

the  
**sixth**  
**sense**

CAMDEN SCHOOL FOR GIRLS

*WINTER EDITION*



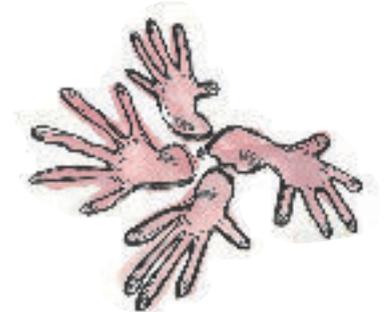
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WELCOME TO 2021'S WINTER EDITION OF CAMDEN SCHOOL FOR GIRLS' THE SIXTH SENSE MAGAZINE.  
THIS ISSUE INCLUDES TOPICS RANGING FROM INSECT EXTINCTION TO ANTI-REFUGEE BILLS TO BIBLICAL BROODING.  
IT'S A GREAT READ FOR THE END/START OF YOUR YEAR!

SPECIAL THANKS TO:  
THE EDITORS  
- ALICE ROSS  
- SOPHIE WINCH

GRAPHIC DESIGNERS  
- CORDELIA WILSON  
- RONNI PHILLIMORE



COVER DESIGN BY CORDELIA WILSON

AND SHOUT OUT TO THE PREVIOUS EDITORS AND GRAPHIC DESIGNERS  
- MAFUSAH AND AMELIE - WHO HELPED US ALL OUT



Following the theme of the "object:" this oil painting is my still life response showing 'the humble object', inspired by Chardin.

Work by Grace Steinberg



# THE ORIGINS OF CHRISTMAS

**ON A DARK NIGHT** in the middle of winter, bells sound through the town, muffled by a blanket of snow. There's a sort of magic to them - something not quite real. A gentle glow comes from the sleepy houses, and the figure of a man enters one silently, a sack slung over his back. He tiptoes up the stairs, and reaches a child's bedroom. He stands over their bedside, beats them violently with a stick, and then carries them away in his sack.

The figure I'm describing is sort of the proto anti-Santa; the son of Hel, goddess of the Underworld. The Krampus. In Germany, he was the counterpart of St Nicholas, punishing the disobedient children while St Nicholas had the much pleasanter task of giving gifts to obedient poor children, thus gaining a much better reputation, and standing the test of time which was the emergence of Christianity. In fact, the Nazis banned the Krampus, fearing

that he was an incarnation of the pagan devil, and there are currently concerns in Austria as to whether this is really an appropriate tradition for children. St Nicholas was a real Greek bishop living in the fourth century CE, who had many miracles attributed to his name, and he was therefore nicknamed the 'wonderworker'.



The Krampus on a 19th century Christmas card

Father Christmas is essentially another version of St Nicholas (down to the name; 'Santa Claus' derived from the Dutch 'Sinter Klaas' which in turn comes from 'Sint Nikolaas') but is also said to take some inspiration from Odin. According to the Germanic peoples, Odin led a ghostly hunt through the sky - he symbolises death and battle, among other things. Not very festive. Odin (or 'Yule-father') was celebrated during the winter solstice, in a period called 'Yule'. Most people likely recognise yule logs or references to 'yuletide' in Christmas carols; this is where they are from. The Yule period spans over twelve days, which can be mapped directly onto the twelve days of Christmas, and traditions such as the use of evergreen trees and reindeer are similarly directly inspired by this earlier festival.

Many think the costume of the 'Santa' figure so often commercialised in today's media stems from the Victorian Coca-Cola advert; this is untrue. The English folk figure 'Father Christmas' is now believed to have originated this tradition, as his robes changed from green to red over time (this is proven by earlier images from Thomas Nast depicting Santa in his classic red and white suit).



A traditional green Father Christmas on a Victorian card

Controversially, even the story of Jesus himself could take inspiration from older sources. Upper-class Romans celebrated not only Saturnalia in this period, but also the birth of a Persian sun god. His name was Mithra, he was born from a rock and his birthday was the 25th of December.

Observation of the winter solstice, however, dates back further than even this, and can be traced back to the Neolithic period, where monuments such as the Newgrange in Ireland are aligned with the sunrise on the winter solstice. It came to greater significance as farming became more popular, as it represented the end of harvest time - a marker of important change in the lives of farmers. The Maori winter solstice involves metaphorically trapping the sun. The linking factor between all of these celebrations is the movement of the sun; be this related to

religion, cultural tradition, or commercialisation.

So, this winter solstice, remember: you'd better not shout, you'd better not cry... because otherwise, an incarnation of the devil may come to claim your soul. Happy festive season!

