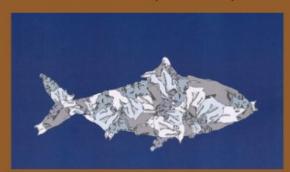


HEAR ME OUT

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WRITTEN BY STUDENTS OF PLYMOUTH HIGH SCHOOL FOR GIRLS Edited and created by Amelia Varley



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ART BY: Harley Stringer

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Esther- Head Student

After choosing the local and national charities, I can now start organising fundraisers—with the charity ambassadors. First up is the shoe donation taking place on the 4th March; the school teamed up with Hugs Children's Cancer Charity, who will be recycling the shoes and sending them to families in need. After that, it'll be more fundraisers, like comic relief on Friday 18th March. I'm also going to be organising a wellbeing activity each month, so make sure to stay tuned and get involved!

Kaitlyn- Deputy Head Student

The aim of the student council this year is to be the main place for student voice and to prioritise communication between the pupils and the staff. By students working together across all year groups and sharing their ideas, we are able to come up with new projects to make Plymouth High an even better place to be. The meetings allow the students to express their creative side and watch their new ideas bounce off of others. Our meetings have only recently started and are open to anyone who wishes to come along! We have discussed many topics already and we're slowly in the process of making our own goals and projects for the end of the school year that will all be student-led.



MESSAGES FROM THE HEAD STUDENT TEAM

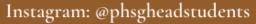


Christina- Deputy Head Student

My aims for the Diversity and Inclusivity group this year, is to spread more awareness about different cultures and ongoing issues through books recommendations, notice boards, assemblies, articles and events. I'm also aiming to create a safe space available to anyone who may be dealing with discrimination, as well as helping diversify subject curriculums within the school.

Amelia- Deputy Head Student

This magazine was one of my aims for this year! My goal was to make the magazine a more creative and inclusive space. I aimed to open it out to different styles of writing, not just articles, and to put more of a focus on artwork as well. I also created a photography competition, and hope to do more in the future. After this edition, I will be setting out to create another but this time trust-wide. I plan to involve all the schools within TSAT and collect a wide variety of articles, art and writing.





EARTH ALLIANCE 2022

Ailish Field and Klara Evans

The year of 2019, before our lives were halted by Covid-19, was a year of young people rising up to tackle climate change.

The September 2019 climate strikes, also known as the Global Week for Future, were a series of international strikes and protests to demand action be taken to address climate change, which took place from 20th-27th September 2019. There was estimated that there were more than 2,000 events around the globe, in 175 different countries. A key figurehead of this was Greta Thunberg who became well-known after she protested outside the Swedish parliament in 2018, when she was 15. She held a sign saying "School Strike for Climate", to pressure the government to meet carbon emissions targets. Since then, climate change activism has been at the forefront of many young people's actions. The UN Development Programme (UNDP) questioned 1.2 million people in 50 countries, many of them young and while younger people showed the greatest concern, 69% of those aged 14-18 said there is a climate emergency.

And this leads us to 2021, when Plymouth High School For Girls created the Earth Alliance team. Earth Alliance is a climate awareness group created by the students, for the students, to make the school and city more environmentally friendly. We have many aims which we would like to complete, not only on a school level but on a much wider scale throughout the academy, and we hope to influence other schools and our local community to go more green as well.

And here we are, in Earth Alliance's second year.

As a team, we had a lot to live up to. In the last three months, we've met with James Fenlon, the

Head of Estates and Health and Safety for the Trust, to discuss the implementation of smart metres in the summer, started to organise our yearly conference, presented our littering scheme to Mr Underdown with an organisation called 'Clean Our Patch', come up with many ideas that will hopefully be implemented later in the year like our second hand / pre loved swap shop, a recycling guide, light ninjas (ensuring lights are turned off), alongside keeping an eye on the the Refectory and Berthas' food waste, where the food and ingredients are sourced, what packaging is being used and the school's energy provider and recycling.

One of our biggest aims is to extend Earth Alliance to the schools in TSAT trust, meaning we could potentially reach 10,000 people and around 20 schools (and get even more people involved in the fight to tackle climate change). This is only the start, we have a lot planned and a lot of people to talk to and encourage.

Earth Alliance is a group by students, for students. If you have any suggestions, big or small, we would love to hear it and get as many people involved. One big aim of ours is to educate and keep people passionate or start making people passionate. Our school is however only a small fish in the vast ocean of the earth - so there's no pressure for perfection here because we can only do so much. We also need to take time to hold CEOs, brands, companies (etc...) accountable. In an article for Atmos, Elizabeth Cline argued that we need to move away from being conscious consumers and move towards being active citizens. And it's that collective action of citizens married with fighting for climate rights that will truly change the game.

YOUNG ENTERPRISE

WHAT'S IT LIKE BEING A WOMAN IN BUSINESS IN PLYMOUTH?

Young Enterprise at Plymouth High offers students an opportunity to explore entrepreneurial skills and to have the confidence to create, build and manage their own business. Tote.lly is Plymouth High's Year 12 Young Enterprise team - they design and create tote bags with a difference!

What is it like being a woman in business?

As a recent start-up of a Young Enterprise company, we wanted to gain some advice and experience from inspirational women in business in our school's area. So, we spoke to the amazing Paris Cooper from Elsie Boo-tique wax melts on Plymouth Barbican who started her business during lock down. We wanted to explore her work schedule, motivation, advice and how she manages to get everything done and still make sure she takes time for herself.

So, what does she do on the day-to-day running of her business?

"I do absolutely everything myself! From designing my labels, social media posts and flyers, to making all the wax melts and candles and serving in my shop on a day-to-day basis. No day is the same, I just try to prioritise my workload and focus on the most important things first! I do everything around serving customers, and then usually work on my website and admin tasks in the evening."

Our team was so inspired by Paris's work ethic and how much she manages to get done to run her business! What makes Paris proud is the "flexibility and ability to be creative" in her business and her progress as a company founded in lockdown. But with this immense success there is often a large amount of stress, in which it is important to prioritise yourself where possible; Paris's motto in these situations is "progress over perfection".

Which we all agreed is great advice when we are struggling with the workload of our A levels and balancing Young Enterprise here at Tote.lly.

Small businesses were hit hard during lockdown and we think it is so important to support your local community and companies and Paris's business is an amazing example of what you can achieve when you love your work and put your mind to it. Speaking to Paris made us all feel inspired to be women in business and continue our journey. We'll leave you with some of her ending words of wisdom...

"We are all just making it up as we go! Trial and error, learn from your mistakes and improve next time! As I said before progress over perfection!"

