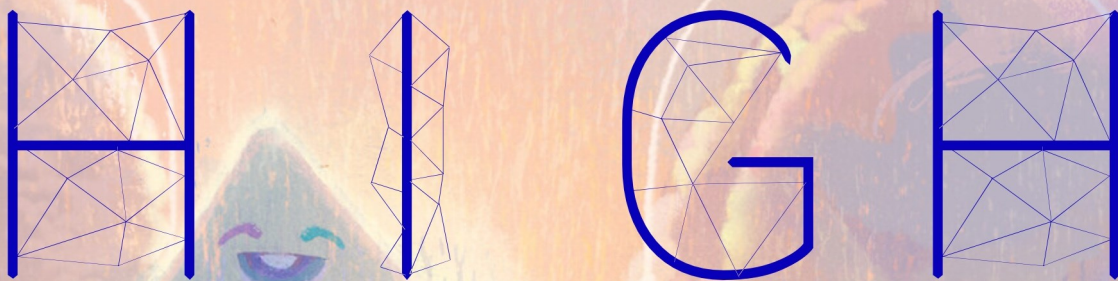


Issue 4  
December  
2022



# LIGHTS

BY HIGHESTED STUDENTS, FOR  
HIGHESTED STUDENTS



SPECIAL FEATURE  
Remembering our Queen

GIRLS ON BOARD  
A Focus on Friendship

BLACK PANTHER:  
WAKANDA FOREVER  
Entertainment Feature

WELLBEING  
Study Tips for  
Mock Exam Season





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*Freya Q, Zara P, Tomi O and society presidents*



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# MUSIC TO OUR EARS

Now that we are in a position to begin opening the school to community events and mixing students between Key Stages, we are also able to enjoy enriching music and drama events as a whole school again. As well as the Music department running inreach events for local primary schools and concerts in the run up to Christmas, the Student Leadership Council has organised a series of Open Mic events to commemorate various periods of national recognition. This included a hugely popular event hosted by the school's wellbeing ambassadors of Ellie's Angels charity, raising awareness around World Mental Health Day.



By popular demand, open mic events look set to become more regular at school to improve student and staff wellbeing alike. It is truly uplifting to see the school hall brimming with smiling students singing along and cheering for one another, and to see many teachers such as Miss Cutler, Ms Coles and Mr Rosedon being involved too. After a fun-filled week of festivities, we are ending the term with two days of Christmas open mic events to get our community into the spirit and ready for a restful break. Well done to all the students and staff who have been involved in the facilitating of these events, particularly Ms Braddy and Ms Reed from the Music department, and Jack E, Brooke S and Oakleigh F in Year 13.





# ART: A GIRLS ON BOARD SCHOOL

In term one, I was commissioned by Mrs Tiernan-Powell to create an art piece for the entryway to represent Girls on Board. Over half term I completed this with the intent to create a great emotional impact, one which would resonate with those that viewed it.

In order to be effective in creating an emotional impact, I limited my colour palette to blues, browns and yellow. By surrounding the yellow sky and reflection by blue, it is more striking to look at, thus holding more impact. The yellow relates to the artist JMW Turner, who created his own yellow to use. For the composition, I played with the idea of comradeship and coming together through the rafts floating away from the mothership. These two things show the differences in friendship. The mothership is in the midst of the storm, symbolising the bully. They tend to have greater power which is demonstrated with the combination of tumultuous waves, showing the anger and frustration they unleash onto others. The rafts coming into the foreground, encased in the sun, shows hope and promise for the future and how you can break from the vicious cycle, or in the piece's case – the current.



I intertwined the rule of thirds, which aided my composition in being even more striking.

I gave the mothership and the storm a vertical third on the left and the rafts the vertical third on the right. This is meant to show how you can get away from the mothership (bully) and create distance. This furthers the theme of hope and promise for the future. I feel as though the third in between is symbolic because it shows the progression and movement between relationships and how they change over time, just like a storm coming to an end.

In this piece, I wanted to demonstrate the Highest Virtues of resilience and hard-work.

I feel as though this has furthered the emotional impact of the piece as it can feel more relatable to the Highest community.

**Zara P, Y13**



# HATE CRIME AWARENESS WEEK

## WHAT IS HATE CRIME AWARENESS WEEK ABOUT?

National Hate Crime Awareness Week took place 8th-16th October. Within this period of time, charities raise awareness and promote the work that local authorities, key partners, and communities are doing together to tackle local hate crime issues. They also want more people to report hate crimes, which will enable there to be less stigma around reporting and ultimately this will lead to more openness and recognition of abuse towards minority groups.

According to [stophateuk.org](http://stophateuk.org), this year they are specifically focusing on the hate against East and South East Asian communities. In 2020, they found that hate crimes against these communities rose nearly 50% from 2018, with a 27% rise from 2019 to 2020 alone. Unfortunately, these are estimates as the real figure of crime is hidden due to the lack of reporting to the police and not all hate crimes that are reported get labelled as such.

Stophate.org go by the motto 'Don't suffer in silence', thus indicating community and togetherness; this is something we need to come to terms with, and to be able to do.