*Written by Sophie Winch*

# JOANNA,

**Luke 8:1-3** After this, Jesus travelled about from one town and village to another, proclaiming the good news of the kingdom of God. The Twelve were with him, and also some women who had been cured of evil spirits and diseases: Mary (called Magdalene) from whom seven demons had come out; **Joanna the wife of Chuza, the manager of Herod's household; Susanna; and many others. These women were helping to support them out of their own means.**

These are the two meagre mentions of the female apostle, Joanna, who funded Jesus and his disciples.

Little is known about her life, as with many female figures in the Bible, and much of her actions and motivations are based on speculation. In desperation, Joanna sought help from Jesus for her unnamed illness. She underwent a miraculous recovery, before becoming an open follower of Jesus and teacher of the good news - at a great risk.

Joanna was married to the steward of Herod Antipas, Chuza, who held a high position in the palace. Joanna would have heard the news of Jesus within and out of the palace, and actively sought him out, knowing that if she were to be seen betraying the court, she could be beheaded. It's very likely that Joanna went back to the court and her husband to show them her miraculous recovery and then devoted her life to following Jesus, accompanying him and his apostles unchaperoned. This was incredibly unusual for the time, especially for an

upper class woman like herself. It's unclear how these events unfolded, such as the reaction of her husband, but even more mysterious is how she funded the apostles. She didn't have free access to her husband's income, and some theories speculate that she could have secretly drawn on her husband's money or secretly received money from King Herod out of guilt for his execution of John the Baptist.

The gospels give different accounts of John the Baptist's execution, but it's generally agreed that Herod had him imprisoned for criticising his divorce of Phasaelis and remarriage to Herodias, who had been married to his half brother:

## MORE THAN WIFE OF CHUZA



**Luke 24:9-10** When they came back from the tomb, they told all these things to the Eleven and to all the others. **It was Mary Magdalene, Joanna, Mary the mother of James, and the others with them who told this to the apostles.**

"It is not lawful for you to have your brother's wife." (Mark 6:18). Herod may have also been fearful of John the Baptist's alarming influence on his growing following, fearing a possible uprising.

Some of the gospel writers suggest that it was on Herodias' daughter's request that John the Baptist was executed. In John's gospel, it's suggested that Herod had respect for him, seeing him as a just and holy man, and so became racked with guilt after ordering his execution. Other gospels give a more cynical account, saying it was done out of fear of John's influence. It's within this context, that Joanna left her husband and the court, to join Jesus.

Also significant is the mention of Joanna in the group of women who told the disciples of Jesus' resurrection.

Traditionally, female relatives of the deceased clean the body, and when they found the tomb empty, ran to the male disciples, who didn't believe the women. It's interesting that such important news was first revealed to people whose testimony in court was invalid.

Instead of living a comfortable life at court, Joanna chose to completely

change the direction of her life, and travel with a man who often made enemies of the rich and powerful, as he criticised them.

Although very little is known about Joanna's life, and what we can piece together is in relation to men, Joanna and other female apostles were still very instrumental in Jesus' travels and mission, giving practical support that he couldn't have survived without.

*Written by Alice Ross*

**ON THE 4TH MARCH 2022**, the new Batman film, imaginatively titled **THE BATMAN** will come out, starring Robert Pattinson in the titular role.



It's a highly anticipated movie, but as it's part of the Batman franchise it has a lot to live up to. One film in particular stands out to me. And no, I'm not talking about the 4th highest rated film on imdb, **THE DARK KNIGHT**, I'm talking about **LEGO BATMAN...**

The Lego Batman film is funny. It's really funny. Comedy is often overlooked in the eyes of pretentious film critics, but it makes Lego Batman something that you can watch over and over and over (and over) again.

But don't be fooled, the Lego Batman movie isn't just a dumb flick.

The main arc of the film is Batman learning the importance of relationships - with Robin, Alfred, Batgirl and most importantly with the Joker.

The relationship between the Joker and Batman is the backbone of the movie and in the Lego Batman universe to be someone's greatest enemy is obviously supposed to translate into being someone's romantic partner. This is not only a hilarious framework, but something (when you dive deep into Batman's history) that makes the film... revolutionary.

