrs Allen- Dracula  
Miss McLachlan- Demeter

# IWD 2024

Every year on March 8th, individuals worldwide unite to commemorate International Women's Day. The day is devoted to recognizing women's accomplishments, acknowledging strides made in gender equality, and supporting the continual improvement of women's rights. Established in 1911, International Women's Day is now a widespread movement that encourages women and girls to work towards a more inclusive and equitable society.

International Women's Day has its roots in the early 1900s when women started advocating for improved working conditions, the right to vote, and social equality. The first National Woman's Day was celebrated in the US in 1909, and the idea of an international day to recognize women was proposed at the International Conference of Working Women in Copenhagen in 1910. As a result, March 8th was established as International Women's Day worldwide in the subsequent year. In the past few years, women have achieved significant progress in the professional world, breaking through barriers and defying expectations in fields usually dominated by men.

Women are excelling as leaders, creators, and catalysts for change across various sectors, from corporate boardrooms to scientific laboratories. However, despite these advancements, gender inequalities continue to exist, with women remaining scarce in leadership roles and experiencing disparities in pay. International Women's Day offers a platform to push for workplace regulations that support gender parity, including fair compensation, parental benefits, and adaptable work schedules.



It is important to understand that women have varied experiences which are influenced by factors like race, ethnicity, social class, sexual orientation, and disability. Intersectional feminism highlights the interconnectedness of different social identities and stresses the importance of inclusive strategies for promoting gender equality. International Women's Day honours the accomplishments of women, while also recognizing the specific obstacles that disadvantaged groups face. By prioritizing intersectionality in our advocacy work, we can strive towards a society that is fairer and more inclusive for everyone.



# IWD 2024

Gender-based violence continues to be a widespread problem that impacts women and girls from various backgrounds and age groups. This includes domestic violence, sexual assault, and harmful practices such as female genital mutilation, all of which have a devastating and extensive impact. International Women's Day serves as a platform to give voice to survivors, raise awareness about the underlying reasons behind violence against women, and advocate for measures to put an end to this crisis. It also emphasizes the significance of establishing safe environments and support systems for survivors to access assistance and legal recourse.

In solidarity with female victims of domestic abuse, the Head Girl Team hosted their annual fundraising and pledge-giving event in the school hall on 8th January to raise awareness and funds for Sateda, a domestic abuse charity based in Swale. The Head Girl Team sold feminist-themed stickers and purple ribbons to be worn to show support for the charity.

Highsted once again invited staff to name inspirational women, this year ordinary women from their lives who they think are extraordinary to them. Students then completed a scavenger hunt to encourage them to ask as many teachers as possible about their inspirational women.

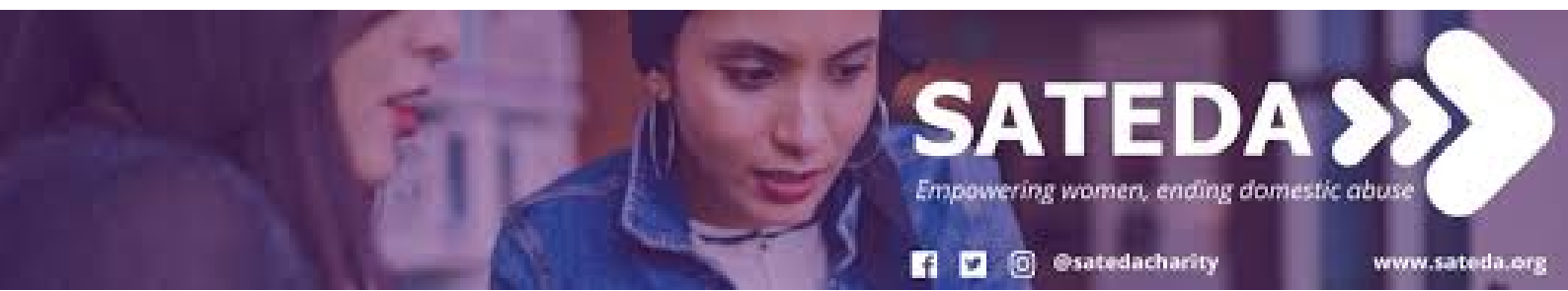
As with previous years, students and staff were also invited to make pledges and write messages of thanks for the women who inspire them in their lives. It was wonderful to see so many humbling messages of gratitude for 'ordinary' women- friends, mothers, aunts, sisters, teachers- who enrich the lives of our students and staff.



As we reflect now at the end of Women's History Month, it's important to reiterate our dedication to creating a world where all women and girls can thrive without facing discrimination, violence, or inequality. We should acknowledge the valuable contributions women make to our societies, economies, and communities. Moreover, it's essential to support policies and actions that advance gender equality, empower women, and pave the way for a better future for upcoming generations.



**Abinaga N, Y13**





# CAREERS WEEK

From 4th March to 8th March, Highsted celebrated National Careers Week. This week was an amazing opportunity to encourage and inspire the students in our school, through discussions surrounding the possibilities of the future. Establishing a career is about seeking opportunities and experiences so what best way to do this than to start young. A series of activities for the week were planned to stimulate and encourage everyone to engage with the limitless possibilities in which their future holds.

**Monday 4th March 2024** To mark the beginning of National Careers Week, the first of 3 sixth form careers panels commence. The focus of this day was STEM subjects, particularly focusing on Chemistry, Biology, Maths, Computer Science and Technology. The panel consisted of sixth formers in year 12 and year 13 to talk about their subjects and what they plan to do with it. We heard aspirations to go into Finance, Medicine, Dentistry and Chemical Engineering. They also gave advice in choosing GCSE options and A-Levels which many of our audience were close to in their academic journey.

**Tuesday 5th March 2024** On this day, we were graced with the presence of a guest speaker who came to inspire. Martyn Reeves, CEO of Friends of the Wisdom Hospice, spoke to students at lunchtime about unpaid and volunteering roles and the rewards which come along with it. As a community, it is important that we stand together and support one another which is one of the points he emphasised. In addition, he also spoke about skills students should develop to boost their employability, which was highly useful in the running theme of being in control of their own future.



Martyn Reeves, CEO of Friends of the Wisdom Hospice

**Wednesday 6th March 2024** This was the second day of the careers panel focusing on the Arts which included Music, Art and Drama. Our audience grew as people were interested in where you could take these subjects in the future. Hearing from the sixth formers, the audience were able to understand what you could do at university or even as a hobby. It was a wonderful insight into the careers with the Arts and the audience were very engaging.

**Thursday 7th March 2024** This was the last day of career panels zoning in on the humanities. Our panel consisted of sixth formers studying French, History, English, Business and Geography. Our numbers of people in attendance increased further. It was amazing to see how many were interested in learning more and also taking an active hold on the determination of their future. Questions were asked and answered, and advice of revision and personal statements also appeared in it. It was an atmosphere filled with encouragement and intrigue! There was also lots of positive feedback from the students.

In addition, every day the Virtual Careers Fair was available for students to use and explore different professions. This was a wonderful opportunity to encourage active research in careers while also motivating them to see that anything is possible. It gave the ability to see a realistic setting of different pursuits of a wide range of careers.

# SPRING SOIREE

Students, teachers and parents united to celebrate Highsted's annual music show: the Spring Soiree. Music students and teachers have come together for yet another year of the fantastic show, showcasing the brilliant talent that Highsted has to offer: pianists, guitarists and more! The event was put together and compered by Head of Music, Mrs Braddy.

It was amazing to be able to watch the pure amount of talent and skill that Highsted students have, and to experience this in such a diverse showcase. With so many musicians presenting their beautiful pieces.