Watch out for the next article in the series of inspirational women in business (in Plymouth) on the PHSG Young Enterprise Instagram, @tote.lly_phsg . Below is a photo of the tote bags Tote.lly makes!



WRITTEN BY: YOUNG ENTERPRISE PHSG

BOOK REVIEW

Convenience Store Woman



by Sayaka Murata

Sayaka Murata is a Japanese, best-selling writer known for authoring many successful books including *Earthlings* and *Convenience Store Woman*, of which the latter is the topic of this review. Murata has won many awards for her works, including the prestigious Akutagawa prize in 2016[1]. As well as this, many features of her personal life are reflected consistently in her writing, particularly in the book for this review. Murata worked in a convenience store for around half her life and utilised her time-off to write to write eleven novels and two non-fiction books[2].

In an interview with the Guardian, Murata recalls returning home to her laptop and imaginary friends, as well as discussing traditional expectations of womanhood and her first-hand experiences with these ideas[3]. These are some of the themes that are reflected in Convenience Store Woman.

Convenience Store Woman follows the darkly-comic story of thirty-six-year-old Keiko Furukura who has worked at a convenience store (Smile Mart) in Tokyo, ever since she started there at 18 years old. Throughout this book, we follow Keiko explore not conforming to traditional structures and pathways expected of her. Her family and friends are constantly critiquing her and pressuring her to find a husband and to start an "actual" career

beyond her part-time convenience store job. However, Keiko finds more comfort and purpose in greeting customers, sorting shelves, and sporting the store's instruction manual.

Spoilers ahead...

Murata has created such a genuine and authentic character through Keiko. From expressions and hiring/firing staff at the constantly aware and reminded, beyond the doors of the store, that she is not 100% what is considered a "normal person". This theme is highlighted by the author, affecting her from an early age, for example, Murata describes how Keiko attempted to break up a fight between a group of boys by hitting one of them over the head with a shovel and still not fully understanding why what she did was wrong. I, personally, found saddening way, as it was upsetting to and can result in harmful isolation from society and, equally, emotionally.

Through such moments, we can see a great contrast to the more natural flow Keiko experiences at the store. For example, we

CONVENIENCE STORE WOMAN

see Keiko describe how thinking of her body as being made up of food from the store helps her to feel that she is "as much a part further highlight Keiko's seemingly permeant attachment to the store, but once again this creates a more joyous image compared to the annoyance from repeated, moaning of those around her, pressuring her to a normality different to the convenience store. As a reader, I was also becoming irritated from the same, sustained criticism she was experiencing. It is also interesting to see what different characters in this story deem a successful person to be, regardless of Keiko's success at work and her powerful work ethic, which some may be seen as a more traditional form of success. As a result, it seems as though we are following Keiko address all these social milestones and settling in slowly to her true and personal identity; these include her career, her sexuality and friendships.

My favourite moment in the book is a scene where Keiko reflects on herself, relative to others and particularly, relative to her coworkers. Murata describes it as an infection, which is a very striking remark, as this has negative connotations of long-term suffering happening to you without your permission. However, it is combined with the theme of maintenance of normality, which she regards as normal, or at least what is considered normal, making it seem like a dependency. It is this ambiguity over what is good or bad in our social human nature that I feel is more

thought-provoking than simply stating arguments and is something that glued my eyes to the pages of this book.

store, this book is very sombre. For its small size, Convenience Store Woman is filled to the brim with sorrowful reflections on our day-to-day society. Especially now with an increased focus on key workers, it is heart-breaking to see how much working at a convenience store is looked down on and the doubts that these kinds of remarks infiltrate in Keiko's mind. This sorrow is deepened when we see that the living with an appalling man to create a superficial image of normality. The only genuine positive relationship that she has is with the shop and is where we see Keiko develop more positively, which highlights of other people's decisions and values. It is this that is so crucial to supporting people to feel more comfortable with themselves. The only critique that I would have is that, for me, it seemed as though the ending happens very rapidly. It is quite predictable, but the right ending for this quotes about why Keiko makes that crucial decision regarding the convenience store. Overall, I would recommend this book to someone who is interested in a concentrated dose of thought-provoking in darkly-comic narration.

WRITTEN BY INGRID ZAMFIR

Goodreads.com. n.d. Sayaka Murata. [online] Available at:

https://www.goodreads.com/author/show/8816506.Sayaka_Murata [Accessed 28 February 2022].[1] [2] McNeill, D., 2020. Sayaka Murata: 'I acted how I thought a cute woman should act - it was horrible'. [online] the Guardian. Available at: https://www.theguardian.com/books/2020/oct/09/sayaka-murata-i-acted-how-i-thought-a-cute-woman-should-act-it-was-horrible [Accessed 28 February 2022].

[3] McNeill, D., 2020. Sayaka Murata: 'I acted how I thought a cute woman should act - it was horrible'. [online] the Guardian. Available at: https://www.theguardian.com/books/2020/oct/09/sayaka-murata-i-acted-how-i-thought-a-cute-woman-should-act-it-was-horrible [Accessed 28 February 2022].

THE MOON: A FUTURE NOT SO FAR AWAY?

WRITTEN BY SARAH DARWICH ARTWORK BY SERENITY BUSHELL-TOWNSEND

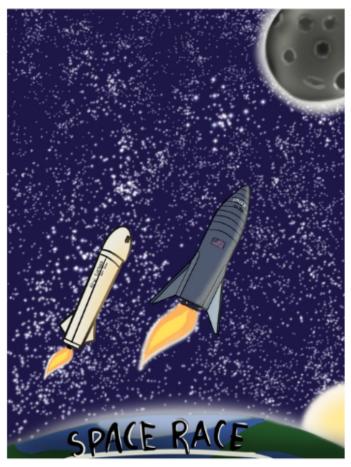
Since man travelled the near 385,000 km to Earth's singular satellite over 50 years ago, there have been varied levels of interest in exploration to the Moon. After a string of manned missions in the 1970s, the number of attempts slowed or were restricted to orbiting vehicles, citing huge costs and balancing budgets for exploration of the so much of space we are yet to understand, with respect to the comparatively clearer picture we have of our Moon. Yet there may be a new era on the horizon with the rise of privately funded players in the space exploration arena such as the momentous efforts of SpaceX, as well as the huge increase in nations with viable space programs, making ideas like longer-term human settlements and space mining less like science fiction and closer to reality.