As Grant Morris, a Batman writer put it, 'Queerness is built into Batman'. Batman and Robin were intended to be heterosexual but, when first created, the homophobia under the surface was obvious to detect, so much so that the SNL sketch 'the ambiguously gay duo' was based on them. When the 1950s hit and it became very trendy to be having a moral panic about just about anything, this became a problem. Comic books were now evil and turning kids into homicidal homosexuals. The incredibly influential book the 'seduction of the inno-

cent' (which very ironically sounds like a bad erotica novel) warned parents that comics led to violence and the 'Batman-type story might stimulate children to homosexual fantasies'. Although the book contained 'manipulated, overstated, compromised, and fabricated evidence' as critic Tilley puts it, it was very popular and helped the formation of the comics code authority (the CCA). The CCA forbade anything deemed too risqué for the 1950s (which was pretty much anything fun or interesting) and if a comic wasn't approved by the code, it often wouldn't be sold in stores and parents would be unlikely to let their children buy it. Restrictions on art were an essential part of 1950s American culture, and the CCA was very similar to the Hays code enforced on cinema at the time. For both codes, homosexuality - or 'sex perversion' as they saw it - was a strict no-no. While the Hays code helped to popularise the phenomenon

# LEGO BATMAN

of subtle hints of homosexuality that the code couldn't catch, the Batman comics had already been caught. Batgirl and Batwoman suddenly appear and Robin and Batman are rarely seen alone in a panel.

As time marched on, the code eventually became irrelevant. In the late 80s, Frank Miller helped to redefine Batman comics as gritty, hardcore and violent, putting them very much on the CCA naughty list - but was the queer subtext revived? The recent Batman movies are desperate for you to forget their campy origins. It seems like, with every new version of Batman, the past is burnt and forgotten. Batman is now an ultramasculine edgy playboy billionaire who functions as a heterosexual fantasy. However, one should note, this transformation of extreme heterosexuality didn't happen with the Joker. He got gayer. The Joker was always flamboyant and queer coding villains

is very common; you can look at any Disney villain to witness this, but what happened with Joker is perhaps more sinister. Increasingly, his queerness served to amp up the fear factor. He is a homophobe's worst nightmare, a campy anarchist maniac who's obsessed with straight boy Bruce Wayne. In Frank Miller's version of the comic, his red lips don't come from chemicals or blood, but the far more scary alternative -- lipstick. There have been several Batman comics where the Joker has admitted a love for Batman, but of course these feelings can never be returned. That is unless the Joker is a woman like in Flashpoint paradox, in which case a romance between the Batman and the Joker is allowed because the problem is the gayness, not the fact that the Joker is a murderous criminal. Purse-clutching parents can be reassured that, although there is bloodshed, there is at least still the wholesome message of the perverse

and demonic nature of queerness that can be defeated by the end of the movie.

The Lego Batman doesn't do this. The Lego Batman doesn't shy away from any past iteration of Batman, but rather utilizes all of them to both satirise and appreciate the Batman canon. Batman isn't an ultramasculine fantasy but rather a man-child who needs to learn to let people in. The Joker is heavily queer coded in the Lego Batman movie, but this doesn't make him scary - it makes him likeable. When Heath Ledger's Joker quotes the romcom Jerry Maguire ("you complete me"), it's supposed to be sinister; when a reference to the same romcom is made by the Joker in Lego Batman, it marks a sweet resolution to the movie. Not to spoil the film - but the solution to the climax is essentially hand-holding. Queerness isn't avoided or shunned, it's the heart of the movie.

So unless **THE BATMAN** does something as revolutionary as that, I think it's gonna be a let-down.

*Written by Frida Bradbrook*

# BOOKS THAT MADE ME . . .

**T**HE MOST INTERESTING BOOK I HAVE EVER READ:

The Man Who Mistook His Wife For a Hat – Oliver Sacks

A collection of strange neurological cases that Dr Sacks worked on, including one patient who could only recognise his wife when she was wearing a particular hat. I think it is safe to say that Sacks was more than a little surprised when his patient addressed the hat stand his wife's hat was hanging off and tried to leave with it. Definitely a must read if you have any interest in psychology.

**T**HE MOST CURIOUS BOOK I HAVE EVER READ:

Fahrenheit 451 – Ray Bradbury

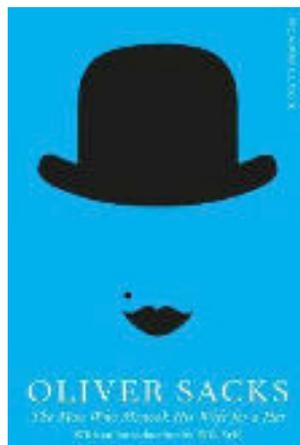
Firstly, there wasn't really a plot. I like plots; in my opinion, all good books have them. It was more of a commentary on a dystopian world where knowledge is forbidden. The world that Bradbury constructed was intriguing, however, for me, the protagonist's wife's mental health was probably the most interesting part of

the book. The stigma attached to mental health issues was much more prevalent in this novel than in the world we live in today; the characters knew mental illnesses existed; they just didn't acknowledge them. Ever. They even had eerie suicide squads (don't get too excited, no, Harley Quinn does not feature in this book) whose job it was to essentially revive people who had attempted suicide.