One memorable performance was from some of the principle cast of *High School Musical*, Sean C, Evie G, and Aidan F, helping to promote the musical's June performances, singing *What I've Been Looking For*. They definitely got the audience excited with their singing and choreography.

More performances from musicals included titular song *Six* from the Tudor musical, performed by Dami A, Lucy B, Isabella C, Millie G, Isabel H and Evelyn S, which got everybody moving, and *Part of your World*, from *The Little Mermaid*, sung by Isabel H.

Another favourite was *Origin*, Highsted's student-led singing group, who performed *Don't Go Breaking My Heart*, as well as *Strings*, who played an acoustic version of the theme from *Mission Impossible*.

Naomi P wowed audiences with her rendition of Eurovision hit *Voilà* in French.

The recently formed student band, *Misfortune*, finished the show, getting everyone to sing along to *The Climb* by Miley Cyrus, and finishing with *Take Me Out* by Franz Ferdinand.

It was a wonderful evening, where the Highsted community came together to celebrate the one thing that brings them all together: music.

Highsted Grammar School presents

## A Spring Soiree



Monday  
25 March  
2024  
6:00 pm

An informal hour of Ensembles and Soloists  
and dancers celebrating music about Positivity

Grace T and Aimee T, Y12

# MEET HIGHSTED'S TEACHER

## BAND

One of Highsted's best-loved traditions in recent years has been its open mic events, inviting students and staff to sing for a captive (read: screaming) audience in the hall. Only a handful of teachers have been brave enough to sing at these events, particularly solo (namely Mr Rosedon and Mrs Ford-Wilson), but one group of teachers took this one step further: playing instruments on stage at Christmas, later leading to the formation of a staff band, Lord of the Vibes. Their inaugural performance at the end of Term 3 was a success, and now they're gearing up for a bigger and better performance to finish Term 4. We caught up with each of the band members prior to their next gig to discuss their roles and motivations.



**Miss McKenner**  
**Role: Lead vocals; bass**

### ***Why did you want to join the band?***

When Mrs Field and Mr Spedding suggested actually forming a band I was a little apprehensive, mostly because the thought of singing in front of hundreds of students filled me with dread, but getting to have a silly time with my friends while making music has been a blast! While I'm by no means a fantastic singer, I do enjoy singing and it is a means through which I was able to connect with my close friends during lockdown. We would have weekly Stars in their Eyes Zoom calls, learning new songs and making costumes from our wardrobes as a way of boosting morale while we couldn't socialise in person.

My twin sister is a self-taught singer and guitarist who actually runs her own open mic event and has been desperate for me to perform with her. Hopefully I'll be brave enough if this one goes well!

As for the bass, until four weeks ago I hadn't picked up an instrument in 15 years. This is the perfect excuse to motivate myself to learn again. I haven't mastered the art of singing and playing simultaneously yet, but I hope to for next term!

### ***What's your favourite genre of music?***

Classic rock and alternative rock are my go-tos, but I equally love Motown, 70s disco and 80s pop. My musical idols are Stevie Nicks, Kate Bush and Dolores O'Riordan.

### ***What songs do you want to learn in future?***

We've ticked Kate Bush off the list this time.

I'd love to perform a Fleetwood Mac song and have been learning The Chain on bass! My favourite Cranberries songs are niche, but we've discussed learning Zombie for next time. I'm keen to include more 70s rock.

# MEET HIGHSTED'S TEACHER

## BAND



**Mrs Field**  
**Role: Drums**

### ***Why did you want to join the band?***

'Being the drummer is a role that fills me with joy, satisfaction, and all the nerves! I actually learnt to play the drums when I was about 20, and for a while I used to play at jam nights around Kent. My last gig was when I was a young mum: I passed out with nerves and exhilaration! So now I'm back and loving the camaraderie, team energy, and the sense of elation when we get to the end of a song together without stopping!

### ***What's your favourite genre of music?***

My genre is eclectic. My era is the 90s so I love Britpop, but also dance classics and cheesy ones: growing up I was a big fan of Kylie Minogue, the Spice Girls, and Take That! I love singing along to the radio, even more now that I can say, 'Oh this would be good for the band!'

### ***What songs would you like to learn in future?***

Zombie: The Cranberries  
Just a Girl: No Doubt  
Perhaps a bit of Green Day?



**Miss Baker**  
**Role: Keyboard; backing vocals**

### ***Why did you want to join the band?***

As a new member of the band, I still feel like I am finding my feet and I'm very nervous about performing, but hopefully after the first performance I should be fine.

My role is the keyboardist, with an occasional bit of singing. I am self taught so it could either go terribly or be a miracle - I'm hoping for the latter. I've had my keyboard for many years now and playing it onstage with a group of lovely people by my side will be something quite special to me.

### ***What's your favourite genre of music?***

Despite being the youngest member of the band, I am quite partial to the old classics - songs from ABBA, Queen and Pet Shop Boys are some of my favourites. But, I also quite like newer songs from The Killers and Imagine Dragons for instance.

Who knows what our next set of songs will be?

# MEET HIGHSTED'S TEACHER BAND



**Mr Spedding**  
**Lead guitar**



## ***What made you want to join the band?***

I'm the band's lead guitarist, or rather the only guitarist, but 'lead' makes me sound more important. I've loved playing with Lord of the Vibes as not only am I fulfilling my childhood dreams of becoming a rock star, but I also get to share the experience with my amazing colleagues. Moreover, we are blessed in having the greatest audience any band could wish for! However, it's not all glamorous as it takes a lot of time, effort and commitment to take a new song and make it performance worthy, but that's all part of the fun – putting the hours in, overcoming the failures and frustrations and getting to that magical state where we are perfectly in sync with each other.

## ***What's your favourite genre of music?***

Musically my tastes are traditionally folk, blues and rock, but I'm very much in early stages as a guitarist so I'll play anything that comes my way!

**Lord of the Vibes, with photography  
from Beau G and Beattie V**

# WHAT IS THE RWANDA POLICY?

Since April 2022, discussions about a scheme deporting asylum-seekers to Rwanda for processing has dominated Parliament, outlasting former Prime Minister Boris Johnson's (who first announced the plan) time in government. Many arguments and controversies have been unfurled by these talks, starting with the cancellation of the first deportation flight to Rwanda just minutes before it was set to take off due to a ruling by a judge at the European Court of Human Rights in Strasbourg. The argument for this policy is that it will prevent migrants from arriving using "illegal, dangerous or unnecessary methods" such as small boats that led to a minimum of 46,000 people trying to cross in 2022, but more crossed undetected. On the 19th of December 2022, the High Court concluded that the plan was lawful, this was later reversed by the Court of Appeal in June of this year. The case was then taken to the Supreme Court, and on the 15th of November 2023 the policy was ruled as unlawful on the grounds that the safety of those sent to Rwanda could not be guaranteed.

One of the key players in the Rwanda controversies has been Suella Braverman, who stood as Home Secretary until the 13th of November when she made comments about Palestinian marches on that prior weekend. In March, Braverman doubled down on her deportation policy on a visit to Rwanda despite the plan remaining conflicted in terms of legality, claiming the £140 million deal will be a "powerful deterrent" to those attempting to cross the Channel. In May, Braverman set out her plan for conservatism at a right-wing conference in central London. She stated that her parents' arrival in Britain was "through legal and controlled migration" and suggested that migrants should "learn English and understand British social norms". This has sparked numerous protests amongst the British people, relating to human rights, and led to Braverman leaving government after putting herself in a position where she could no longer remain as Home Secretary.