## WHAT CAN WE DO IN OUR HIGHSTED COMMUNITY?

Within Highsted, we need to take into consideration the Highsted virtues, like community conscious, to be successful members of our community. This means taking others into regard rather than ourselves and realising our own prejudices – unconscious bias – to overcome the systemic hierarchy of beliefs. We need to tackle our own ideologies to be more open-minded, thus allowing us to overcome and to be able to recognise hate crimes. We also need to be outspoken, which will provide us with the confidence to report hate crimes.



**STOP HATE UK**



# Black History Month Recap

October marked British Black History Month. During the commemoration, Black students amongst different year groups came together to organise a Black History Month assembly. This was to bring awareness to the importance of the month, which the theme of which was 'Action not Words'.

The students involved included: Amie W (Year 9), Angel D (Year 9), Anjie A (Year 11) Samantha A (Year 11), Dara J (Year 11), Chik N (Year 11), Eve H (Year 11), Temi A (Year 11), Karine M (Year 13), Tonia F (Year 13), Gloria A (Year 13), Tomi O (Year 13)

The assembly was delivered over a week by the students to all the different years within the school. Along with the assembly the group collaborated with Diversity Society and younger members of the school to update the Black British History display board in E block in honour of the month. The week also contained activities in the hall.





# MUSIC: BHM MUSIC RECOMMENDATIONS

As October marked British Black History Month, a key area of culture that particularly amplifies Black voices is music. Used to portray real-life stories and depict a range of emotions, music is an aspect of BHM that should be amplified and celebrated. To do so, here are some recommendations of music by Black-British artists.

## 'Hard To Love' – Hamzaa (Mahogany Sessions)

This specific performance of the song establishes its vulnerable nature perfectly. Hamzaa sings about what the title describes: being hard to love. She's thanking someone for the love they provide her despite not feeling it for herself at times.



## 'Not Waving, But Drowning' – Loyle Carner

Released two years after his debut album, Loyle Carner's 'Not Waving, But Drowning' covers themes of identity, relationships, and getting older. He is mixed raced and covers having a conflicted identity with feeling both too 'white' and too 'black' to ever really fit in. The album lays out his inner reflections and provides a jazzier approach to hip-hop and rap.

## 'Hope' and 'Just Go' – Arlo Parks

Featured on her debut album 'Collapsed in Sunbeams', 'Hope' and 'Just Go' are both pop songs that despite their upbeat sound, contain deeper meanings. In the first song, Parks sings for a friend, yet explained that the feelings of being stuck inside and isolated are universal for everyone. In 'Just Go', she sings about removing negative energy from your life, and attempting to resolve conflict peacefully – but not always being able to do so.







# Mindfulness & Wellbeing Society

At Mindfulness and Wellbeing Society, we are focussed on creating a safe, judgement-free space for our members. As sixth form students, we understand many of the stresses and struggles of school life, both academically and socially. Therefore, we aim to make each other feel comfortable and offer a support system for both our members and the rest of our school.

## 9. SIMPLE SUDOKU

Number puzzles keep your brain sharp and focused. Sudoku puzzles were first popular in Japan. Solving them takes a bit of practice, but you'll soon be hooked! This grid needs to be filled with digits, but there are strict rules about what numbers to put where.

3			
			1
4		1	
	2		

### RULES:

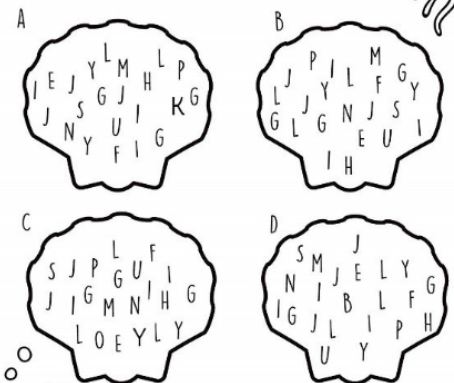
Only insert numbers from 1 to 4.

Each number must only appear once in each row and column.  
Each number must also only appear once in each 4 x 4 grid.

## 8. JIGGLY JELLYFISH

Lie down on your back and get comfy. Take a deep breath and notice how your feet are feeling. Slowly work your way up your body, all the way up to your head, relaxing each body part in turn. When you are done, you will feel as calm and floaty as a jellyfish!

Only one of these bundles of letters spells out:  
JUMPING JIGGLY JELLYFISH.  
Can you work out which one it is?



Write your answer here:

This term, we have chosen to support the following charities: Mind and Freedom4Girls. We strongly believe in raising money for these charities, to not only campaign for mental health support, but to also support the issue of period poverty. We believe that every person that has a period should have equal access to the right sanitary products, which suit them. We plan to raise money for these important causes by using: fundraising boxes, selling friendship bracelets, raffles, activity stalls and a treasure hunt around the school.

As a society, we hope to engage with the whole school community to support each other mentally, emotionally and socially- and tackle important issues!

# BEHIND THE SCENES, GENDER BASED VIOLENCE IN THE FILM INDUSTRY



## Hitchcock's treatment of Tippi Hedren

Tippi Hedren worked with the director Alfred Hitchcock in the 1963 film *The Birds* and the 1964 film *Marnie*. After finishing *Marnie*, Hedren refused to work with Hitchcock again due to his abuse and inappropriate behaviour. The extent to which Hitchcock mistreated Tippi can be seen in the remake of their relationship in the 2012 film *The Girl on the Train* and in multiple interviews with her. In one, Tippi opened up about one of the many occasions in which Hitchcock groped her: "I can't call it an assault, but it was very unpleasant," she said.