**T**HE SERIES I'D LIKE TO LIVE IN (PLEASE):

A Court of Thorns and Roses – Sarah J Maas

Magic. Soulmates. Adventure. What more could you possibly want? This series is based in a world where faeries and humans are divided by an invisible wall, keeping the mortals safe from the mystical beasts that prowl on the other side. Feyre, our protagonist, is forcibly taken by a high fae ruler to his side of the wall, where she faces many dangers, but also many kindnesses. Elements of Beauty and the Beast, Hades and Persephone (for the classics geeks), and some good old love triangles.



**T**HE BEST SERIES I'VE EVER READ:

Shatter Me books – Tahereh Mafi

'I've been locked up for 264 days'. Awesome first line, am I right? This series is so much more than it seems at first glance. The protagonist, Juliette Ferrars, has been imprisoned for killing a small child – but all she did was touch him. Nobody knows why she can drain the lives of anything living by just being near them, least of all her. A story of magic, deception, love and betrayal, as well as the heart-breaking narrative of a teenager struggling with her mental health. I HIGHLY recommend.

**T**HE BOOK THAT RIPPED MY HEART INTO TINY PIECES:

Heartless – Marissa Meyer

The bitterness I felt at the end of this book was incomparable to any I've ever felt. Meyer tells the story of the Queen of Hearts, before the roses were painted red, before the hatter went mad, and before she swore never again to love. Read it.

**T**HE BOOK I CRIED MY EYES OUT OVER:

Death Sets Sail – Robin Stevens

The last book in the Murder Most Unladylike Series, and the best one yet. I was sobbing at the kitchen table over a bowl of Cheerios for twenty minutes. The next minute, I was still sobbing – but this time with happiness. When I say it was an emotional rollercoaster, it was an emotional rollercoaster. What I love about this series is that Hazel and Daisy's bond of friendship runs so deeply, you feel like you're part of it.



**T**HE BOOK THAT I LEARNT THE MOST FROM:

Women Don't Owe You Pretty – Florence Given

A very entertaining non-fiction book on feminism, accompanied by awesome drawings of proud femmes. Need I say more?

**T**HE BOOK THAT I COULDN'T FINISH:

Gulliver's Travels – Jonathan Swift

I was warned by the librarian not to read this, but my Year Six self thought better. I don't know if it would still be impossible to read or not, but the experience scarred me so much I haven't picked it up since. Steer clear – you've been warned.

**T**HE BOOK I HATED WITH ALL MY SOUL:

My Family and Other Animals – Gerald Durrell

Just. So. Dull. I don't care that he's friends with a weird talking beetle; I couldn't care less. I don't think I even made it half-way with this one.

**T**HE MOST DEPRESSING BOOK I HAVE EVER

READ:

The Bell Jar – Sylvia Plath

Suicide, depression, self-harm. I think I've made my point.

**T**HE SHORTEST BOOK I HAVE EVER READ:

Women & Power: A Manifesto – by Mary Beard

A legend discussing the links between powerful ancient women (cue Medea) and iconic contemporary women, single-handedly tearing down misogynists while also scrutinising ancient texts for their role in systemic sexism today.

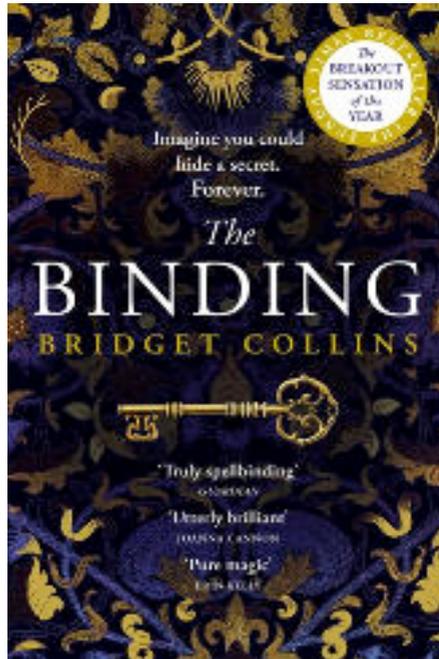
# BOOKS THAT MADE ME..

# .. AND A BOOK REVIEW

## THE BOOK I BINGE READ:

The Binding – Bridget Collins

Set in a world where books hold memories, Emmett must learn the dangerous art of bookbinding with the sequestered book-binder, Seredith. Sacrifices, secrets, and mysteries unfold – a beautiful book (with a beautiful cover).