Since November, the policy has been revised and current Home Secretary James Cleverly claims the new policy addresses the human rights concerns put forward by the Supreme Court, insisting Rwanda has made "a clear and unambiguous commitment to the safety of people who come here". On the 5th of December, Cleverly signed the new migration treaty in the Rwandan capital, Kigali. Allegedly, the new treaty is to guarantee that any people sent to Rwanda to claim asylum is not at risk of 'refoulement', the legal term for being sent to a third country where they could be persecuted.

Despite the efforts made by the UK government, it is safe to argue that the Rwanda deal has failed. This can be said because of a comparison between April 2022 and 2023 statistics where 5,000 people were noted as crossing the English Channel into the UK in both years, which shows the defeat of Braverman's alleged proposal of deterring asylum seekers. The controversy that the Rwanda discussions have brought up has led to questions on whether the UK will be facing an early election, since the bill that PM Rishi Sunak has proposed has been ruled as 'not fit for purpose' by Tory lawyers. The problems with the plans for Rwanda have led to an entire cabinet reshuffle and may further cause the Conservatives to suffer a blow in the next election.



# PEACEFUL PROTESTING

On Monday 18th December, outside the Home Office in London, protesters gathered to denounce the government's immigration policies including its Rwanda asylum plan,

Peaceful protests happen often, mostly in places in London such as Oxford Street or outside governmental buildings. They are used to force a reassessment of society's morals through allowing ordinary people to have their voices heard. The messages come from individuals who are able to approach cases with level-headed mindsets and are effective in creating positive perceptions of these issues.

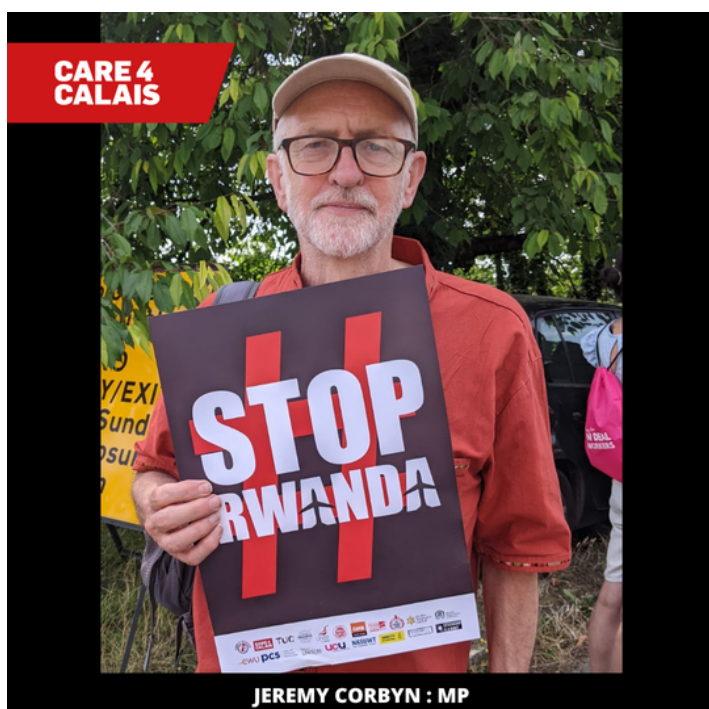
The Rwanda Plan Protest was held in response to the House of Commons voting 313-269 to approve the government's Rwanda bill, which has not yet been fully established. This focused on the relocation of asylum seekers in Rwanda, this bill acting as a deterrent for those who wanted to cross the Channel in small boats. The Rwanda bill was supposed to overcome a ruling by the United Kingdom's Supreme Court that confirmed the plan to send migrants away was illegal.



The protest 'Stop the hate' took place on International Migrants Day, organised by multiple groups such as Stand Up to Racism – who are responsible for a lot of peaceful protests, especially in London – and Care4Calais, a refugee charity. The protest has gathered traction to peacefully celebrate unity over division. Its foundation was on a party-style approach, with live music and DJs, a cause for celebration to create as little conflict as possible.

The former leader of the Labour Party, Jeremy Corbyn, stood as one of the speakers, which gained more traction to the protest. He actively condemned the government for 'pushing legislation through Parliament to try and get around a Supreme Court judgement, which is saying the removal of people to Rwanda is illegal.' The peaceful protests across the capital city have given it a leg-up to notify more people of the issues that they hold.

**Katherine B, Y12**



# THE DANGERS OF DOXING

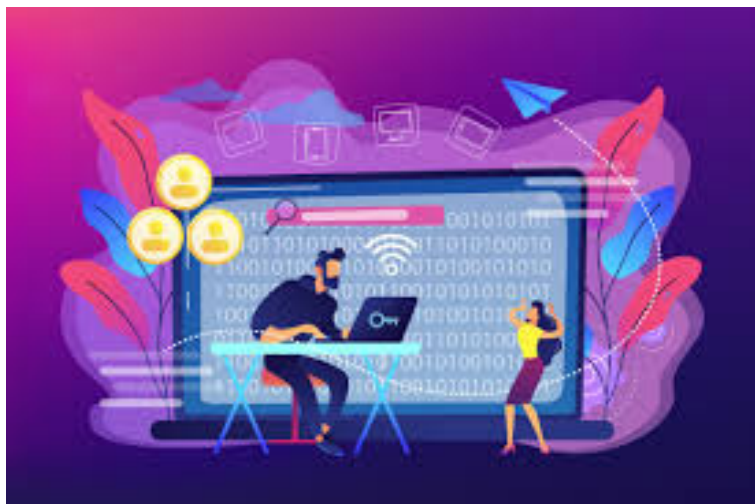
In today's interconnected world, the internet serves as a vast landscape of information, communication, and interaction. While it offers incredible opportunities for learning and connectivity, it also presents risks, one of which is the threat of doxing. Doxing, a term derived from "document tracing," refers to the malicious act of researching and publicly revealing personal information about an individual without their consent. As students navigating the digital realm, it's crucial to understand the implications of doxing and how to safeguard ourselves online.

## The Mechanics of Doxing

Doxing typically involves scouring the internet for personal information, including full names, addresses, phone numbers, email addresses, and more. Perpetrators may exploit various online platforms, social media accounts, public records, and even data breaches to compile this information. Once obtained, this data can be weaponized for harassment, intimidation, or even more severe consequences as seen with many incidences of celebrities such as Kim Kardashian, Jay-Z and Beyonce and even Michelle Obama.

## Risks and Consequences

The repercussions of being doxed can be severe and far-reaching. Victims may face cyberbullying, harassment, stalking, identity theft, or even physical harm. Moreover, once personal information is made public, it can be challenging to mitigate the damage, leading to prolonged exposure to threats and risks.



## Protecting Yourself Against Doxing

As responsible digital students, there are proactive steps we can take to minimize the risk of being doxed and protect our online privacy:

- **Mindful Sharing:** Be cautious about the information you share online. Avoid disclosing sensitive details such as your full address, phone number, school name, or schedule unless necessary.
- **Privacy Settings:** Familiarize yourself with the privacy settings of the platforms you use, including social media accounts and messaging apps. Adjust these settings to limit the visibility of your personal information to trusted individuals only.
- **Online Persona:** Consider using an alternate username instead of your real name on public forums or social media platforms. This can add a layer of anonymity and make it harder for malicious actors to target you.
- **Strong Passwords:** Use strong, unique passwords for each of your online accounts, including email, social media, and school-related platforms. Enable two-factor authentication whenever possible to enhance security.
- **Digital Footprint:** Regularly audit your online presence by searching for your name and other identifying information. If you find any sensitive details, take steps to remove or obscure them from public view.
- **Educate Yourself:** Stay informed about online privacy best practices and emerging threats. Take advantage of resources provided by schools, libraries, and reputable online sources to educate yourself and others about staying safe online.
- **Trust Your Instincts:** If something feels off or suspicious online, trust your instincts and proceed with caution. Avoid clicking on suspicious links, responding to unsolicited messages, or sharing personal information with unknown individuals.