With talks from NASA to return to the Moon in the imminent future having rumbled for a number of years, the huge financial and political energies from the US government that decades ago we would have seen have shifted to NASA's hiring of a number of private firms to undertake everything from building lunar landers to delivering cargo packages of technical equipment prior to the highly anticipated landing. To an extent this isn't completely new: Nasa administrator Bill Nelson conceding to Congress last year that "In the Apollo program, we got to the Moon with American corporations." The landscape private investors and engagement with well established programs like NASA bring a new level of optimism to a future on The Moon for more; the capacity for increased financial risk and more advanced management than on solely government fundedventures. However. NASA-centred programs and the like, may not be the most probable culprits for pushing mindbending ideas closer to tangible outcomes. For that, there are a multitude of newer players in this competitive ring.

One of the most prominent sources of recent space voyages has been the ground-breaking SpaceX initiative, founded by Elon Musk. It has made history already to become the first private corporation to successfully

launch, orbit and recover spacecraft and now in 2022 is close to launching its Starship system that in the future, is being cited as a possible vehicle for manned trips to the Moon and Mars- one can even make enquiries about commercial flights in Earth and lunar orbit! Later this year, the company is set to prepare to be the first commercial program to undertake human spacewalks as they investigate how human health is affected by longer spaceflights. But what potentially sets SpaceX and other much smaller projects apart from the tried and tested missions past? As technology advances in all types of appliances, building complicated spacecraft is a much faster process and combined with a competitive 'space race' to make innovative technology, future missions are being revolutionised. Space X, e.g. is focusing its efforts on a reusable rocket that can withstand reentry and make more than one flight- a technology that could change the game for a number of space programs. And yet, that idea is just one of many that projects an interesting new picture of lunar discovery.

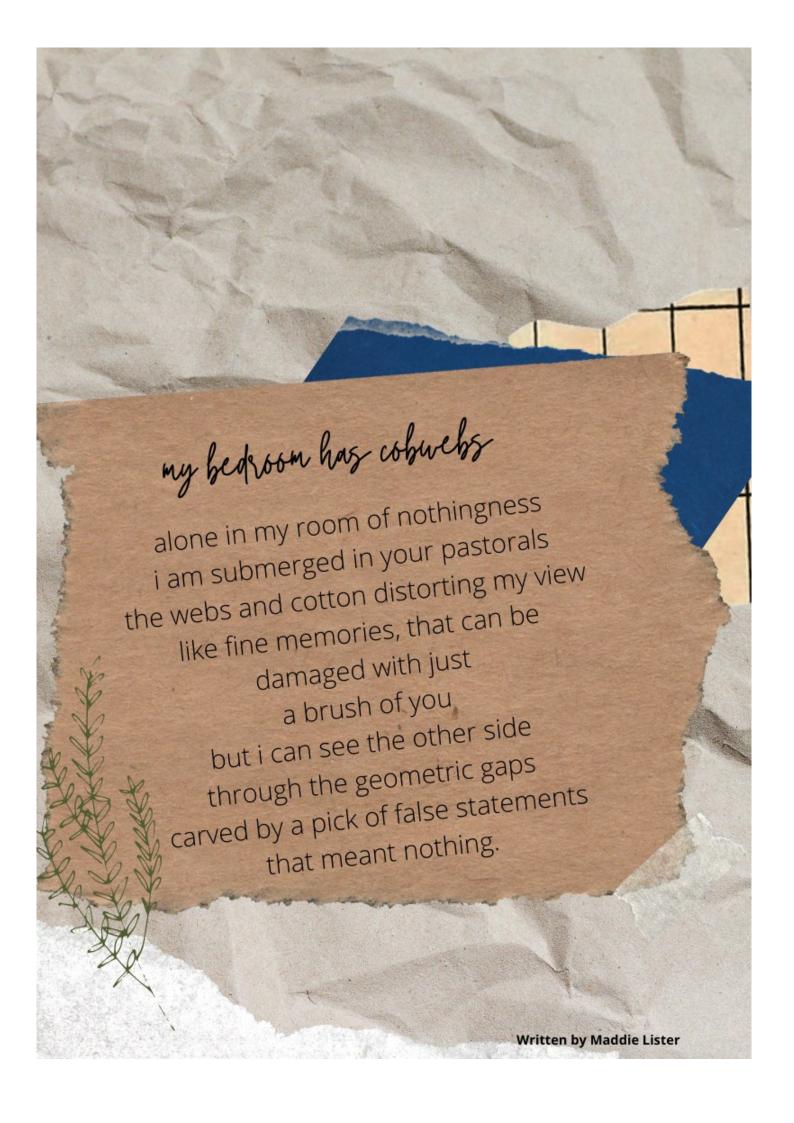
One controversial issue that has garnered much discussion from a number of different space programs is moon mining. After finding evidence of a potential abundance of untapped minerals and rare elements, a movement has begun to consider extensive extrapolation of these materials. Moon mining could mean the ability to build substantial lunar habitats that could extend manned space exploration even further to the Asteroid Belt or Mars; and with thoughts towards the future of Earth and its finite resources, the Moon could be a significant part of humanity's efforts to maintain as we progress. However, harvesting the Moon for its properties opens up debate about how ethical this really is. NASA has already hired private companies like Astrobiotic Technology and Intuitive Machines to provide samples of up to \$25,000 for 50-500g of



lunar materials. The Moon Treaty drawn up in 1979 declares that the Moon and other celestial bodies cannot be under ownership or used by any sovereign state for any means. One particular clause in the treaty describes that there must be an 'equitable sharing' by all state parties in the benefits of natural lunar resources. But if private corporations begin to hold and exploit areas of the Moon, what does that mean for international jurisdiction? Could we reach a point where a handful of individuals possess parts of our Solar System?

The discussions surrounding imminent lunar exploration and the Moon's place in humanity's future are both exciting and difficult, and the widening space programme playground that has formed as a result of innovation, only can bring back interest to our closest neighbour. The part that private companies now play in hopes for investigation beyond Earth cannot be ignored. Despite advantages or disadvantages to our current setup of huge public space programmes or small independent start ups, ultimately, with more than ever invested in the hunt for a new horizon and the mind blowing creativity on how to reach that, we can look forward to a future on the Moon and beyond that is perhaps not so far away.







SAVE THE SEA OTTERS

WRITTEN BY: VERITY TANK ART BY: LILY CURTIS

What makes so many of us have a soft spot for sea otters in our hearts? Many things, of course. Their darling little whiskers and their heart melting eyes and their perfectly paddling paws that sometimes join with another's and their fetching fuzzy faces and their tendency to hold things upon their bellies while floating on the surface: what's not to love? I'm sure plenty of us have also found ourselves recently enchanted by Apple's emoji of the sea otter; it's certainly in my recently used section.