## THE BOOK THAT OPENED MY EYES:

The Hate You Give – Angie Thomas

If you haven't read it you definitely should; it's even more relevant since the recent murders of George Floyd and countless others like him. The story follows Starr who is trying to cope with the deaths of her best friends Natalie and Khalil, both of whom were killed by racist white police officers. This heart-breaking narrative shines a brutally honest light on the justice system, police brutality and systemic racism. If you want to educate yourself, this is a good place to start.

## THE BOOK THAT TERRIFIED ME:

Cuckoo Song – Frances Hardinge

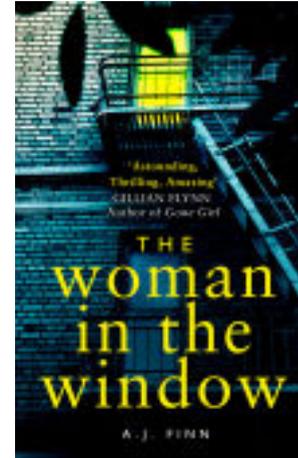
A girl suffers from severe memory loss. She knows something awful happened to her, but she can't remember what. In a constant dance with death, she attempts to find out the truth about her traumatic past in order to move past it. This CREEPED ME OUT.

## MY BIGGEST BOOK FLEX:

Ovid's Metamorphoses

15 books written in dactylic hexameter, beginning at the creation of the world and developing chronologically right up to the Apotheosis of Julius Caesar. Beat that.

Compiled and written by Tilly Heath.



## UNPUTDOWNABLE' – STEPHEN KING

There is tension, intrigue, and a crime that needs to be solved - what more could you ask for in a novel?

I got completely drawn into this tightly written thriller, really enjoying the many twists and misdirections. A.J. Finn has a way of toying with your emotions - my reaction towards the main character constantly shifting. I was in turn, intrigued, annoyed, sympathetic, scared and beyond frightened for her as the tale reached its climax.

The characters are plausible and well developed and I felt as though I knew Anna intimately by the end. The short chapters and lucid writing style made it a quick read. I couldn't put it down.

## THE WOMAN IN THE WINDOW – BY A.J. FINN

A.J. Finn's 'The Woman In The Window' is a psychological thriller from the narrative of Dr Ann Fox. Anna is a child psychologist who has become severely agoraphobic after a traumatic experience, terrified by "the vast skies, the endless horizon, the sheer exposure, the crushing pressure of the outdoors".

She lives alone in a large brownstone, never leaving. Desperately miserable and unwisely mixing booze with the serious medication she's been given, Anna spends her days taking photos of her neighbours, and talking to her estranged husband and daughter on the phone.

Anna is particularly fascinated by the family who live across the park, the Russells.

When she hears a bloodcurdling scream from their house, then sees what she believes to be a murder, the police don't believe her. Confused and frightened, Anna begins to wonder if she hallucinated the attack: "I feel as though I'm falling through my own mind."

Written by Poppy Kitchener

## 'TWISTED TO THE POWER OF MAX' – VAL McDERMID

This novel opened my eyes to those struggling with agoraphobia. This isn't a topic I knew particularly much about, and I came to realise what a debilitating disorder it can be. I would definitely recommend this novel.

## 'ASTOUNDING, THRILLING, AMAZING' – GILLIAN FLYNN

# SAY IT LOUD AND CLEAR: REFUGEES ARE WELCOME HERE!

I am in a throng of people in the freezing cold. 4:30pm in Parliament Square on the 20th of October, voices scream over the cacophony of car horns and motorcycles. Parliament itself towers above us, but we focus on a stage, which has emerged from the back of a van. We are here to protest the passing of the Bill of Nationality and Borders.

This Bill would make legal passage to the UK physically impossible for thousands of asylum seekers. There are currently two ways to cross the border: through regular routes (made official by the UK government) and through irregular routes (which have not been). In an attempt to limit illegal smuggling, the government is debating a new policy which will criminalise asylum seekers using irregular routes. I spoke to Ros Ereira, one of the organisers of the demonstration, who thinks that the roots of the smuggling issue lie in a more fundamental problem. "If there was sufficient legal passage to the UK," she says, "smugglers would be out of a job".

The Bill limits the number of regular routes, meaning that

many people attempting to enter the UK will now be classed as criminals. In short, this Bill will ensure that the only safe and legal way of crossing the border is via official routes, and these are too narrow to accommodate the vast numbers of asylum seekers arriving in the UK.