# SOCIETY SPECIAL: FILM and TV

Our society is focussed on spreading news, reviews, opinions and debates relating to the Film and TV industry. We want to continue the legacy of last year's Film Society who worked to raise awareness on the treatment of actresses both in the past and present and are hoping to go beyond this with some fun charity events to raise money for the likes of Children In Need or Comic Relief. These huge telethon events help the lives of thousands as well as providing us with entertainment and we want to support them as much as possible within our school community.

- Millie

## WRITER STRIKES

This year, filmmaker writer strikes are taking place in multiple different countries – this has been detrimental to the production of filmmaking. Multiple films and TV shows have been on delay due to the amount of writer strikes throughout the film industry. Some of these titles include Stranger things, 1923 season 2, American horror story season 12, the next Gladiator and Beetlejuice the sequel. This has disappointed many fans such as you and I; but it is necessary procedure so these writers can get what they deserve. The main reasons for these strikes are so they can get higher pay, a stable pay structure as well as fairer deals, contracts and provisions about artificial intelligence.

Furthermore, it is unfair to these writers as it has been stated by Amanda Mercedes, "Our wages have been falling in the last few years as the streamer's profits have been skyrocketing." Therefore, there are no clear ending dates for these writer strikes, however they are aiming to have them finished by three months - which seems unlikely unless the writers get paid more. - Ella



## THE BEST HORROR SERIES EVER MADE

Most horror fans enjoy a fast-paced, gory movie with little to no character development and a sudden, usually disappointing ending. But have you ever considered: what happens to the surviving characters? How does the trauma affect them in later life? However, there is often not enough time within a film to successfully explore these questions, which is why I recommend a horror series, and not just any horror series- The Haunting of Hill House. The Haunting of Hill House is the first of director Mike Flanagan's genius horror collection, based on Shirley Jackson's book of the same name. The plot flashes between past and present as a fractured family, including five adult siblings, who grew up in what would become the most famous haunted house in American, now find themselves having to confront the haunting memories of their old home and the terrifying events that drove them from it. Each of the ten episodes focus on a different member of the Crain family with incredible character development, representing how everyone responds to trauma differently and how grief never leaves us, building up to a climatic finale. - Heather



# SOCIETY SPECIAL: FILM and TV

## WHAT IS THE APPEAL OF PSYCHOLOGICAL HORROR?

*\* The final result is bizarre and has no attraction for the audience – Ali Miramirkhani*

*\*\*\*\*\* This film... combines stunning cinematography with expertly crafted performances that will leave audiences on the edge of their seats. – Patrick Wrobel*

Both reviews address the same film but have contrasting opinions. *Midsommar*, the 2019 psychological horror movie in which a group of American students are brought to a remote Swedish commune to experience the Midsommar festival is a psychological horror that received positive reviews and several awards for direction and performances from Hollywood, though “it polarized general audiences.” *Psichi.org* states that: “According to science findings, people may seek out horror movies for all sorts of reasons, such as triggering chemicals in their brains, to help them plan for worst case scenarios, or to practice coping strategies and control.” And “*Midsommar*” is a fantastic example of this. Horrific climax scenes cause adrenaline to course through the viewer’s veins and uncomfortable silences between dispassionate lovers are cathartic for those who have experienced similar horrible situations. In conclusion, psychological horror is a subgenre of horror films that have serious box office prowess and are generally critically well received, they are a divisive subset as some find them unengaging and bizarre, but for those with a taste for the abstract or who find comfort in their vulnerabilities and fears being put on screen, it may be worth a try. – Rhys



## WHAT MADE FREE GUY A GOOD FILM?

The 2021 film ‘Free Guy’ starring Ryan Reynolds, Jodie Comer, Joe Keery and Taika Waititi focuses on a videogame in which an NPC (non-playable character) named ‘Guy’ (played by Ryan Reynolds) falls in love with a player from the real world (Jodie Comer). With so many recognisable faces, this film already held my interest as I’d never imagine Steve from *Stranger Things* mixing with Korg (*Thor Ragnarok*) and Villanelle (*Killing Eve*). The film is comedic, captivating and heart-warming, with Ryan Reynolds playing his usual role of himself. The villain of the story named Antwan (played by Taika Waititi) was hilarious and impulsive, therefore making the storyline that little bit tense which naturally engaged my interests. As usual, Jodie Comer was incredible, playing two roles simultaneously with a flawless finesse – I’d keep Molotov girl in mind for your Halloween costumes! And Joe Keery was amazing, successfully pulling off the common ‘gamer boy in love’ trope. The characters were perfect, the storyline was captivating, the villain was awesome, the setting was well established and the acting was phenomenal. What more could you want? Some shoes which make you jump? Obviously, it had those! Or maybe a rogue avenger reference featuring Chris Evans? Come on now, need I go on? I’d highly recommend this film if you have a sleepover, family around, friends, if you feel down for a cheering up or if you feel great for a greater feeling, it’s the perfect film for any occasion. – Georgie

# SOCIETY SPECIAL: FILM and TV

## The Bear, Season 2

What is life without purpose, and how do you know when you've found your purpose? The Bear, season 2, follows the renovation of fictional Chicago restaurant 'The Bear,' as we explore our characters journey on to becoming 'The Beef.' Each episode explores a different character's story and their relationship with their purpose in life, whilst our protagonist, Carmen "Carmy" Berzatto, struggles to have control over his own. Carrying on from season 1, in which we were first introduced to Carmen and his complicated family history, we now move away from his central point of view, into the lives of his fellow chef's. One of these chefs is Sydney "Syd" Adamu, who handles the refurbishment, menu, and control of the kitchen. My personal favourite episode is Episode 7, titled "Forks." Throughout the season, Richie (cousin of Carmen) is questioning his purpose at his job, in his life, and within his family, and reveals his raw fear of falling behind everyone else. In this episode, we watch as he begins staging at the best restaurant in Chicago, and he is plunged completely out of his comfort zone. In this, he must relearn his discipline by meticulously drying forks, much to his amusement. At first, he feels resentment, deflecting his bitterness onto Carmen and those in the kitchen working around him. His approach to such a mundane task at first feels stubborn, before he begins to rediscover his passion and love for his job - beginning to uncover his purpose. He takes pride in his work, no matter whether that be drying forks, or bringing an authentic, deep-dish pizza to a table; he slowly recognises he is needed. This is brought to a triumphant climax, when we drive home with him, blasting Taylor Swift's "Love Story," and whilst others may not recognise his improvement, we were able to witness it. The season itself is chaotic and everything you need from a tragicomedy. It is suffocating when it needs to be, yet so raw and personal in its dysfunctional characters and their development. Both seasons are available to watch on Hulu and Disney+, and average mostly around 30 minutes per episode. If you enjoyed other tragicomedies such as Barry, Succession or even Fleabag, I would recommend adding this to your watchlist. - Jess



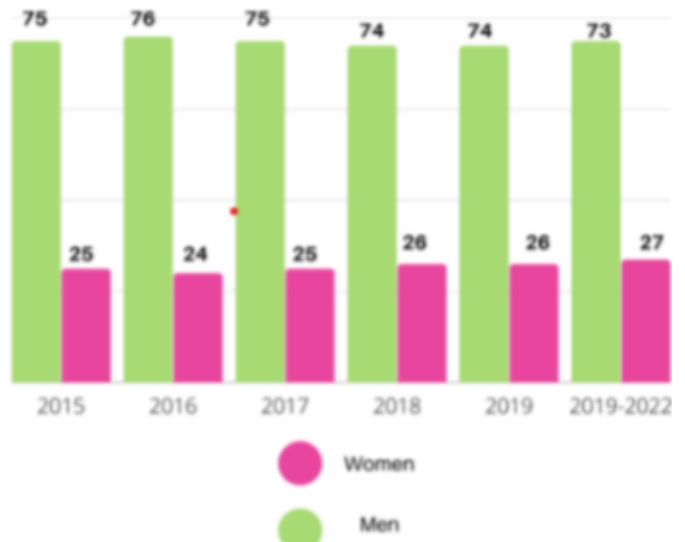
# SOCIETY SPECIAL: SCIENCE AND TECH

## Our goals

Our main goal is to encourage women into STEM, whilst supporting one another on our own career paths. We find encouraging STEM particularly important in a girls' school since it's such a male-dominated field, and want to help break down these stereotypes. There are significant amounts of stigma around women planning to pursue a career in STEM, and so by discussing this more we hope that we can help to reduce this and show others how attainable of a goal this is. Women only make up 26% of the workforce in STEM, which is significantly below half.