Despite their lovable appearance, sea otters have a bigger role on this earth than sending people into a fanfare of "awwws" and "ahhhs". Sea urchins are able to feed off periwinkles, plankton importantly kelp thanks to their sharp teeth; because of this sea urchins have the capacity to demolish whole kelp forests if their populations aren't controlled. Kelp forests are the habitat of so many aquatic animals ranging from star fish to sharks. Sharks (being so high in the food chain) are also extremely helpful to ecosystems as they find themselves in control abundance of fish populations. This is where sea otters come in. Sea otters often enjoy a snack on invertebrates such as shrimp and well...sea urchins. This means that they maintain sea urchin numbers and stop them from getting out of hand

SAVE THE OTTERS

and otherwise destroying kelp forests which are home to many forms of marine life. In other words, the sea otter indirectly cares for a whole ecological community. That's something!

Interestingly, sea otters' environmental endeavours don't just stop at supporting ecosystems, if that wasn't already enough. Just as sea otters appreciate a munch on invertebrates. SO too with crustaceans. This has proven useful as crabs often choose sea grass as their choice of nourishment and particularly in places like the central Californian coast, sea grass took a near miss on the line of extinction. But stop, before you turn yourself into a newly established crab hater, the reason for this decline in sea grass amounts was due to high levels of nutrient pollution from rapid urbanisation and increased agricultural pursuit. Across the globe, unfortunately, sea grass levels are still on the fall; is there still hope though? Rather ambiguously, yes as sea otters keep the crab populations in check too. Yet again sea otters' palettes save the day. While crabs aren't the root cause of the problem. them eating too much sea grass would certainly not circumstances.

So as you can see, sea otters are more complex than just a furry mammal. They endearingly adorable (while they have many more talents we can't just overlook their delightful appearance that often captivates us to begin with); oceanic environment saviours (their typical diet serves as the ideal way to prevent important aquatic plants from being devoured by invertebrates and crustaceans); and endangered (while historically there were roughly 150,000 - 300,000 sea otters globally this number dropped drastically in the years 990-2005 and now in 2022 only around 3,000 sea otters are living across the world).



Art by: Micheal Langley-Briggs

Despite the fact that sea otter levels are rising it is at an excruciatingly slow rate and their conservation status is still set as endangered by the IUCN Red List of Threatened Species.

But how can you help sea otter numbers climb again? Well, you could start by watching your own waste disposal. Although some may argue it is an over-used term 'reduce, reuse, recycle' is a fantastic way to start making sure that our own pollutants aren't decreasing the populations. Another thing that you can do is try to use nontoxic household cleaning products that would eventually end up in the habitats of sea otters. Beach clean ups across the world would also certainly lessen the potential for sea otter extinction. Finally, you could donate to a charity that saves sea otters such as California Sea Otter Fund and help provide them with the equipment and support they need to save this species.

I rever liked Liquorice

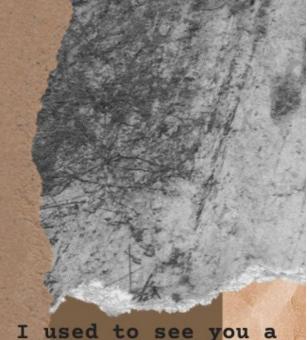
I never liked Liquorice.

But you did.

I didn't know why
It was sweet at first
But all the best sweets
Were the most bitter in
the end

You were a lot like it;
Liquorice
Because you were sweet
With a bitter aftertaste
And you never liked me
Or how I did things
I kept seeing you
Because the sweetness was
so addictive
But the bitterness hit me
like a brick





lot The sweetness never ending But then the aftertaste finally came And I got scared I didn't exactly know why You were my favourite for so long And it was sweet like you But you were bitter like liquorice And you liked it But in the end

> I never liked Liquorice.

WRITTEN BY ANONYMOUS

Diversity AND DISNEY

DISNEY AND DIVERSITY- ARE THEY MUTUALLY EXCLUSIVE?

Is Disney diverse? The global media giant, pleasing children (and adults) all around the world with their infectious songs, plot lines and characters, has infiltrated our tv screens, phones, computers and stores. But does this franchise truly show representation- can diversity and Disney exist together?

Although the list of problems with Disney could be a whole article in itself,: totalling lack of consent, the constant need for a male alongside the white savioursaviour narrative- multiple failings of the Bechdel test, racial caricatures and overall lack of representation, or false representation of characters. Are there steps being taken in our society, by Disney, to take responsibility for their part in re-enforcing stereotypes over the course of their dominion? Or have they simply filled a checklist of the bare minimum representation they can muster, much like the basic checking of the Bechdel test in their movies that just scrape through passing.

This may seem like an unnecessary slaughter of the legendary works of Walt Disney, for example movies like Mulan, Moana, Coco or more recently Encanto encompass the wide variety of themes we want represented in our media: the lack of a male saviour (in some sense), the connection of family, and a wider representation of ethnicities, backgrounds and experiences built in this new context of our society, as Disney even says: "Inclusion is key to market relevance" as this "guides the relationship" between consumer and seller which raises the question, does the corporation of Disney care about diversity or do they require this inclusion to boost their sales and prevent a tainted image? They are very keen to publish changes in media that are needed, yet the intention is unclear



when characters like Luisa (from Encanto) had to be strongly pushed by artists on Encanto to be featured, due to her image as a physically. noticeably strong female character contrasted to the general petite build of female Disney characters. Therefore, something that could be seen as paving the way for representation in a feminist sense. like husbands taking the name of their wives against traditional expectations, is so inconsistent when it comes to the physical stature and body image representation of women. Despite that, it would not be questioned with the design of men.

Although the development of representation in Disney is so influential and impactful for children all around the world to see themselves represented on their screens, the intention of showcasing all stories, experiences, ethnicities, body types and all feminist values (not just the ones they like in figurative senses).

Diversity and Inclusivity Questionnaire Written by: Amelion behalf of the l

Written by: Amelia Varley, on behalf of the Diversity and Inclusivity Group

IN 6 WORDS DESCRIBE WHAT RACE MEANS TO YOU

For the Diversity and Inclusivity group, we put out a questionnaire to find out about our school's thoughts and feelings towards diversity. The most honest conversations about race are the ones that are usually in private, but we wanted to offer a space to share true feelings about race within 6 words and bring awareness to these feelings.

This questionnaire is inspired by the work of Michele. L. Norris. She created the Race Card project where people could submit their honest thoughts on race anonymously in 6 words. It gave a space for people to speak freely and share their opinions. Some examples were: "He's my dad, not the gardener", "Born white, Pakistani heart, international soul", "I am not your curiosity game", "All races in family equals love".

Here are some of our answers.

https://theracecardproject.com/

"Expression, history, pride, heritage, family, privilege"

The first five because they are all aspects of what makes someone who they are, the last one because I don't think I can talk about race without acknowledging my privilege.