"And it was just as we had arrived at the hotel, and all of a sudden he comes at me like he wanted to kiss me, and, you know, it was an unpleasant situation and very embarrassing for me. And there were about three more of those incidents, and I said, 'I want to get out of the contract.'" This only begins to show the way Hitchcock mistreated Hedren. During the shooting of their two movies, Hitchcock would get jealous and resentful when he saw Hedren speaking to male colleagues. At one point, when they were both in the back of a limousine, the director lunged at Hedren and tried to kiss her. In another encounter, during the filming of "*Marnie*," Hitchcock asked the actress to touch him and shared romantic fantasies with her. Tippi wasn't the only female mistreated by Hitchcock. He used his power as a white male director of the time to manipulate Tippi and stop her from being able to say anything. Tippi has since spoke

## Harvey Weinstein and the 'me too' movement

Harvey Weinstein used to be a film producer who is a convicted sex offender and assaulted over 80 women. The situation triggered more allegations against powerful men and caused many women to come forward about their experiences of sexual assault with the #MeToo movement. The original purpose "Me Too" was as a phrase to show how many women also experienced sexual harassment and assault and it's still used today as a hashtag for this purpose. The movement is to empower sexually assaulted people through solidarity, empathy and strength in numbers to show how many people have experienced sexual assault, particularly in the workplace. Actors such as Gwyneth Paltrow, Lupita Nyong'o and Uma Thurman posted about the #MeToo movement and there was widespread coverage discussing sexual harassment that helped people globally. Weinstein was charged with third degree rape and was sentenced to 23 years in prison.



To find help or get more information:

**SATEDA** – campaign to end domestic abuse and enable women to end the cycle of domestic abuse and rebuild their lives through education, support and advocacy.

**National domestic abuse helpline** – 0808 2000 247



# LGBTQ Society

We aim to provide a safe space to discuss issues with individuals with shared experiences, forming an allied group of supportive Highsted students. This term we are launching the 'Queer'ies box. This is an initiative to encourage young people to have their FAQs answered in a confidential way whilst offering answers to those also curious. This develops our focus on being hardworking and agile through continuously offering answers to questions asked and supporting those who need guidance. We have also engaged with the wider community by reaching out to the Mermaids charity, aimed at supporting transgender individuals and their journey, enhancing our charity event successes.



Our passion stems from promoting the charity Stonewall, which we raised money for in our event. This charity is aimed at increasing tolerance of the LGBTQ+ community through driving positive changes in public policy, in the fight for freedom, equality and potential. We want to achieve this on a small scale in our school environment and encourage this to last, thrive and develop for many years to come. This therefore makes our society important locally and on a wider scale to grow toleration and understanding of the ever-evolving social world.



Our focus of acceptance has been mirrored by Olympic medallist, Natalie Powell. She has been on a journey when it comes to accepting her sexuality and spoke to the BBC's LGBT Sport Podcast about her experiences in the hope of helping others. She states that [she] really struggled with coming to terms with [her] sexuality'. She goes on to say that she started to avoid social situations because she didn't want to be asked her sexuality, as she feared judgment from the people around her. She used judo as an escape and eventually told her friends and family. She claimed that 'within six months [she] felt like another person'. Now, Powell is using her platform on the podcast to raise awareness for the community and help young people feel comfortable and safe when discovering their identities. She encourages the conversation by explaining that 'if speaking openly will help, that's something I should do'. As a society, we aim to continue her message and provide a safe space for everyone.



# SPORTS SOCIETY

Our society focuses on our achievements in sport and keeping everyone updated with recent sporting events and news! Here are some highlights we've been discussing:



**Carlos Alcaraz becomes no.1 world tennis player after winning US open**



**The Lionesses took England to victory at the Women's Euros 2022**



**Roger Feder and Serena Williams both retire after successful careers and winning multiple tennis opens**



## OUR SPORTING ACHIEVEMENTS



• **Kayla M (yr12)** – Recently got a club record for swimming 100m fly at 1.06.86

• **Eleanor P (yr12)** – Competed in a swimming gala where her club came first

• **Emma Mc (yr12)** – Competed in gold level ice skating

• **Katie M (yr13)** – competed in dance world championship and came 2nd with her club

• **Libby K (yr12)** – Performed at a dance show





# LAW SOCIETY

## RTCs Involving AI Vehicles- A Legal Examination

In September 2022, the South China Morning Post reported that the Shanghai Municipal People's Government General Office had set a bold target for 70% of the cars in the country to have self-driving capabilities by 2025 – an estimated \$72 billion industry the country aims to lead with plans for what local Chinese media have dubbed an 'AI masterplan'.

However, this has led to the circulation of many doubts surrounding this pioneering move– and how it could affect the laws of the road as we know them today.



For example, with current manually-driven cars, the responsibility for accidents and incidents is already a hotly debated, case-by-case matter; this could shift entirely with the introduction of autonomous vehicles. If

the vehicle's AI makes an incorrect decision in an emergency, who does the blame for any damage or casualties fall upon? The passengers of the vehicle may not have had any control, yet the vehicle distributors were not involved in the crash itself, either – however, the

technology itself cannot be blamed as it cannot experience the consequences nor disciplines human drivers must contend with when an accident occurs.