## Our discussions

Some of our main values include equality and respect. Equality is particularly important to us, as especially in STEM, women are ignored or reduced to stereotypes. For example, in a study carried out by Merryn McKinnon and Christine O'Connell in 2020, one participant said that she "purposely did not wear a lot of makeup, put her hair up and wore her glasses when she taught or gave presentations, so she would not look 'pretty' and would therefore be taken more seriously". We think it's ridiculous that women should be forced to do these things just for others to take them seriously in a field that they are equally as qualified in. Similarly, the Nobel winner Tim Hunt (a professor from UCL) resigned in 2015 after claiming we should have single-sex labs due to women being 'distractingly sexy', a belief that was reinforced by Boris Johnson and Richard Dawkins.



Alongside this, we plan to acknowledge the vital contributions women have made to science- for instance Rosalind Franklin, a British chemist whose work was pivotal to our understanding of the structure of DNA today. More recently, Jennifer Doudna received the Nobel Prize for chemistry in 2020. She has received this for her role in the development of CRISPR, a gene editing method that had revolutionised the way genetic technologies can be approached. This technique could be used in the treatment and search for a cure for cancer, as well as other genetic diseases. Without these incredible women, so much of what we know and the ways in which we are able to treat medical conditions would be impossible. We hope this will motivate other women to pursue a career in STEM. As well as this, respect is a value we find important- women's voices are not listened to enough in STEM, and so by encouraging respect for one another and paying attention to one another we hope to help to tackle this issue. If we start by respecting one another, it will allow

us to demonstrate to others how important this is and all the positive impacts that it can have.



# SOCIETY SPECIAL: LAW AND DEBATE

## Our aims and values:

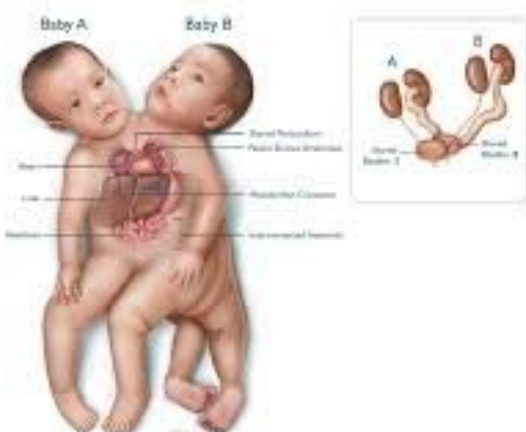
- Giving everyone access to the law
- Discussing prominent issues within the legal system
- People who aim for a legal career or simply have an interest can enjoy our discussions and learn about current legal issues
- Introduce our legal system and both the positives and negatives about it

## What we've been talking about:

We have recently been debating the case of Re A. \*TW- DEATH OF A CHILD\*

## FACTS

- Mary and Jodie were conjoined twins joined at the pelvis.
- According to medical evidence, if the twins were left as they were, they would both die. If they operated to separate them, this would cause the death of Mary, but Jodie would have a strong chance of living an independent life.
- The parents refused consent for the operation to separate them. The doctors were able to get the High Court to agree to their separation declaring that it would be in the children's best interest.



## Inspirational Women in Law

- Lady Hale- ex-president of the supreme court, who created and changed the current test for dishonesty in theft from Ghosh to Ivey



- Gwyneth Bebb- the first women to graduate from Oxford University with a first class honours degree in Law



- Charlotte E. Ray- the first female attorney in U.S. history



# SOCIETY SPECIAL: ART

**“AI is a bridge between art and science.”–  
Pamela McCorduck**

In the modern age creating art is as simple as typing in a prompt to an AI art generator, but will the use of this technology be devastating for real life artists?

The use of AI art is obviously increasing as programs such as Stable Diffusion surpassed 10 million users a day in October 2022 and Dall E has over 1.5 million users. That’s a huge percentage of the population using AI generated art in everyday life. Pair this with the fact that 70% of people have never brought physical art in their lives and we can see a clearly AI is dominating the art market. Recently a huge event occurred in the art market- NFTs. NFTs are art that can be minted and sold on the blockchain and at first glance this seems like an increase in sales of digital art creating opportunities for digital artists globally, however, NFTs are mostly AI generated showing opportunities being taken away from artists by AI generated art right in front of our faces.



However, AI art does not yet have the ability to come up with new ideas and can’t even produce realistic faces which artists are calling the ‘uncanny valley’ effect. Computer generated programs can only copy data from pieces already in public domain; it does not have the abilities to devise authentic, creative ideas. All AI generated pieces are just a combination of elements that are stolen from different artists in order to create a piece of work. As well as this, upon close inspection, AI art often has many flaws. Backgrounds are often inaccurate and incomplete or blurry. It is not precise in generating a high-quality piece that a real artist could produce, which is why it will never be able to overtake real art. AI art also has many copyright issues that could end in someone who is using it being sued for plagiarism, as it is not original or creative and uses artists work without their consent to train its algorithm. Also, everything it creates is digital and as of right now AI cannot produce physical art works.



# SOCIETY SPECIAL: READING

With the stress, chaos and novelty of A-Levels, our primary aim for our society is to take time to relax by finding and discussing books we enjoy, find interesting or have simply read recently.

Outside of our internal aim to be a relaxed, comfortable environment, we also aim to promote reading, mainly for leisure, but also for academic interest. The school library holds a wide range of fiction and non-fiction books, and we want to encourage people to pick up and try them out especially as a form of escapism or to relax from school stress.

Whilst there are many studied benefits to reading, our focus as a society isn't to encourage reading for any reason other than enjoyment because Highsted already promotes reading for academic improvement.