"Amazing mixture of cultures and diversity"

I think it is brilliant that there are so many different cultures within the world and that's what makes the place so varied and interesting. The world would be very boring if we were all the same. I genuinely feel the same towards everybody irrespective of their colour or race, I feel it shouldn't make a difference what someone looks like. Everyone should be treated the same.

"I can only write my name"

This was a lyric from a song called "I can only write my name" by Will Jay. I didn't grow up in a very diverse area, including where I lived and went to school. Because of this, I wanted to fit in with the majority, I started to wonder why my family doesn't celebrate the same celebrations that my friends do and why we have to be different. As a child, this confused me and led me to be embarrassed of my race. As I got older, I started to accept my race, but I started to feel like I didn't fit in with either of the cultures I was brought up in. I don't know enough of the English culture to say I'm English; I don't know enough of the Chinese culture to say that I'm "fully" Chinese, I wasn't taught the history of China, the multiple dialects or all of the holidays that are celebrated in China. When I was younger, this did confuse me, however now that I'm older I am grateful to know two cultures.

- "Why talk, to me everyone's equal"
- "I recognise my privilege, I'm learning"
- "People of colour, not coloured paint"
 - People shouldn't be sorted or picked on because they look different. You might pick paint based on its colour, but we are people.
- "Ethnicity, colour, religion, country,
 family, group" I feel like people split
 races into 2 categories: black and white.

"Born the same, always will be"

infinite seascape, the village seemed compact and claustropho-

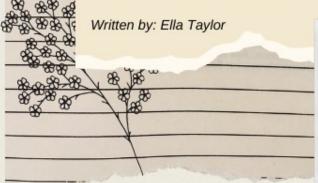
he one small corner land offered shelter. after the former

I want more of everything you do until it bursts like a cloud, and

is all over me in morning dew,
I lift my head to the heavens
let them bathe me head to toe.
The rain soaks through
floods into
my skin

Rain like a storm of relief after high heat -Breaks the tension in the air. y house I strong slate roof and blown sought by a rich and ylor Collings, who fell in love with itvillage as a holiday bought their plots, set big money for a One man sold for a . Collings was larger oved a character, so nothing.

nothing, the owner of the advertise of sale for a fullion of complicated legal, which had acquired he Irish government to the owner of Inisional park. The issue crossed on that first unclear. There were o life anyway, I had





Art by: Alice Dawe

Baker-Miller Pink's

progression

Colours can be surprisingly manipulative.

If you've lately visited a fast-food restaurant, you may have seen a lot of red-red chairs, red signs, red trays, and red cups, for example. When was the last time you ate in a blue restaurant, on the other hand? This is for a good reason: It turns out that red has been demonstrated to increase hunger. Blue, on the other hand, has been proven to inhibit hunger.

Besides the proven psychological effects colours can have on the mind, we also typically have emotional connotations with each colour; yellow is associated with happiness, blue is associated with sadness, and so on. Even the media has commented on this with the 2015 movie Inside Out, which coloured the sprites in our heads (representing the emotions of joy, sadness, anger, disgust, and fear) as their most commonly associated colours. Some emotional responses are evident, while others are less Some connotations exclusive to a country or region, others are universally recognised, owing to their origins in human anatomy natural phenomena.

The least likely of this January's diets was a colour rather than any self-help book, and it came obliquely from Kendall Jenner. "Baker-Miller Pink is the only colour scientifically proven to calm you AND suppress your appetite," she wrote in a post titled "The story behind my pink wall!" She explained the reasoning behind the pink living

room wall of her pricey Los Angeles home: "I was like, "I NEED this colour in my house!". I then found someone to paint the room and now I'm loving it!". It may seem like a baseless assertion, but this is not the first time this specific shade of pink has been linked to certain behavioural responses. Jenner's wall is based on a series of experiments conducted in the 1970s by Alexander G Schauss, of the American Institute for Biosocial Research, involving this colour and its effect on mood and behaviour. Named after the commander (Baker) and a warden (Miller) at the Washington State Department of Corrections who agreed to paint the ceilings and walls this colour and observe its effect on inmates, the colour was found to cause a short-term decrease in aggression (from approximately 15 minutes exposure). Made from carefully mixing one pint of white paint and one point of semi-gloss red paint, Baker-Miller pink's relaxing effects were investigated by Schauss through a lab experiment. He had participants stand with their arms outstretched while looking at a square of Baker-Miller pink and then tested how easy it was to push their arms to their side; this was compared to participants' muscle relaxation with the same exposure to a blue square. Relaxation due to Baker-Miller pink was significantly higher.



Art by: Rosa Whalley

Baker-Miller Pink's

progression

Thus, the research was published and Baker-Miller pink took the world by storm. After finding out its relaxant properties, prisons were fully painted Baker-Miller pink (to the extent that it was nicknamed 'Drunk-Tank pink') and towns saw levels of aggression of drunk and disorderly offences decrease to a self-reported Furthermore, in mental asylums, aggression towards staff reduced dramatically. It was even found that a colour blind person would have these effects of relaxation despite not perceiving the true colour of Baker-Miller pink, suggesting that it could affect those of all walks of life, despite any physical differences they may have. Moreover, sports teams started painting their visiting team locker rooms Baker-Miller pink to reduce their likelihood of winning as their muscles would physically relax more. This was viewed as such a significant issue that there was litigation against painting locker rooms different colours and now that is banned in all sports-related locker rooms. Sports jackets have also been made using Baker-Miller pink to relax the muscles and provide a type of physical therapy to the wearer. The Sussex Colour Group includes John Maule, a psychology professor at the University of Sussex. He'd never heard of the colour before, "possibly because there isn't a great deal of scientific literature on it - the evidence is anecdotal," he explained. He seems to be undecided about the findings' validity: "In terms of solid science experimentation, it also seems quite old: they don't return striking results

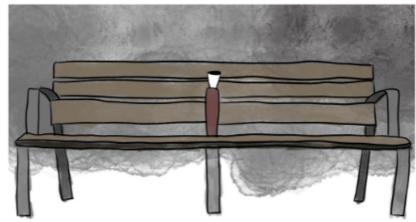
#FF91AF RGB (255, 145, 175)

and seemed to have a very small marginal effect." Colours influence "aspects of behaviour and feelings," according to Maule. He mentions the well-known red effect, which shows that a woman dressed in red is more attractive to males ("We flush, we blush: it's an evolutionary story"), and claims that exposure to the colour will help athletes perform better. "Red has been linked with a tendency to consume less - research has found that we tend to eat less from red plates and cups," he explains. This links to the aforementioned reason as to why fast food restaurants are oftentimes filled with red furniture. So maybe that's Jenner's dietary trick, that pink isn't all that different from red. You could be less likely to eat if you assume that red is also a warning or high-alert colour. "You could think up a story linking the two."