Similarly, the 70% target for self-driving cars by 2025 is not to say that there would be no manually-driven cars; if an automated and manual car have a collision, would blame shift to the human driver?



In essence, this complication would call for the law to clarify what defines a "driver"; in theory, entirely autonomous cars would greatly decrease the risk for passengers of that specific vehicle and surrounding vehicles alike. Incidents will always be inevitable, and thus many people argue that vehicles must have some semblance of balance between machine and man; an AI can be programmed for the 99% of the time for which a car will travel without issue, however a human should be available for the 1% chance of an accident which will require someone to be held responsible.

# Current Affairs Society

Current Affairs society aims to enlighten others on current issues in the world and media. We explore important events and how they relate to the world, society and the economy, as well as events internal to school, such as productions or harvest.

Recent news we have covered includes:

## **The Death of Queen Elizabeth II**

Aged 96, the longest reigning British monarch died at Balmoral Castle on the 8th of September. Cherished sovereign and Head of State, the Queen was a treasured figure in the United Kingdom today, whose passing has left the public saddened, yet united. Her death unified the Commonwealth, with an estimated 26.6 million people tuning in to watch her funeral on the 19th, and a further 250,000 who travelled to see her lie in State. This doesn't include the 2,000 guests of Westminster Abbey, of which 100 were world leaders, including US president Joe Biden and Emperor Naruhito of Japan.



## **Iran's Mahsa Amini Protests**

Kurdish woman, Mahsa Amini dies aged twenty two, after being detained by Tehran police for 'improper wear' of her hijab. Records state she died of heart failure or stroke, but many believe it was a result of police brutality. Women of Iran gathered at her funeral to tear off their headscarves in solidarity. This had led to over 300 protests, with growing civil unrest in Iran. Authorities are suppressing the media in Iran, labelling protestors as violent during escalating Government oppression. As many as 200 deaths are thought to have occurred in violent protests fighting police brutality.

## **Hurricane Ian**

The category four hurricane struck Cuba, followed by Florida and finally South Carolina as a category one. Over 20 inches of rain fell and wind speeds of over 150 miles per hour have caused mass destruction and interruption to millions. 2.5 million evacuation orders were given, with 3.4 million homes left without power. 12 foot storm surges mean houses were destroyed, as were the livelihoods of the people there.



## **Nord Stream**

Nord Stream is an undersea pipeline that stretches 745 miles under the Baltic Sea from Russia to Germany. It transports through two pipes, Nord Stream 1 and 2, and Russia has been restricting supplies through Nord Stream 1. In June they cut supplies by 75%, and completely shut the pipe for ten days in July. In late August, the pipe was completely shut down, and has not been operational since.

Seismologists detected explosions under the sea, where huge gas bubbles rose to the surface of the ocean. EU member states, as a result, have had to cut gas usage by 15%. Since then, 'powerful explosions' have taken place, blowing four holes into the pipe and its parallel pipe, Nord Stream 2, specifically in the Danish economic zone.

## **NASA Diverting an Asteroid**

On the 26th September, NASA succeeded in altering the space rock's orbit. Under the Double Asteroid Redirection Test (DART) the asteroid was pushed closer to its partner asteroid, reducing the orbital time by 32 minutes. Neither asteroid was a threat to Earth, but the technology is now there, that theoretically could prevent this. The aftermath is being mapped for at least a decade, seeing the result of the DART's impact, and the potential consequences if they were to deflect a larger asteroid.



# HAVE YOU NOTICED THE WEIRD WEATHER RECENTLY?

Climate change is an impending issue that worsens every day, and will ultimately cause peril if something is not done about it. "Humanity faces many threats but none is greater than climate change." (King Charles)

For those who are not aware, climate change is the long-term change in weather patterns and temperatures, while global warming refers to the long-term increasingly rising temperature of the globe. Global warming causes climate change. Climate change is a grave issue that threatens life as we know it - It is estimated that in 2050, there will be an additional warming of 1.5 degrees Celsius. And it could go higher.

To tackle this issue, public leaders have held annual conferences since 1995. This year, Cop27 was in Egypt, lasting from the 6th to the 20th of November. At this meeting, the finance to help save the environment was increased, countries are donating support for adapting vulnerable areas to better cope with the changing climate and states are relying on "transformative" technologies more than ever. There was also a great importance placed on attempting to revive damaged ecosystems, as well as a pavilion devoted to young people, who will suffer the most from climate change. However, there were continued concerns about rising emissions, as well as concerns about countries failing to move away from fossil fuels; leaders have been pressed to do more.



Every meeting has been vital to help save the planet, however, Rishi Sunak originally decided to opt out of going to this meeting. The prime minister explained that it was because of the financial troubles in the UK that he could not attend. He eventually U-turned this decision, stating that "There is no long-term prosperity without action on climate change. There is no energy security without investing in renewables. That is why I will attend Cop27 next week: to deliver on Glasgow's legacy of building a secure and sustainable future." However, this initial reluctance suggests that the prime minister is not entirely committed to the efforts being made to save our planet. In a regard to voting, he has quite a disappointing record. For example, in 2020, he voted against eliminating the majority of greenhouse gas emissions in transport by 2030. On the other hand, he has recently reinstated the ban of fracking in the UK.