(<https://www.highsted.kent.sch.uk/our-learning/reading-at-highsted-a-whole-school-commitment/>)

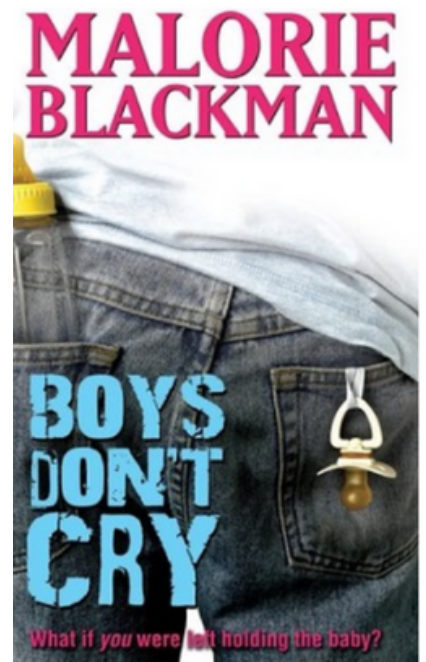
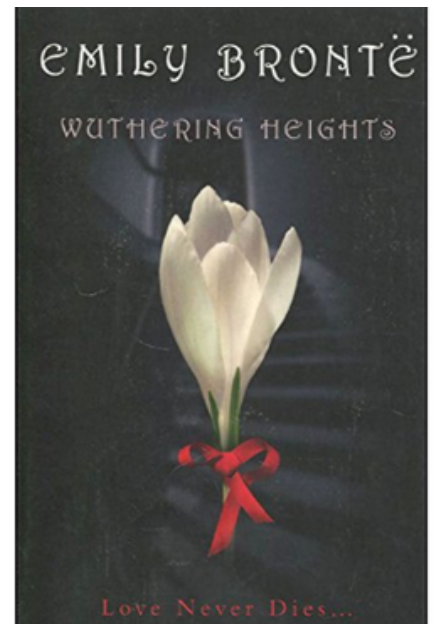
As a society this year, we also aim to help support children's access to reading by supporting and promoting charities like BookTrust who "reach millions of children every year with books, resources and support to get every child reading, regularly and by choice." (<https://www.booktrust.org.uk/what-we-do/>)

In this edition of the magazine, we'll share some great books worth reading that can be found in the LRC at Highsted:

**Miss Gardiner's recommendation:** *Caraval* by Stephanie Garber, a high fantasy romance novel.

**A classic:** *Wuthering Heights* by Emily Bronte

**Something different:** *Boys Don't Cry* by Malorie Blackman



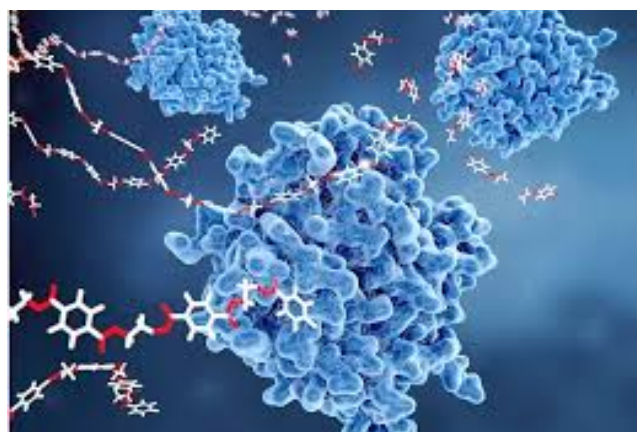
# NANOZYMES: THE TINY REVOLUTION OF DISEASE DETECTION

In the fast-paced world of medical research, a niche yet groundbreaking advancement is capturing the attention of scientists and healthcare professionals alike. The innovation in question is the development and application of nanozymes, minuscule synthetic enzymes that are proving to be a game-changer in disease detection.

Nanozymes, as the name suggests, are nanoscale materials with intrinsic enzyme-like activities. Unlike natural enzymes, nanozymes are more stable, cost-effective to produce, and can be precisely engineered for specific functions. One of the most promising applications of nanozymes lies in their ability to revolutionize disease diagnostics.

These tiny powerhouses exhibit catalytic activity, enabling them to accelerate chemical reactions. In the context of medical diagnostics, nanozymes can be designed to interact with specific biomarkers associated with various diseases. For instance, in cancer diagnostics, nanozymes can target and react with specific cancer-related molecules, producing a detectable signal.

One of the key advantages of nanozyme-based diagnostics is their sensitivity. These nanomaterials can detect biomarkers at extremely low concentrations, allowing for early and accurate disease detection. This capability holds immense potential for improving outcomes in conditions like cancer, where early diagnosis is often a determining factor in successful treatment.



Nanozymes are also versatile in terms of detection methods. They can be integrated into various diagnostic platforms, including colorimetric assays, electrochemical sensors, and imaging techniques. This adaptability makes nanozyme-based diagnostics applicable across a range of medical settings, from point-of-care testing to advanced laboratory analyses.

The use of nanozymes in disease detection is not limited to cancer. Researchers are exploring their applications in detecting infectious diseases, neurodegenerative disorders, and cardiovascular conditions. The ability to tailor nanozymes to recognize specific biomarkers associated with different diseases opens up new possibilities for targeted and efficient diagnostic strategies.

As with any emerging technology, challenges such as scalability, long-term safety, and regulatory considerations need to be addressed.

However, the rapid progress in nanozyme research is paving the way for their integration into mainstream medical diagnostics in the near future.

In conclusion, the advent of nanozymes represents a niche yet transformative leap in the field of medical diagnostics. These minuscule synthetic enzymes have the potential to redefine how we detect and diagnose diseases, offering a path towards earlier and more accurate identification of various health conditions. As research and development in this area continue, the era of nanozyme-based diagnostics promises to be a remarkable chapter in the ongoing narrative of medical advancements.





# THE IMPORTANCE OF PRESS REGULATION

On 9th February, Prince Harry settled his remaining phone hacking claims against the Mirror Group Newspapers (MGN), now owned by Reach PLC. The settlement marks the end of a four-year battle between Prince Harry and the publisher which had claims of 115 unlawful intrusions. In December, he had already been given £146,000 in damages after winning 15 claims against the MGN. Harry's lawyer, Mr Sherborne, told the court that his client will be paid a "substantial additional sum" on top of the publishers paying all of Harry's legal costs. The BBC suggests that the money that the prince will receive may be around £300,000 in total. It was not just Harry that was bringing claims against the MGN, he was among many high-profile figures who have accused the publisher of the Daily Mirror, Sunday Mirror and Sunday People of unlawful intrusion into their private lives in order to gain stories. Sherborne stated that the Daily Mirror's editor at the time that the alleged intrusions took place, Piers Morgan, "knew perfectly well what was going on". Prince Harry has been a long-time critic of the British tabloid press due to his own, and his wife Meghan Markle's, unfavourable representations and invasions of privacy.



## The Leveson Inquiry

culture, practices and  
ethics of the press

This judgement is significant because after the UK's phone hacking scandal which happened between 1995 and 2011, there have been several payouts, but few cases went to court, meaning the perpetrators managed to avoid public criticism. The 1995-2011 scandal led to the Leveson inquiry which was an inquiry into the culture, practises and ethics of the British press which got its name from Lord Justice Leveson who chaired the inquiry. The Leveson Inquiry led to the invention of the Independent Press Standards Organisation (IPSO) which is the largest regulator of magazines and Newspapers in the UK which is self-regulating. It exists to promote and uphold the highest professional standards of journalism, and to support members of the public in seeking compensation where they believe that the Editors' Code of Practice has been breached. IPSO considers the editorial content and the conduct of journalists; it handles any complaints and conducts its own investigations. IPSO has the power, if necessary, to fine publications in cases where failings are particularly serious and systemic.

# SPOTLIGHT ON... REESE WITHERSPOON

Reese Witherspoon, renowned actress and entrepreneur, has become a powerful force for change, utilising her influence to reshape not only the entertainment industry but also her community at large. One of her most significant contributions is the establishment of Hello Sunshine, a media company dedicated to promoting diverse stories, with a particular focus on female narratives. With a career spanning over three decades, Witherspoon has used her platform to challenge societal norms and champion important causes, making her an influential woman in today's world. Through this venture, Witherspoon has not only provided a platform for underrepresented voices but has also sparked a crucial conversation about the importance of inclusivity in storytelling.