" Maule suggests. "If she [Jenner] feels less hungry within these walls, I wouldn't deny her that." Still, maybe the most precise claim is that colours, like knotted hankies, might serve as reminders - and that's it. She'd be more likely to remember to eat less if she painted her wall this colour for this reason. "Theoretically, a colour is like any reminder. I'm not saying that's what happened. People can construct these things. But if it works for her, then it works for her." Thus, it is a recommendation that you invest in some paint with the hex code #FF19AF and paint your room if you would like to reap its benefits. Perhaps a uniform change from navy blue to Baker-Miller pink is in order.

> Written by: Lauren Herd

BUILDING OUR WAY TO HOSTILITY



HOSTILE ARCHITECTURE: AN OXYMORON?

By Zoe Stinton- Brownbridge Drawing by: Christina Huang

Since its origins in the 19th century, hostile architecture has grown exponentially. The key thinking behind this 'art form' is to discourage people from loitering in an area.

I first became aware of this type of architecture while waiting for a bus; the tilted and single side of the bench offered minimal comfort and the shelter itself did little to protect from inclement weather. It seemed paradoxical that a waiting area was so unsuitable for waiting.

While for me the lack of a decent bus shelter was only inconvenient, there are more significant problems caused by these types of structure.

You may be more familiar with this concept under another name: antihomeless architecture.

There is a stigma attached to homelessness that has fed this design style.

Take the bench we have all seen in public, for instance, which has been broken up by armrests for each seat, making it impossible for someone to lie on. It could be argued that the divisions allow for more personal space and to ensure maximum occupancy of the bench however given their frequency and locations the overall aim of them seems to be to discourage someone with no fixed abode from lying on it. It would also be more uncomfortable for people who are larger.

I believe that long-term we should adopt an approach like Finland which aims to end homelessness by 2027, in the interim it is vital we don't make life any harder for those sleeping on the streets.

Crisis did a survey in 2016 of over 450 people in homelessness services in England and Wales. Out of every ten people, six said they have noticed a rise in defensive architecture over a year's period and 35% said they could not find a place to sleep because of this. People who have no option but to sleep rough are amongst the most vulnerable in our society and hostile architecture adds another layer of difficulty. Other challenges faced include noise pollution with the particular purpose of deprivation. A fifth of the people surveyed said that even when they found somewhere to theoretically sleep it was sometimes still impossible to do so because of recorded sounds of birds

or traffic which are deliberately played by the councils to prevent people from sleeping there. This further violates their human rights. Acts 3, 22 and 25 all mention having a safe place to sleep and sleep deprivation is recognised by the UN as a form of torture. It is a disgrace that in our 'developed' and 'wealthy' country that this continues.

In 2017 CNN published an article exploring hostile architecture. James Furzer, an architect specializing in combatting defensive architecture, was interviewed alongside Dean Harvey, the co-founder of Factory Furniture which manufactures benches such as the one shown earlier.

Dean Harvey described hostile architecture as a way of "controlling human behaviour" which Furzer also agreed with. The fact that Harvey admitted that one of its key purposes is to control, illustrates the potential dangers to our freedoms and rights.

This raises questions of its function - what is the point of a bench if it cannot even be properly sat on?

Also discussed by Furzer and Harvey was a tree in Bristol with spikes on its branches. It was posted on Twitter with the caption "Our war on wildlife: now birds are not allowed in trees...?!" In the words of James Furzer "it shows the selfish nature of society and its thoughts on the environment. Has anyone considered who takes the blame if children wish to playfully climb the trees, unaware of the barbaric devices situated on top of the branches? Or if a branch falls, with an unsuspecting person relaxing beneath?"

Even Harvey agrees (despite disputing the label 'hostile architecture' favouring the term "pest control") that it is "unnecessary".

Such structures cannot be justified for any 'aesthetic' quality, and it therefore leads to questions of why they are there. The fact they are often found in more affluent areas is unlikely to be a coincidence and to me this highlights the systemic wealth divisions in our society.



This year I put on a photography competition. The theme was 'Reflections'.

This was judged together with Miss Roper. Miss Roper and I, were interested to see what people would contribute and really enjoyed the photographs!

The responses were great, and it was so hard to choose the winner and second place. Prizes - £25 Amazon voucher for 1st and £10 for 2nd (provided my grandfather Bill Allen) were based on our opinions, and in terms of composition and how well the photo worked, taking into consideration how well the photo met the theme, colour, shapes, depth, and lines. It was great to see everyone's contributions and I hope to hold more competitions in the future. The winner and runner-up are featured here.

Well done to all who were involved.





1st: MAIA COOMBE

2nd: EVIE FENWICK





leaves and jolie

i can fold in the middle
i brush it upon my fingertips
polluted by our grace in
acting as the primal for all the ways
we could have pondered
but i'll let myself ponder alone
with shoots and roots to absorb your
bitterness
blossoming with blue hydrangeas
but you, oh so false
but the smell intrigues me
resides desperately in my lungs
with the feeling of love, so much love







AN INTERVIEW:

CHLOE'S CAKES

By Amelia Varley

Chloe is an alumni of PHSG and now is a bespoke cake maker. She successfully created her own cake business through Instagram and her website. Her cakes range from birthdays, to weddings, to treat boxes of brownies.

1. When did you first know that you wanted your own cake business?

I have been making cakes my whole life and always thought running a cake business would be a fun and exciting future career. When I was in year 10 at school we were encouraged to consider different career options, and it was around then I decided it was the only route I wanted to go down as it was the thing I was most passionate about.

2. How did you go about creating your business?

I let my business grow organically. I started making cakes for family and friends and then word started to spread and I gradually got busier. I was constantly posting on social media during the first few years in business to make sure my name was getting out there as much as possible. It took over a year to get it up and running to become a full time job.

3. What do you think has been your hardest challenge/ hurdle?

So far I have been very lucky and not had any major challenges. When the pandemic started I had a lot of cancellations in the first few weeks and I thought I would have to stop business altogether, but it actually turned out to be my busiest year as having a cake was one of the only things you could do to celebrate an occasion.

I've also had the odd challenging day where, for example, the oven has broken... with 3 cakes baking in it!

4. What are you most proud of achieving?

My biggest achievement so far is making wedding cakes. I didn't think I would make wedding cakes when I started my business as they seemed too complicated, but I love making them now (even though they're a lot more stressful than a birthday cake!)

5. What do you enjoy most about having your own business?

I love having the flexibility of working my own hours, I have the option to choose when I don't want to work (although I don't take advantage of that often and say yes to as much as possible).