But, with the world's rising climate, is this enough? Due to Earth's global warming, monsoon rains in Pakistan have led to severe flooding and landslides. As consequence of this, Pakistan has dealt with destruction of infrastructure, danger of disease, death, injury, and homelessness. Around 33 million people – approximately 16 million of those people being children – have been affected by this. Charities such as UNICEF have been doing a fantastic job in aiding children and families by delivering life-saving supplies: safe drinking water, food, medical supplies, and hygiene kits.

With warmer climates spreading all over the world, time is ticking, and we have to act now, before it's too late.



# HAVE YOU NOTICED THE WEIRD WEATHER RECENTLY?

What's done is done, but it is still possible to improve the situation. There have been things already done to decrease the rapid speed of climate change: MacDonalds introducing paper straws, in recent decades wind and solar power have grown in popularity, climate change conferences, more emphasis put on recycling, etc. This is good, but there is so much more we can do! There are simple solutions that you can apply to your everyday life to help the planet!

Save energy where possible. Energy production (in most cases) is harmful to the planet, therefore by reducing how much energy you use, less damage will be done to the environment. Think about your travel. Vehicles emit carbon dioxide into the atmosphere through their exhaust pipes, which increases global warming by contributing to the greenhouse effect. Therefore, by using public transport where possible, this process happens much less. Or, even better, by going to places by bike, or walking, you will have a clean carbon footprint. Eat more vegetables. Fruit and vegetables generally have lower greenhouse gas emissions when compared to animal products. Furthermore, if they're seasonal, then this is also better as the food won't have to be travelled to a far distance. There are so, so many things you could do, such as the suggestions listed above, recycling, trying not to waste food, aiming for eco-friendly products etc. Speaking out and sharing concerns about the environment is also really good as it spreads awareness, so more people can grow to be environmentally-conscious. Remember, you can make a difference.  
Help save the world.





# “WOMEN, LIFE, FREEDOM.”

Mahsa Amini was arrested on the 13th of September by the morality police for supposedly wearing her hijab (headscarf) incorrectly. After being a victim of police brutality, she was induced in a coma. She died 3 days later. The coroner denies this, and claims her death was caused by an underlying illness. It is vital to know that this only contributed to her death, by contributing to multiple organ failure due to lack of oxygen to the brain. She was 22 years old. She was a beautiful woman, who had her whole life ahead of her, and just like that, it was stolen from her.

The Iranian coroner stated that “Mahsa Amini’s death was not caused by blows to the head and vital organs and limbs of the body.” However, according to (her cousin) Erfan Mortezaei, “eyewitnesses who were in the police van with her, told us and our family that during the journey to the police station she was tortured and insulted.”

Iran deny that any violence has occurred, and have released CCTV footage of Mahsa collapsing to the floor in the police station, claiming that she had a heart attack.

Mahsa’s death has sparked protests all across Iran. The first protests took place on her funeral, with women removing their headscarves. Since then, this has escalated to riots. Girls are setting their headscarves on fire, and cutting their hair, chanting “woman, life, freedom” and “death to the dictator.”



There have also been lots of student demonstrations, with young schoolgirls eager to join the ranks in protest for change. Many chant “death to the dictator” in the school halls, and raise their middle fingers to the mandatory images of the Iranian leaders within classrooms. There has also been a video where girls appear to chase an education official out of their school. Iranian actress and activist Nazanin Boniadi said “I can’t help but think, you know, I feel inspired and I can only draw strength from them because it’s harrowing to watch, hugely inspiring, but my goodness I’ve never seen this kind of courage.” Hundreds of protests that have been verified, and there will likely be many more to come; whilst there have been protests before, with the people involved being dealt with severely, there has never been anything of this scale before. Government officials have attempted to regain control over the situation by having police arrest anyone they know or suspect of protesting and by cutting off internet access. However, regardless of these attempts, the people of Iran will not be silenced.





# SPOTLIGHT ON WOMEN



On Thursday 8th September 2022 we said farewell to our longest reigning monarch – Queen Elizabeth II at the age of 96. According to a statement released by the Royal Family on September 8, the Queen passed away “peacefully” at Balmoral Castle in Scotland surrounded by her loved ones.

For this issue we felt that it was appropriate to appreciate and admire Her Majesty as our Spotlight Woman.

Elizabeth (known as Lilibet by her close family) was born on 21st April 1926 and was the first born of Prince Albert, Duke of York and Elizabeth, Duchess of York. Elizabeth's only sibling, Princess Margaret, was born in 1930. The two princesses were educated at home under the supervision of their mother and father as well as their governess, Marion Crawford. Their lessons concentrated on history, language, literature, and music.

When she was born in Mayfair, Princess Elizabeth along with her family did not expect that she would one day be crowned Monarch. However, everything changed for her family in December 1936 when her uncle – King Edward VIII – abdicated, making her father King, and her next in line to the throne. At the age of 25 Elizabeth became the Queen of England.

In 1934 Princess Elizabeth met Prince Phillip, at the time the young children were close friends. Nearly over a decade later there were rumours sparking that the pair were dating and a year later the couple announced their engagement. That same year, November 1947, the couple got married at Westminster Abbey in London. Queen Elizabeth and Prince Philip were married for 73 years until his death in 2021.