Beyond her entrepreneurial pursuits, Witherspoon is a staunch advocate for gender equality. Her vocal stance on issues ranging from pay parity to representation has reverberated through Hollywood and beyond. By leveraging her platform to address systemic challenges, she has initiated a dialogue that has the potential to lead to tangible change in the industry. Witherspoon's commitment to fostering a more inclusive environment has inspired others to follow suit, creating a ripple effect that may redefine standards and opportunities for women in the future. In 2018, she released her book "Whiskey in a Teacup," which explores her Southern upbringing, empowering women to embrace their unique backgrounds and perspectives. Witherspoon's book serves as a source of inspiration for young women, encouraging them to embrace their individuality and to be unapologetic about their ambitions. Witherspoon also shattered traditional stereotypes associated with women in Hollywood. She has consistently chosen roles that portray complex, strong-willed female characters, challenging the notion that women should only be limited to supporting roles. Notable performances in movies such as "Legally Blonde" and "Wild" have demonstrated her ability to transform seemingly one-dimensional characters into empowering figures who defy societal expectations. She has always actively advocated for women's rights and gender equality. In 2016, she founded the production company, Hello Sunshine, with a primary focus on telling stories by and about women. Through Hello Sunshine, Witherspoon has been successful in adapting novels with strong female protagonists, such as "Big Little Lies" and "Little Fires Everywhere," for television, giving these stories a platform to reach a wider audience.



Reese Witherspoon's influence as an influential woman in Hollywood is undeniable. Witherspoon has actively engaged in philanthropic causes that address social and economic disparities. Her involvement in charitable initiatives reflects a dedication to creating positive change beyond the spotlight. Witherspoon has been a vocal advocate for diversity and inclusion in the entertainment industry. She has consistently emphasised the importance of representing different ethnicities, cultures, and backgrounds on screen. By championing projects like "A Wrinkle in Time" and "Selma," she has actively sought to support and promote diverse talent, contributing to the push for increased representation and equality in Hollywood. Through her acting career, advocacy for women's rights, and commitment to diversity and inclusion, she has shattered stereotypes and paved the way for future generations. Witherspoon's dedication to empowering young women and her philanthropic efforts further solidify her position as a role model and influential figure. Her relentless pursuit of equality and determination to challenge societal norms make her an inspiration to women around the world. As an influential woman, Reese Witherspoon's multifaceted approach to advocacy, entrepreneurship, and philanthropy sets a precedent for a future where diversity and equality are not just ideals but integral aspects of our communities. Her actions serve as a testament to the transformative power one individual can have in catalysing positive societal change.

# AWARDS SEASON 2024

## Golden Globes

Kicking off the season on 9th January, the Golden Globes yielded some unprecedented wins and losses. Of these shocking results, Greta Gerwig's *Barbie* received 9 nominations but took home only two wins for the first-ever Box Office Achievement Award, and for Best Original Song with Billie Eilish and Finneas O'Connell's *What Was I Made For?* Its key competitor throughout its release and reception has been Christopher Nolan's *Oppenheimer*, with the cultural phenomenon 'Barbenheimer' arising from their simultaneous theatrical releases on 21st July 2023. *Variety* called the phenomenon "the movie event of the year", and this increased box office success for both films with many planning back-to-back viewings. *Oppenheimer* won the battle overall, though, with Ludwig Göransson winning for Best Original Score, the film winning for Best Motion Picture- Drama, Christopher Nolan winning for Best Director, and Cillian Murphy and Robert Downey Jr winning for Best Actor and Best Supporting Actor respectively.



It was a big night for other less successful films, too. *Killers of the Flower Moon*, Martin Scorsese's Western crime drama, was passed over for many prestigious awards this season. However, Lily Gladstone made history as the first Native American to win for Best Actress.

On the television front, Jesse Armstrong's HBO series *Succession* stormed to success with 9 nominations and 3 wins, including Best Drama. Streaming service smash hits *Beef* (Netflix) and *The Bear* (FX/Hulu) cleaned up in the Limited Series and Comedy series categories.



# AWARDS SEASON 2024

## BAFTAs

It was another disappointing night for Barbie's cast and crew on 18th February at the BAFTA Film Awards, as the film did not receive any wins. However, there were more success stories. Yorgos Lanthimos' *Poor Things* was a runaway success, gaining 5 awards: Best Leading Actress to Emma Stone, and crew awards for Production Design, Hair and Makeup, Costume and Special Visual Effects. Its wins were much deserved as it is a visually stunning masterpiece.

As well as cheers of success, Michael J Fox's brought many to tears. His surprise appearance and reminiscent speech moved the audience both attending the event and watching from home. Fox rarely makes public appearance after his diagnosis of Parkinson's disease in the 1990s making his appearance particularly special. He received a standing ovation after he insisted on standing at the podium, being helped from his wheelchair, to present the award for Best Film.

There were many films and TV shows that lost out throughout both nights that still deserve recognition for their achievements. Bradley Cooper's *Maestro* was nominated in 7 categories but did not win any Baftas. This is perhaps following controversy surrounding his use of a prosthetic nose to portray Leonard Bernstein. *Saltburn*, *Emerald Fennell's controversial viral hit*, also did not win any despite its 5 nominations and the unprecedented interest in the film after its release.

Overall, there were many deserving films in this year's lineup, whether they won or not. Many are now available to stream online, so happy watching!



# AWARDS SEASON 2024

## Oscars

Early March saw the 96th Academy Awards taking place, as well as the 44th Golden Raspberry Awards, celebrating the talent in cinema while also shedding a humorous light on the very worst Hollywood has to offer.

To no one's surprise, *Oppenheimer* dominated the season winning seven out of thirteen Oscars it was nominated for. The clear favourite this year was awarded in many categories, the highlights being: best picture, best director, best actor and, best supporting actor. Despite being nominated for best director for *Dunkirk* in 2018, this year was the first time Christopher Nolan had received the award; Undeniably the cherry on top of a very successful career. In addition, Cillian Murphy's performance, arguably the backbone of the film, did not go unrecognised, resulting in him gaining the first Oscar to his name.

In the same vein, Emma Stone was awarded Best Actress for her lead role in Yorgos Lanthimos' *Poor Things*. This is Stone's second Academy Award, the first being for her vastly different role in *La La Land* in 2016, highlighting her incredible versatility in acting.



Although many of the award winners and nominees were well deserved, it must be said that *Barbie* received a shockingly small amount despite its apparent success last summer. The film was awarded only one Oscar, that being for best original song. There was also further criticism about the fact Greta Gerwig and Margot Robbie were snubbed by the Oscars, neither one receiving a solo nomination. For a film so culturally relevant and influential, it was surprising that neither Gerwig nor Robbie were recognised. Even more surprising considering that Ryan Gosling received a nomination for his role as Ken, perhaps ironically highlighting the exact misogyny the film showcased and proving the point that the patriarchy is still very much with us.



# AWARDS SEASON 2024

## Razzies

On the eve of the Oscars the Golden Raspberry Awards (Razzies) took place, an annual ceremony that “awards” the cinematic failures of the year. It is likely not a surprise that Rhys Frake-Waterfield’s independent slasher *Winnie the Pooh: Blood and Honey* swept every category for which it was nominated: Picture, Director, Screenplay, Screen Couple and Remake. The film itself reimagined the much-loved characters of A.A. Milne’s children’s book as blood-thirsty killers who terrorise an adult Christopher Robin and his fiancée Maria. The film only succeeded in laughable character design.



Other notable “winners” were Megan Fox, taking both Worst Actress (for Tom DeNucci’s *Johnny & Clyde*) and Worst Supporting Actress (for Scott Waugh’s star-studded sequel *Expend4bles*). The former also received a rate 0% rating on Rotten Tomatoes. The latter stars Razzies’ most awarded actor ever, Sylvester Stallone, with him gaining his 12th Razzie as Worst Supporting Actor in *Expend4bles*. Additionally, with four nominations, *Ant-Man and the Wasp: Quantumania* earned the Marvel Cinematic Universe (MCU) its first-ever Razzie nominations, breaking the franchise’s 16-year streak without.