6. What are your business' goals?

There's always a never ending to-do list when it comes to improving my business. People always ask me when I'm going to open a cake shop, as that seems like a logical next step, but I actually love working from home. My next goal is to improve my wedding package. I have lots of wedding cakes booked in for the next few years and I'd love to perfect the booking process for future couples.

7. What's a typical working day in your business?

I always write out an hour by hour schedule the evening before a working day so I know what I'm doing as soon as I wake up. No two days are the same but usually the morning will be spent baking sponges, I will then make up my buttercream and spend the afternoon/evening decorating cakes. I usually respond to emails/enquiries in the evening and keep up to date with my social media.

Find on her on Instagram
@chloescakes3, and
access her website to
order
www.chloescakes.co.uk!

8. What motivates your work?

Making cakes is my passion, so I'm motivated by creating beautiful cakes and learning new techniques. I didn't start this business to make money, I purely started it because I loved making cakes.

9. Who's your biggest target audience ?
OR who is your ideal customer?

My target audience is really varied as who doesn't love cake? I cater for all occasions whether it be for weddings, birthdays, christenings, anniversaries, or just a sweet treat to be enjoyed at home. My ideal customer is someone who requests a cake with an exciting design so I can get creative. I also love it when customers return for further orders, I'm lucky to have built a loyal customer base and I love getting to know people and helping them to celebrate their special occasions.

10. What's a piece of advice for someone wanting to do what you have?

I would advise anyone wanting to start a cake business to practise as much as possible. It took me many years to perfect my skill and there's always more learning to do! It's a wonderful thing to be able to turn your passion into a career and I would advise anyone to do the same. I feel very lucky to have a job I enjoy so much.





In my brief time of being a teenager I have noticed a concerning trend and pattern of hating on teenage girls for doing anything. You don't have to look far- a quick YouTube search will see countless videos of people hating on adolescent woman for seemingly no reason this is more damaging than what may appear on the surface which I why I will be taking a deep dive into this sexist idea. So, whether you are a teen girl or not, keep reading as I investigate this horrible issue that unfortunately is so detrimental to us.

Okay, so we've all heard and see the 'crazy fan girls' who are obsessed with things like One Direction or Justin Bieber and these people get ridiculed online and in person however, we rarely see this level of towards teenage interests. Yes, I do agree it is unhealthy to be genuinely obsessed with things, especially real people but when men know all about football (for example) such as player names, teams and so much more, it's just seen as being passionate and having an interest. But when teenage girls can do something so simple as to know a little about the band they support and to like them, it's suddenly seen as crazy possessive. But (of course this isn't every man out there) mostly older men tend to quiz girls on their interests if their and act as knowledge and engagement is invalid/lesser simply because they are a woman. Yet, if teen girls don't have any interests, its seen as basic and boring and we are made fun of - we really can't win, can we?

From reading other girl's experiences, it seems as though any interest occupied by a teenage girl is shunned and harassed. This is what it sounds like "Oh you play a sport? Oh, you're just a tom boy who will grow out of it, women's sport isn't as good that's why it is called WOMEN'S FOOTBALL not just football. Go read a book or something. Oh, you like reading? Wow you must think you're so

much better than everyone else, so pretentious!" I know some of you might be thinking that no one says that, but they really do - for example, I saw a man moaning about his daughter's huge book collection because 'she was trying too hard to be quirky' on Tik Tok recently. 'Go do art. Oh you like art? Well, that's not even a sustainable career and you're not even that good. Stop wasting your time and go learn about clothes. Oh, you have an interest in fashion. That's so self-obsessed, no man likes a woman who is so caughtup in their looks', which is especially ironic considering men also will ridicule women who don't care enough about their appearance and view them as ugly and lazy.

I think a perfect example of the bullying and harassment some girls face for their personalities and interests is the 'VCSO girls'. For those who aren't aware, VSCO girls are an aesthetic that was established and peaked in 2019 (most notably the summer of 2019) where girls enjoyed things such as scrunchies, hydro flasks and oversized T-shirts. A big goal of this united group was to save the turtles by getting rid of plastic straws in our oceans - which is a positive difference some innocent girls were trying to do. But then came this sort of hate-train towards these girls in the forms of parody videos and diminishing opinions. There anything wrong with them but the media loves to hate teenage girls and since this group was made of teenage girls...well they became the next target.

A HATRED FOR TEENAGE GIRLS

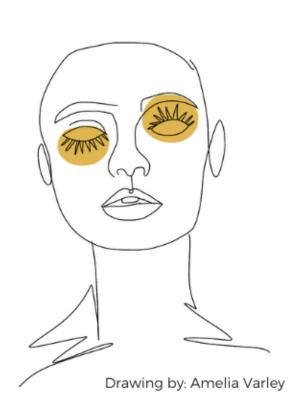
WRITTEN BY: GRACE BROWNBRIDGE

With the first lockdown, girls becoming more alternative grew in popularity with trends such as 'Indie girls' became exceedingly high. And while for the majority of what I saw, this was a fun time where people tried out new aesthetics and had a bit of fun while the world was collapsing due to Covid-19 but, like all things on social media this did turn toxic. There were countless videos I saw of teenage girls hating on other girls for 'dressing too basic' which helped the pre-existing issue of people thinking what teenage girls dress like, is any of their business

(spoiler alert- it's not!) Nobody should be criticised or made fun of just because of the way they dress and there is absolutely nothing wrong with dressing 'basic' (or super alternative for that matter) but it's just another example of girls being mocked for everything they do. However, this time the victims became the perpetuators. In the aftermath of this time period (so 2021) people started making videos hating on themselves/others for their Indie phases which is disrespectful to those who like/dress in that way and makes it seems like bullying any girl for their appearance is okay. To me, there's such a double standard in the way that apps like YouTube and Tik Tok talk about girl's verses boy's outfits and whether they are basic or not. There are normal things that a lot of teenage boys wear such as skinny jeans or black hoodies and there is never any sort of backlash for that, but when certain clothes get popular among teenage girls it's suddenly a problem to dress basic. A lot of people try to frame their judgement of criticising these girls as 'just not liking the clothes' which in itself is completely okay, but just because one person doesn't like something doesn't mean that others don't, and it doesn't automatically make it a bad product. I will never stop saying this –things are basic for a

reason, if they weren't cute, they wouldn't be popular.