Joel Mordi was at the forefront of the fight for gender and sexuality equality in Nigeria; he became a person of interest and sought asylum in the UK. "People talk about the 'good' versus the 'bad' refugee - and why? We're all human" he declares, to whoops from the crowd, many of whom are refugees in the UK.

The conditions at the detention centres where asylum seekers are being held are appalling. A letter sent anonymously from a detention centre details one experience: there are "bars on doors and gates and high fences with security wire". Their "only respite is sleep without nightmares". Some days, they "forget what laughter feels like".

Zahra Joya, who arrived just two weeks beforehand as a passenger on one of the last flights out of Kabul, gives a

ANGER  
AT  
THE

"I'M A SISTER. I'M  
A DAUGHTER. I'M A  
FRIEND."

"I'M A HUMAN WITH  
LOTS OF ANGLES TO  
MY IDENTITY  
BEFORE I'M A  
REFUGEE."

Nour Jarrouj leads the charity Refugee Youth and was forced to flee to the UK from Syria. She addresses the stigma around rights for illegal immigrants. "What they don't tell you," she says, "is that we're simply here because we want to live safely."

speech in English for the first time: "I am here today with a broken heart and lost hope." Mariam Yusuf, one of the organisers, an activist for the rights of female refugees and an asylum seeker herself, proclaims that "all of us have a role to play in making the UK a more welcoming place".

What is 'a more welcoming place'? Asylum seekers want safe passage to the UK. They want to reunite with families and rebuild their lives here. They want love, kindness and safety to be at the forefront of the Bill. This should be the government's priority.

Shouts from the crowd fill the air; people raise placards; surrounding cars slow to watch. On the 4th November, the Bill will be discussed by Parliament. After this, it may be finalised. The lives of thousands of people are at risk. A mantra begins to form on that day in Parliament square; it echoes around the streets as the voices onstage crack with emotion, and we scream their words back to them. **Kill the Bill.**

Written by  
Sophie Winch

ANTI-  
REFUGEE  
BILL



## Sources:

Zoe Gardner talks about the Nationality and Borders Bill: <https://youtu.be/3k5kKyr1EqM>

Briefing on the Bill: <https://www.jcwi.org.uk/nationality-and-borders-bill-second-reading-briefing?fbclid=IwAR2cmKv1k61N9hvfz5Cn1Om7yVVJxGyWJs-c4ACP-Z7d6ZJSwpsaiRCdK0VE#:~:text=Background,curt-ails%20the%20rights%20of%20refugees.&text=It%20introduces%20an%20institutional%20model,offshore%20processing%20of%20asylum%20applications>

## What can you do?

Here is a petition in favour of stopping the 'anti-refugee' Bill: <https://www.refugee-action.org.uk/campaigns/stand-up-for-asylum/>

Writing to local members of parliament is always beneficial; many members of parliament are supporting the Bill because this is what they see their constituency wants - we can change that.

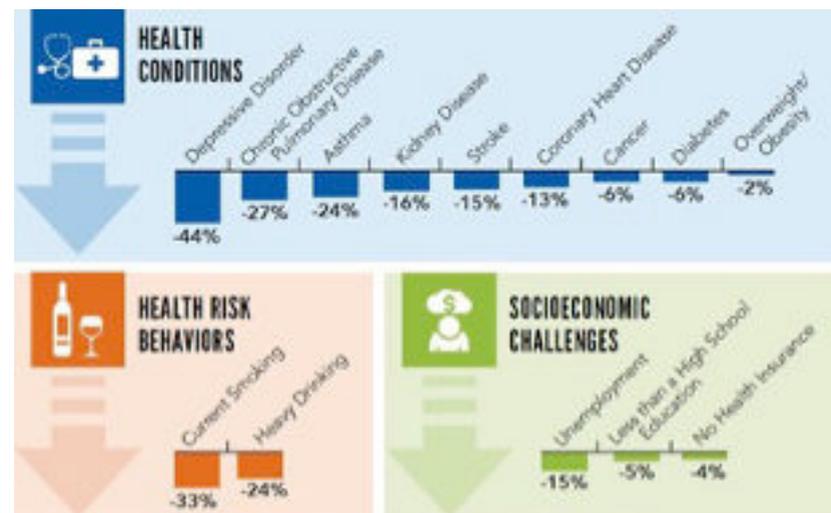
# THE CONNECTION BETWEEN CHILDHOOD TRAUMA AND TERMINAL ILLNESS

Altogether there are ten ACEs - these are physical, emotional and sexual abuse; emotional and physical neglect and household dysfunctions; having a caregiver with a mental illness; having an incarcerated caregiver; parental substance abuse; witnessing domestic violence, and divorce. These experiences are all interrelated and often come in clusters; for example, witnessing domestic violence between caregivers puts the child at a much higher risk of emotional abuse. It was discovered that people who had experienced three or more of the ACEs were actually more likely to die of terminal diseases such as cancer or heart disease.