Fran Drescher received the Razzie Redeemer award- an award given to a former Razzie nominee who has improved their reputation – as current SAG/AFTRA president, for her brilliant shepherding of the actors' guild through a prolonged 2023 strike with a successful conclusion.



Ellie F, Y12

# WALK TO: TALK

During this year's Children's Mental Health Week, Highsted was lucky enough to welcome mental health advocate Ben West to our school, who delivered inspiring talks to each key stage. Ben is the founder of the Sam West Foundation, founded in memory of his brother who tragically took his own life aged 15. Ben began hosting charity walks in August of 2018 to promote awareness of mental health in young people, the WalkTo:Talk project. He has since petitioned to make basic, mental health first aid a compulsory part of teaching in schools.



This visit motivated Highsted's Head Girl Team to orchestrate their own WalkToTalk initiative, where every lunch time from Monday February 5th through to Friday February 9th, all year groups were welcomed to join the team in a collective walk around school grounds, to talk not only with the peers they already know, but those which they may have yet to have met.

Both the student and teacher turn outs were beyond expectations, with an average group size of 30 for each respective day. The lower school were led by great examples in the sixth form. Rather than relying on social media for communication, the WalkTo:Talk allows for face-to-face interaction, where people can freely share their thoughts and it is designed to encourage discussion about mental health.

***"I enjoyed the opportunity to talk to students I hadn't spoken to for some time and catch up on how their lives are going. I also was impressed with how many steps we collectively covered for a very good cause and felt more buoyant for the exercise. This was a very worthy cause and I hope it may become a fixture in the school year" – Dr Gardiner***

Ben was extremely inspirational in the way in which he shared his story and gave opportunity for any questions. The Highsted Peer Mentors and Head Girl Team were able to then furtherly discuss how mental health can be approached within a school environment, and how to tackle the conversation.

**Zoe W-K, Y13**

**[ WALK TO: TALK ]**  
PIONEERING MENTAL FITNESS

# IMPROVING YOUR WELLBEING

Managing workloads is an essential skill for maintaining a healthy school-life balance and overall wellbeing. In school's fast-paced and demanding work environment, it can be easy to feel overwhelmed by the great volume of tasks and responsibilities. As we head into exam season next term, here are our top tips for managing workload and looking after mental health.

## PRIORITISE

One of the most important aspects of managing workloads is prioritising tasks. It's essential to identify which tasks are the most important and require immediate attention. This can be done by creating a to-do list and categorizing tasks based on their urgency and importance. By focusing on high-priority tasks first, you can ensure that you are not overwhelmed by a long list of to-dos and can tackle the most critical items first.

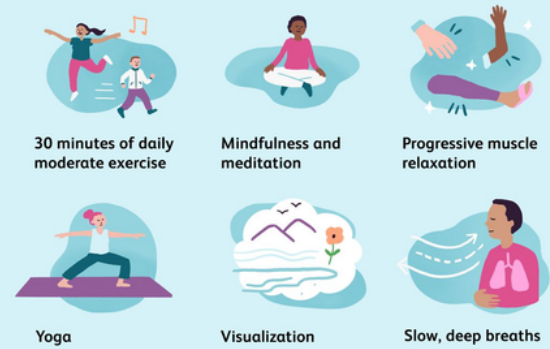
## BE GOAL ORIENTED

Another helpful strategy for managing workloads is setting realistic goals and expectations. It's important to be mindful of your capabilities and avoid overcommitting yourself. Setting achievable goals and deadlines can help prevent burnout and reduce stress. It's also crucial to communicate with your manager or team members if you feel that your workload is unmanageable, as they may be able to provide support or help prioritize tasks.

## COMPARTMENTALISE

Time management is another key aspect of managing workloads effectively. It's essential to allocate time for specific tasks and avoid multitasking, as this can lead to decreased productivity and increased stress. Setting aside dedicated time for each task can help you stay focused and ensure that you are making progress without feeling overwhelmed.

## Techniques to Reduce Stress



## TAKE BREAKS

In addition to these strategies, it's essential to take regular breaks and avoid working long hours without rest. Taking short breaks throughout the day can help refresh your mind and prevent burnout. It's also crucial to prioritize self-care activities such as exercise, meditation, or spending time with loved ones to recharge and maintain overall wellbeing.

## BE PROACTIVE

Lastly, it's important to be proactive in managing your workload by seeking feedback and continuously improving your time management and prioritization skills. Reflecting on your work habits and seeking ways to optimize your workflow can help you become more efficient and reduce stress in the long run. This can be done by asking teachers for help and friends to get a reference for what other people do to manage their time.

By prioritizing tasks, setting realistic goals, managing time effectively, taking regular breaks, and seeking continuous improvement, it is possible to manage workloads in a way that promotes productivity and reduces stress. Remember to communicate with your manager or team members if you feel overwhelmed and prioritize self-care activities to support your overall wellbeing.



# IMPROVING YOUR WELLBEING

Self-care is an essential practice for maintaining overall wellbeing, reducing stress, and promoting a healthy work-life balance. In today's fast-paced and demanding world, it's easy to neglect self-care in favour of meeting work and personal responsibilities. However, by prioritising self-care techniques, individuals can improve their physical, mental, and emotional health, leading to a more fulfilling and balanced life.

## BALANCED DIET AND EXERCISE ARE ESSENTIAL

One of the most important self-care techniques is maintaining a healthy lifestyle. This includes eating a balanced diet, engaging in regular physical activity, and getting an adequate amount of sleep. Eating nutritious foods, such as fruits, vegetables, and whole grains, can provide the body with essential nutrients and energy. Regular exercise, whether it's a brisk walk, yoga, or strength training, can help reduce stress, improve mood, and boost overall health. Additionally, getting enough sleep is crucial for mental and physical rejuvenation, as it allows the body to repair and recharge.

## SET BOUNDARIES

Another important self-care technique is setting boundaries and learning to say no. It's essential to recognize your limits and avoid overcommitting yourself, as this can lead to burnout and increased stress. Setting boundaries in both personal and professional relationships can help prevent feelings of overwhelm and ensure that you have time to focus on your own needs and wellbeing.

## TAKE THE TIME TO BREATHE

Practising mindfulness and stress-reduction techniques is also beneficial for self-care. Mindfulness involves being present in the moment and paying attention to thoughts and emotions without judgment. Techniques such as meditation, deep breathing, and progressive muscle relaxation can help reduce stress, improve focus, and promote a sense of calm and balance.



## FIND A HOBBY

Engaging in activities that bring joy and relaxation is another important self-care technique. Whether it's reading a book, taking a long bath, spending time in nature, or pursuing a hobby, carving out time for activities that bring happiness and relaxation is essential for overall wellbeing. These activities can provide a much-needed break from the demands of daily life and promote a sense of fulfilment and contentment.

## REACH OUT

Additionally, seeking support from friends, family, or a professional can be an important self-care technique. Sharing your thoughts and feelings with trusted individuals can provide emotional support and help alleviate stress. It's also important to seek professional help if you are struggling with mental health issues, as getting the support and guidance you need is crucial for overall wellbeing.

By prioritising healthy lifestyle habits, setting boundaries, practicing mindfulness, engaging in activities that bring joy, and seeking support when needed, individuals can improve their physical, mental, and emotional health.

Remember that self-care is not selfish, but rather a necessary practice for ensuring that you are able to show up as your best self in all aspects of life.

# HIGH SCHOOL MUSICAL

**TICKETS AVAILABLE SOON**

**PERFORMANCE DATES: 25TH-28TH JUNE**