The newly weds did not wait long at all before starting a family their first child, Prince Charles was born in 1948, their second child Anne was born in 1950, Andrew in 1960 and their last born Edward in 1965. On the accession of Queen Elizabeth, her son Prince Charles became heir apparent; he was named prince of Wales.

Queen Elizabeth II witnessed seven jubilees over the course of her time as head of state. The Queen was the first monarch in British history to receive a platinum jubilee. With her first jubilee taking place in 1962, which was marked through the minting of gold coins bearing the young monarch's head portrait and her last platinum jubilee taking place June 2nd 2022 for four days.





As we remember and honour the truly remarkable life of Queen Elizabeth II we should also remember her dignity, witty personality and the grace in which she served our country.



**"Let us not take ourselves too seriously.  
None of us has a monopoly on wisdom."  
~ QUEEN ELIZABETH II**



# REMEMBERING QUEEN ELIZABETH II

England's longest serving monarch, Queen Elizabeth II, passed away at Balmoral at the age of 96 after serving for 70 years. Queen Elizabeth's reign witnessed enormous change and her death has impacted millions around the world. Her son, the new King Charles III, said that "We mourn profoundly the passing of a cherished sovereign and a much-loved mother. I know her loss will be deeply felt throughout the country, the realms and the Commonwealth, and by countless people around the world."

Crowds gathered outside Buckingham Palace upon hearing the devastating news and thousands travelled to London to show their respect for the Royal family. Flowers were presented outside the Palace's gates along with pictures, quotes and drawings of the Queen, a reflection of the love and respect the public felt towards her. Hundreds of thousands of people were presented with the opportunity to pay their respects to the Queen directly in the days following her death by walking past her coffin, lying in state at Westminster Hall. This was broadcasted live on the news, where people shared touching memories of the Queen. Notable figures including Sharon Osbourne and President Joe Biden filed past her coffin in respect during the 4-day period; David Beckham waited over 12 hours in line amongst the public, bonding and sharing stories with them all.



**"I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong"**



Queen Elizabeth II's funeral took place on Monday 19th September at 11am at Westminster Abbey, it was broadcasted worldwide and over 26.2 million people tuned in to watch. The service was conducted by the Dean of Westminster and The Sermon; the Commendation was given by the Archbishop of Canterbury. Heads of State and representatives from other governments, including foreign royal families, governors general, and realm prime ministers, attended the state funeral service, as well as countless others. She was buried, privately, later that evening in The King George VI Memorial Chapel beside her late husband Prince Phillip, The Duke of Edinburgh. Her reign spanned 15 prime ministers starting with Winston Churchill and ending with the late Liz Truss, all of which she was reportedly close to and held weekly meetings with to discuss the happenings of the country. Upon her death, Truss stated, "Her Majesty provided us with the stability and strength that we required when we needed it the most".



# MUSIC: THE QUEEN'S ERA'S THROUGH THE CHARTS

For generations, humanity has encompassed music into many key moments. Music can act as a celebration of life, union, success and most relevantly: death. As the country mourns the Queen, we can take a look into the music that defined her key eras to remind ourselves of her iconic reign.

**1953:** The Queen's Coronation

**Top UK Single:** 'I Believe' by Frankie Lane

The song provides an example of continuous hope throughout an ever-changing landscape – such as the ascension of a new monarch.

**1977:** The Queen's Silver Jubilee

**Top UK Single:** 'Knowing Me, Knowing You' by ABBA

During this celebration, the Queen stressed that the keynote of the jubilee was for it to unite the nation. To emphasise this, she went on one of the largest tours completed by a monarch to meet as many of her people as possible.

**1992:** 'Annus Horribilis' (a horrible year)

**Top UK Single:** 'Stay' by Shakespears Sister

The Queen referred to 1992 as this, due to the many tumultuous events that took place. A fire broke out in Windsor Castle and this was also the year of Charles' and Diana's separation.

**2002:** The Queen's Golden Jubilee

**Top UK Single:** 'Hero' by Enrique Iglesias

Despite the losses of her mother and sister early in this decade, the start of her second century as Queen was a lot more united. She became the first monarch to have a Golden Jubilee since Queen Victoria.

**2021:** The Death of Prince Phillip

**Top UK Single:** 'Save Your Tears' by The Weeknd

The Queen unfortunately had to mourn the loss of her husband of 73 years, Prince Phillip. An image of her seated alone at the service was released and truly highlighted to many, the loneliness her and others across the country must have felt losing loved ones during restrictions.



With 2022 still having just under a month left, we are yet to see what song will leave its mark the most on the year. As we've experienced it personally, we will forever remember this year as the year we lost the Queen. For future generations, music could serve as a marker of the year and a way to trace history through its key moments just as presented here with Queen Elizabeth II.

# THE CONTROVERSY OF THE CROWN

As season 5 of Netflix's *The Crown* has been released there is more controversy surrounding the show than ever. Based on an award-winning play, *The Audience*, by showrunner Peter Morgan, the Netflix-original drama chronicles the life of Queen Elizabeth II from the end of her father's reign to her death this year. As the decades pass, personal intrigues, romances, and political rivalries are revealed that played a pivotal role in events that shaped the later years of the 20th Century. So, how historically accurate is *The Crown*?