I've talked about So. some examples (sadly there's even more that I just haven't covered here) of unjustifiable hate that teenage girls receive but to truly get to the depth of this problem is to know about all the effects this disgusting behaviour has. Teen women or more likely than any other group of people to suffer from mental health disorders like eating disorders and body dysmorphia. There is a direct correlation of society's hatred and mistreatment of girls that we notice (sometimes at a very young age) and that manifests into self-hatred which can be start of so many more mental health problems down the line. There's so much pressure to look, act and even think a certain way that is forced onto girls so that men perceive them to be their idea of the perfect teen girl. But not only that, there's also sometimes feeling that it's responsibility to reduce the level of mistreatment that we face which leads to mindsets like 'I'm not like other girls'.



This is belief that some teens use to try to separate themselves from their girlhood because of the negative associations social media and society has created. This is sometimes called internalised misogyny, but not only can this affect the girls dealing with this (in ways like self-esteem issues etc) but also their peers, continuing the cycle of animosity towards girls. It's actually really sad that these people think they can't be associated with female teenagers because society loves to act like being one is a negative thing and something to be ashamed off.

Nowadays, there's so many people poking fun at this belief system of 'I am not like other girls' - and that can be okay, because it's calling out these toxic But sometimes content online is bullying these girls (who just need help in learning that teenage girl doesn't equal bad). It's almost like this fight has started between those who make fun of the 'not like other girls' and those who think they *are* not like other girls which is just super problematic because it gives the original haters of teenage girls another bandwagon to jump on and hide behind. This fight is just perpetuating the idea it's okay to harass and mock teenage girls, once again feeding into the stereotype that women are immature and hate each other.



Drawing: Canva

Rationally, you'd think that this mocking, bullying and harassment of girls wouldn't be so prevalent and should have been stopped by now, but it hasn't. I think this is for two reasons, one being this problem is not well-known because it can be easily concealed as 'just having a laugh' or they are very suitable about it and don't just downright say that they hate teenage girls (but that is the undertones). The second is that in general, adolescents are a lot more vulnerable than adults and find it harder to recognise issues particularly when it's the older generation because we have only ever been taught to respect them and disregard their mistreatment/red flags. And if they do realise these problems, they can find it extremely hard to speak up about them and make a change in the issue at hand.

Although it is mostly older men that are hating and bullying girls and they should be changing their actions, there are still things we can do to help decrease the number of horrible actions towards teenage girls. Call it out! If you are in a position where you can, call out toxic attitudes you see towards girls help educate and others. Recognising there is an issue is an important thing to do so you could just start with realising the issue and thinking about it. Put pressure on social media apps to better monitor their misogynistic and bullying content that is always somehow allowed on. But this one is so de-learn all important, negative connotations of being a teenage girl and realise that we are all awesome and unique. We do not deserve hatred against us for just existing.



by Corvus

Is single sex education compatible with trans rights?

I distinctly remember sitting in my first secondary school assembly, over a hundred freshfaced year sevens sitting on the folding chairs, nervous and fidgeting. I'll probably never forget the teacher giving her explanation for why this was a single sex school.

"We just don't think girls in the lower school are *ready* for boys yet.".

I'm paraphrasing of course - I don't have a perfect memory. But I do remember how strange those words sounded at the time. I'd just spent 7 years going to school with boys all the time, and suddenly I wasn't "ready" for them? Of course, the implication in her tone was that young girls, such as us, were not ready for a relationship yet, as though there weren't local schools full of boys who've just been told the same thing and that gay people were just some fleeting figments of the imagination.

As I've grown older, the idea of single-sex schooling has become only stranger. If the argument is that an all-girls school is meant to be a safe space for young women, what on earth is going on with all boys' schools? Are there more beneficial ways of encouraging boys and girls to go into subjects they might not normally do (such as girls taking chemistry and boys taking art) in a co-ed school?

I have many trans friends, and I'm trans myself - more specifically nonbinary. And the more time I've spent in queer spaces, in and out of school, the more apparent it becomes that creating an "all-girls" or "allboys" school, is a nigh impossible task. I remember trying to explain to a family member that my friend's brother went to an all-girls school and her asking why, if he was a boy, he'd stay at a school for girls.

Surely, he'd feel compelled to transfer to the boys' grammar school instead.

This ignores a lot of particularly important factors.

Firstly, many trans teens are not out to their parents. Coming out to family might not only be awkward but can be dangerous for some people. Then there's the fact that moving school is incredibly stressful - why should a young trans person be expected to uproot their life and move away from all their friends just because their gender identity isn't what's expected by the school? Just because grammar schools are almost always separated by gender. Ignoring again, the fact that some schools may have higher rates of transphobia, especially all-boys schools.

When I first thought of writing an article on this, I tried to look up papers on the matter: surely there are academic studies on single sex schooling's effect on transgender youth; on levels of transphobia in different types of schools; on rates of trans students changing schools after coming out. And I was right, there is! Unfortunately, it all seems to be behind a hefty paywall and as I cannot afford to spend more than time on this article, I decided I'd have to do a little of my own research gathering.

I've only ever seen single-sex schools from the female point of view, but I was not surprised when my friends at DHSB told me that they knew no one openly out as trans in the lower school and of only a handful of people in the 6th form who were trans. Lots of people at all boys schools said they didn't know any out trans people at all, which would imply that statistically, there's got to be at the very least a few people who are scared to come out.

In boys' schools it would appear that transphobia is far more commonplace than homophobia and biphobia (etc.) too, although both are prevalent. The attitudes at boys' schools compared to my girls' school seem worlds apart; my friends at or who went to boys' schools seem to always say how they had to grow tough skin and learn to bottle their emotions just to get by and it's so wholly different from the generally more accepting school I've spent my teen years at.

The feeling that I got from people at my school was rather different. On one hand, the constant gendering of everything in school is frustrating daughter being the default in every letter, the feminine uniform, the teachers calling the collective, "girls". One of my friends spoke of how they felt it stunted their personal growth - that since leaving for Uni, they've made loads of male friends, realized that they were attracted to men themselves and that they're a bit more masculine than they'd first realised.

But it's not all bad. One of my friends spoke of how being in such a stark minority created a much stronger sense of community. When you're one of only a handful of trans and nonbinary people in your year, it's hard not to come together in one way or another. The other main feeling I got was that at the very least, when home wasn't an accepting space, school was and that's not something that can be said about a lot of schools.

At the end of the day, the pros and cons of single- sex schools are vast, and much broader than the issues I face as a trans person at a girl's school. I'd love to turn around and say that I had some clear conclusion on the matter, that we should make all schools co-ed right now. But this is too big for just a quick change.

I can't write this article and pretend that I don't think co-ed is a better option, but we need better plans on how to approach it. One that doesn't sacrifice women's spaces and that doesn't foster toxic masculinity. And one that is conscious of people like me. And I don't have all the answers there, but I may as well try to start the conversation.



Art by: Connor Goode

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