The link between the ACEs and long term health conditions was discovered In 1998 when a study was carried out by both the Kaiser Permanente (a healthcare centre in California) and the centre for disease control. This is known as the ACE study and was the first investigation into the effects that childhood abuse and neglect have on the victim's later life. The study had over 17,000 adults, who were given a survey asking if they had experienced any of the ten ACEs before the age of 18. 1/6 of all respondents had an ACE score of four or higher. This study not only revealed a direct correlation between ACEs and future health compli-

**Adverse childhood experiences (ACEs) are traumatic childhood experiences that have a prevalent effect on long term medical, social and emotional health.**

cations, but also that childhood trauma is much more common than expected. The study brought to light the link between the ACEs and the impact they have on future violence and victimisation; for example, women who were victims of abuse and neglect from a young age were seven times more likely to be raped as an adult. It also found that women who had witnessed their own mothers being assaulted or abused by a partner at a young age had massively increased chances of falling victim to domestic violence themselves.



The brain is continually developing until a person is 25 years old. Important factors in the development of a person's brain are their living environment, their family and the wider systems around them like their extended family, school and their socio-economic status. Whilst a child is growing up, they will process and store information to form an 'internal working model' and internal map of how they perceive themselves and others. If a child deals with consistent clusters of ACEs in their living environment, this shapes the child's neuroendocrine and immune functioning, due to their body's physiological stress response system constantly being on alert. This is why in later life a person who experienced four or more ACEs is more likely to have both mental and physical conditions such as depression, heart disease, cancer and so on. Despite the original ACE study taking place in 1998, there is little awareness about them in the general population - social work and mental health have only introduced them to their language in the last 5 years. Research found that just one trustworthy healthy relationship with an adult can mitigate the effect of the ACEs on a child's life. As resources for children (such as youth clubs, mental health services and schools) become more pressured due to a lack in government funding however, it becomes more and more difficult to form this relationship. My point is, what use is research if it is not even being used to implement a solution?

*Written by Edie Turner*

# THE MASS EXTINCTION OF INSECTS

*It is the mass extinction of insects.  
With hardly any recognition, 40% of all insect populations are falling -  
a third of them are endangered.*



The world with its complexity of diverse systems cannot function without insects as 90% of all flowering plants need insects for pollination. Without the pollinators, many plants wouldn't be able to reproduce, threatening plant survival and creating an extreme food shortage for dependent animals. The famine would spread up through the food chain and break it apart. The idea of humans being somehow superior and able to manipulate the delicate balance of nature without it backfiring on us is a dangerous illusion.

**DRIVING TO FRANCE** with my family as a small child, I watched clumsy, fluttering wings hit our wind-screen like rain. As I grew up, the wind screen became more and more barren. Now I hardly ever see them at all.

When I asked what happened, nobody seemed to know or be that bothered. Perhaps it is a pattern for humans to try to ignore a catastrophe which threatens our comfortable way of life, right up until the moment that the strain on the planet begins to significantly affect us. By then, it could be too late. A silent wave of disaster is rushing ever-faster towards us, and no-one seems to have noticed.

Their extinction has been caused by the destructive force of human consumerism. Habitat loss is a large factor, as deforestation, river pollution, and urbanisation force the insects into smaller and smaller isolated pockets where they can survive, until they will die out. The use of pesticides has become increasingly destructive due to the spiralling demand for mass production of food for supermarkets. Humans have created an eerie utopia; rows and rows of identical, seemingly healthy, faultless vegetables in the isles of supermarkets... Behind this shiny facade people do not see the industrial killing of insects with pesticides and fertilisers or the destruction of their habitats for mono-culture farmland.

WE NEED TO  
UNDERSTAND THAT  
OUR SURVIVAL ON EARTH IS INEXORABLY  
LINKED TO THE SURVIVAL OF THE PLANTS,  
INSECTS AND ANIMALS WE ARE LUCKY  
ENOUGH TO SHARE THIS PLANET WITH.

The declining insect population is predicted to dismantle food chains, and destroy earth's ecosystems within the next 20-30 years - much faster than the tipping point of world crisis for global warming. So why isn't this issue recognised? Why is there no panic, no urgency for change? Why in fact are people so oblivious to the danger that numerous companies are promoting eating insects for a cheap source of nutrition? I think part of the answer is our deeply rooted human-centric way of thinking. It was only 500 years ago that people believed the universe revolved around our tiny planet, and the idea of sharing our planet with nature is still dismissed by many people.