As a whole the Royal Family do not approve of the show due to its inaccuracies, and it has even been reported that season 2 especially upset the Queen because of its portrayal of her husband, Prince Philip, who was depicted as being an insensitive father towards his son's wellbeing. Former Prime Minister John Major has also voiced his concerns and called *The Crown* a "barrel load of malicious nonsense" alongside actress Dame Judi Dench who states that it is "cruelly unjust". In fact, there has been so much uproar about the show that Netflix have legally had to add a disclaimer to its marketing for *The Crown* saying that the show is a "fictional dramatization", "inspired by real-life events". Netflix have additionally defended *The Crown* by stating that the show is 'true' in that it is based on events that really did happen and the characters are based on real people; the script however is a work of fiction, meaning that the conversations had in the show aren't an accurate representation of what actually happened.





Season 5, released 9th November, focuses heavily on Diana, Princess of Wales, and the fallout between her and her husband, Prince Charles, as they prepare to divorce. The season will include a recreation of Princess Diana's 1995 interview with Martin Bashir. The real footage of the interview will not be shown on the BBC again after an enquiry found that 'deceitful' means were used to obtain it. Within the show certain details have been changed. Due to subject matter of this particular season, and the fact that Prince Charles is now King as well as the passing of the Queen, bigger issues have occurred when one episode, titled "Queen Victoria Syndrome", even suggests that Prince Charles, as he was then, tried to replace Queen Elizabeth II back in 1991.



However, season 5 is not the first to anger some viewers with its inaccurate accounts.

For instance, in season 1 the tragedy of Winston Churchill's secretary Venetia Scott getting hit and killed by a bus during the "Great Smog" is played out despite Venetia never actually existing. Other, subtle

inaccuracies are also featured, which Royal insiders and biographers have been quick to dispel. It's also not the first time that The

Crown has faced backlash to include a fictional disclaimer. In 2020, when season 4 of the show was released, several prominent Britons such as U.K. culture secretary Oliver Dowden and Princess Diana's brother, Charles, asked Netflix to add a warning to its episodes.

When season 4 aired, it depicted the affair between King Charles III and Queen Consort Camilla Parker-Bowles. Some viewers took to the royal's official Instagram in response and posted comments about Princess Diana on

photos of the Queen Consort, causing Charles' office to temporarily restrict the ability to leave comments on its Twitter account.





# HOW TO DEAL WITH EXAM STRESS

Stress is something that everyone will feel in their lives, and there are all kinds of stressful situations that we go through daily. Exam stress is just one of these factors and can damage mental health, affect our mood, our body, and our relationships, so it is particularly important that we learn how to cope with our exam stress. Some techniques can include:



**1. Split up big tasks into smaller and more manageable ones-** if a task seems too difficult it is more likely to overwhelm you. Try breaking it down into easier chunks and giving yourself a reward each time you finish a certain task, such as taking a five-minute break from the revision or getting a snack to eat.

**2. Create a system that works for you-** Having a system you can follow may help you to keep on track and not get distracted by other things, but remember you must allow yourself to take breaks as it gives your brain a chance to fully absorb the information you have just learnt.

**3. Find the best revision technique for you-** Everybody is different and what works for you might not necessarily work for your friends. Finding methods of revision that are best suited to you can make your revision more effective. This will make you feel more accomplished afterwards because you know that what you have done will help you in the exam.

**4. Allow yourself some positivity-** when you feel yourself becoming overwhelmed, take a breath and take some time to think about all the good things in your life. Try to list three things you are thankful for. This can make you feel more positive about the journey forward and help you to regain some balance.

**5. Do something active you enjoy-** it does not have to be something highly intensive like going on a two-hour run. Take a 10-minute walk with a friend or do a small activity you enjoy. This can help to burn off nervous energy, and can help you to feel calmer and more composed afterwards.

**6. Talk to someone-** talking to someone you trust like a friend, family member or a staff member at school can help to relieve you of some stress. They may also offer their help and some advice but you will not know unless you ask.





# STUDY MUSIC

Many students find it useful and helpful to listen to music while studying and revising for upcoming assessments and exams. In this article, we will explore which genres/styles of music to avoid, how it helps, and what people should try and explore in terms of music that works for them. Research suggests that music can help reduce stress within a person during an academic task, and it may help with a person's memory and processing tasks that may require critical thinking. Listening to music whilst revising or doing homework could help give you the motivation that you need.

With study music, there are bound to be many different preferences that vary with each person. Sometimes, it can be difficult to find what works best, as there is a broad spectrum of different musical genres. However, now is the best time to start experimenting, so that you are prepared for studying for bigger exams or possible further education in the future.

For example, our mood, environment, and the type of work we are doing contribute to the type of music we want to listen to. As a result, it could be something different every day. Therefore, there is no exact answer of what is most effective for studying.



Most people would agree however, that music with no or little lyrics is best for focusing. Studies also show that if you are listening to music with lyrics, you become more engaged with the music than your work – making focusing on your work increasingly difficult. So, music that is heavier (or has catchy lyrics) is not the best choice, especially if you are trying to improve your focus. On the other hand, it could also be argued that songs with catchy lyrics, or even just your favourite songs in general can help motivate you to study, as it could put you in a better starting mood. Calmer and more peaceful music with little lyrics are proven as more effective, as it is not too distracting to the listener and can be used as background noise. Many people prefer to have background noise (whether that be music, a tv show or a film) than to work in silence.

Many people have also discovered that music like piano or classical music, lo-fi music, or even Disney music can help them to focus and put more effort into their work. To help you figure out what can work best for you, we have compiled a small list of varied songs that we believe are effective to help you focus with studying:



Art Decade – David Bowie  
1979 – The Smashing Pumpkins  
august – Taylor Swift  
Baby I'm Yours – Arctic Monkeys  
Blondie – Current Joys  
Dreams – Fleetwood Mac  
Every Time Around – Vansire  
Falling behind – Laufey

Fine Line – Harry Styles  
Kids – Current Joys  
Lights Are On – Edith Whiskers  
Wuthering Heights – Kate Bush  
New Home – Austin Farwell  
Swarm Of Fish – Pianopassion  
rises the moon – Liana Flores  
Sparks – Coldplay



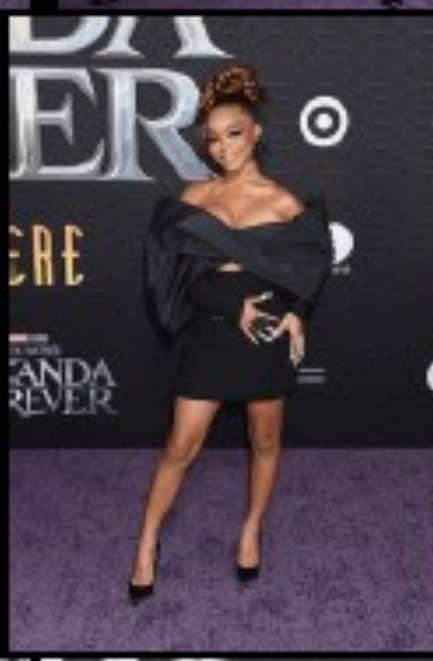




# BLACK PANTHER WAKANDA FOREVER PREMIERE LOOKS



## AMERICA:





# BLACK PANTHER WAKANDA FOREVER PREMIERE LOOKS



## NIGERIA:





# BLACK PANTHER WAKANDA FOREVER PREMIERE LOOKS



**LONDON:**





# BLACK PANTHER WAKANDA FOREVER PREMIERE LOOKS



## NIGERIA:





# CULTURE:

# BLACK PANTHER:

# WAKANDA FOREVER

The 11th November 2022 marked the release of Black Panther: Wakanda Forever. The film is the long awaited and highly anticipated sequel to the first film, which broke many worldwide records, and is an overall fan favourite amongst the MCU. The onset of the Black Panther franchise in 2018 had a massive cultural impact and has influenced fashion, music and other areas of pop culture since its release. Amidst all the film's glory the leading actor of the film, Chadwick Boseman unfortunately passed away in 2020 due to colon cancer. His unexpected death was devastating for fans of Black Panther, as Chadwick Boseman embodied strength and persevered despite the hardships he was facing.

A feature from the first film that was carried fluently onto the second, is the well-curated soundtrack. Jam-packed with features from both well known and newer artists, the Wakanda Forever album evokes emotions that can leave you in tears but also cause you to dance depending on which track you listen to.

## Soundtrack Highlights:

### Con La Brisa – Foudequish & Ludwig Göransson

As we are introduced to the underwater kingdom of Talokan, this duo's hypnotic collaboration pairs well with the stunning images displayed during the scene. We witness a moment of peace and unity as the two opposing forces are yet to clash, and at this point are simply discovering one another and their respective civilisations. The title roughly translates to 'in the breeze' and this encompasses themes of fluidity and change.

### No Woman No Cry – Tems

Tems' cover of the Bob Marley and the Wailers' song 'No Woman, No Cry' was introduced to audiences as the backing track of the films trailer. Already an award-winning song, it amplifies the pain felt not simply by the characters, but portrays the real-life emotions felt towards the loss of Chadwick Boseman. As they continue the franchise without him, Shuri (Letitia Wright) takes on the mantle of the Black Panther. A new journey is started as the song reflects on a nostalgic past with hope for the future.





An essential element to the Black Panther films that has made them what they are today is the inclusion of modern technology. Audiences marvel at the innovative devices used by the characters to contribute to the story, and create this similar yet starkly different world. Marvel are renowned for their depiction of futuristic technology and the concepts are weaved throughout their entire cinematic universe.

Shuri's character in the first film presented a young, women of colour in STEM, and the incorporation of Riri Williams in the latest, further amplifies Marvel's goal of representation. As the film was released, Marvel donated \$1 million across a number of organisations that champion STEAM pathways:

***"We train and mentor Black male youth in technology creation, entrepreneurship, and leadership skills to transform their lives and communities,"*** – Denzel Russell, communications manager at The Hidden Genius Project, told Mashable.



This is just one of the many examples of how depictions of certain groups in the media have an effect on viewers in the real world. Regardless of what demographic you are a part of, seeing aspects of characters that align with your own identity is vital to development and discovery.

Overall, the release of Black Panther: Wakanda Forever has again proven Ryan Coogler's (the director & writer) ability to shape a production that excels in culture, innovation and promotes a variety of emotions. ***"We made something to honour our friend, who was a giant in our industry ... Something to be quoted and discussed. To be debated. Something to make people feel both physically and emotionally seen"***







# MERRY CHRISTMAS

Warmest thoughts and best wishes for a wonderful Christmas to all of our Highsted community. Have a peaceful break.