We have to care. We can't try to solve a crisis without treating it as a crisis. We can put pressure on the government to ban the use of pesticides in farms, and use the power of consumer choice to try to buy organic food. The government has a large part to play in this to reduce the prices of organic products, making them more affordable to everyone. We can encourage protecting and regenerating insects' natural habitats such as wildflower meadows and wood mixed with grassland. It has recently been identified that gardens can create a wide range of biodiverse habitats if they are gardened sympathetically - by attracting insects and growing plants naturally found in the area so insects can pollinate them. There is a higher level of biodiversity in London than the surrounding countryside due to the habitats created by gardens.

*Written by Rose Sooley*



# TRADITIONAL LATKA RECIPE

The Jewish culture is full of delicious foods and recipes, and, with Hanukkah fast approaching, I thought it was only right of me to share one with you. The question is, which one? I decided it would be best to go for a simple, tasty classic: the potato latke (or, as some may know it, a 'potato pancake').

A brief history of the latke: Latkes are eaten during the celebration of Hanukkah, so to understand why they are made, we must first understand the history behind it. After the war with Antiochus and the Greek army, the Jews only were able to find a tiny drop of pure oil at the Temple. To mark their victory, they lit a single lamp with this drop of oil that, remarkably, burned for 8 days. Latkes, in all their fried, crispy glory, honour this miracle and have existed as early as the 14th century.

It is also important to note that not all latkes have to be made of potatoes - there are also courgette latkes, vegetable and even fruit latkes! However I (and most Jewish grandmas) would argue that there is no beating the potato latke!

**Makes: 16 latkes**

**Takes: 30-50 minutes**

Ingredients:

½ an onion

2 tbsp. oil

3 tsp. kosher salt, divided

680 g. Yukon Gold potatoes

(around 4-5 potatoes)

2 eggs

¼ cup flour

Oil for frying

Method:

Dice the onion and sauté it in 2 tbsp. oil and 1 tsp. salt until golden.

Grate the potatoes (by hand or in a food processor). Immediately transfer the grated potato to a bowl of cold water.

Place the eggs, flour, fried onion and 2 tsp. salt in a separate bowl. Drain the grated potato well, add it to the rest of the ingredients and mix immediately.

Heat 2-4 tbsp. of oil in a frying pan, over medium heat. Test the oil by dropping



a tiny bit of the mixture into the pan. When the oil sizzles upon contact, it is ready.

Scoop the batter and gently drop it into the oil. For perfectly neat latkes, use the back of a 1/4 or 1/8 cup measuring cup to press down gently on the batter to flatten. Fry for 2-3 minutes until golden, then flip the latkes and fry for 1-2 minutes on the second side. Repeat until all the mixture has been fried. (You will need to add more oil to the pan every couple of batches.)

Then, serve with condiments of your choice (traditionally, they are eaten with applesauce or sourcream) and enjoy!

*Written by Romola Goldfarb*



*Borough Market  
Work by India Baker*



I KEEP SEEING SINGULAR MAGPIES

WHAT DO YOU MEAN SINGULAR MAGPIES?



SOBSON



YOU KNOW



AND SO FORTH

Well don't magpies usually come in ones  
**I DON'T THINK THEY ARE THAT SOCIAL CREATURES**

I GUESS THEY DON'T REIN HANG OUT TOGETHER BUT



I CAN HELP THE VESTALS OF MYSTERY THEM FOR BIDE WHEN I SEE ONE... IT'S WHIRRY ONE AN.



THEY RID ME IF MY MASHING IGRANCE, MAYBE I DON'T WANT TO KNOW ABOUT COMING DAILY VISHAPPINIS EVEN IF IT DOES COME, KEEP YOUR FORECAST TO YOURSELF! THEY TORN THINGS OVER IN YOURS UP IT, AND THEY'RE BEGINNING TO SURROUND ME.

HAMMM

THAT IS A TALKY ONE.



LATER THAT DAY

SIC YOU KNOW, IT'S WAGGLE VISHAPPINIS DAY... YOU BETTER GET UP!

HAVE YOU HEARD IT SINCE DAY OF 1000... YOU BETTER GET UP!



MYA HAVE ALL OF YOU GOT A DATE FOR WEDNESDAY? I WANT MANY TO LOOK UP AT YOU. I CAN HELP YOU.



I FEEL MUCH BETTER NOW

I THINK IT THE ONE

Work by Cordelia Wilson



**the**  
**sixth**  
**sense**  
CAMDEN SCHOOL FOR GIRLS