

# Philip Howard Insider



## Index

- 1 Front Page
- 2 Introductory Note
- 2-4 Sixty Years Of SPH
- 4-5 Ink Is Louder Than Any Voice
- 5-7 What Is Music?
- 7-9 Try To Avoid Voodoo
- 9-10 Globalisation And Me
- 11 The Untranslatable
- 12 Claire's Corner... You Snooze, You LOSE

# Introductory Note

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Written by — — —

Welcome to the October edition of the Sixth Form Newsletter. Many writers have joined us since the September issue, and there is the wonderful new addition of “Claire’s Corner”. I am sure you are all eager to read the debut articles but first, here are some upcoming events to put in the diary:

- Sixth Form Open Evening on October 10<sup>th</sup>, an excellent opportunity to show off our Sixth Form community to the wider world;
- Year 13 Parents Evening on October 17<sup>th</sup>, a chance to reflect on the progress we have made so far and the achievements we have yet to reach;
- Charity Day on October 18<sup>th</sup>, everyone is looking forward to an afternoon of inflatables, fancy-dress, and stalls run by sixth-formers in order to raise funds for Chestnut Tree House. Last year we raised £2914, so let’s beat that! It is also an excellent way to relax as mocks and UCAS deadlines begin to draw closer.

It can be a stressful time of year with a multitude of things to get sorted, but now that everyone has settled in to the routine of sixth-form life, there’s enough time (and help) for you to tackle everything.

# Sixty Years Of SPH

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Written by Anna Sharp

In 1959, the St Philip Howard School in Barnham opened its doors for the first time and my granddad joined Eight Wilfred’s or, as it was known back then, Second Year. My nannie started at SPH not long after and was placed in St Dunstan’s.

The school did not start with the acclaimed reputation it holds today. In an area rife with private schools, it was looked on by many as 'common', and certainly was not seen as the thriving learning environment it is today. However, the school grew quickly, with the first Sixth Form opening in 1964. Although, it only consisted of 6 people and one could not study



A-Levels until 1977, when the school was given the 'comprehensive' status.

During his time here, my granddad was a Prefect, and later Head Boy. A story that he enjoys relating to us is the time he set an essay as punishment with the title 'A day in the life of an ant in a ping-pong ball'. Of course, students setting other students punishments is no longer permitted, but it does make one wonder how a younger student would react if a sixth-former told them to 'come back and see me at break time'...



My nannie also talks about her time in the Sixth Form. Her and the other sixth-formers would work as cleaners after school to earn some extra money - something I don't think many of us would particularly want to do nowadays!

Back when the school first opened, the subjects were very much 'gendered'. The boys would do Woodwork and Metalwork, while the girls would take Sewing and Home Economics - a sexist practice that unfortunately was common to see at this time, but thankfully has disappeared over the years.

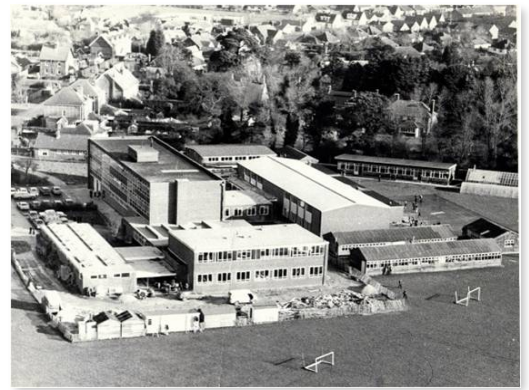
Sometime later, my mum joined the school in Seven Wilfred's and spent the following seven years at SPH. She was taught Classics and Ancient History by Mr Collins: the only teacher of her time here who was still teaching at the school when I arrived 6 years ago.

One tale she recounts to me, as a lesson in being clear and specific when talking to people, is of the time the Deputy Head gave an assembly to all of the girls in the school to tell them to wear their blazers at all times. This patronising lecture meant that directly after the assembly, when her year group had a games lesson, all of the girls in the year walked out in their PE kits and, over the top, their blazers. Needless to say, their teachers were not best pleased, just like the students, when they were made to do cross-country without taking off their blazers.

These sorts of anecdotes do bear an air of familiarity to them - those of you who were in years 7 to 11 here will recall how important it is to teachers that students keep their blazers on.

However, while some things have stayed the same, the school has undergone many changes; one of the most obvious of these being structural changes.

When the school first opened, only the main block existed, with all lessons being held there. There was a chapel on the top floor, a library on the first floor, and the art studio was the sports hall, with the music block acting as changing rooms. In 2011, the current sports hall was built, allowing the old sports hall to be re-purposed, but it took until 2016 for the old changing rooms to be transformed into the music block. The current staff room was a science lab (incidentally my mum's form room) before the 'new block' was built, when it became a dance studio, until the annexed studio was built onto the sports hall in 2014. Many of these changes some of you will remember, such as when the reading hub and the Sixth Form centre swapped residences, or when the new chapel was built.



Another, more prominent point is how the school has gone from strength to strength in the eyes of both the public and OFSTED. In 2007, the school was deemed 'good' by OFSTED, but is now classed as outstanding and is often ranked as the best in Sussex. The school is no longer somewhere to send children when they don't get into a private school, nor some miserable place that just gets by. It is an ever-expanding community that constantly strives to do better by its students.

When we are gone, changes around the school will continue to take place, making it better and better. This may seem daunting or risky but, to be honest, it would be a worry if the place remains the same. The school has gained its formidably positive reputation over the years by pushing boundaries and being new and innovative; something it should continue to do in order to be as good as it can be, while also remembering how the foundation of community it is built on makes the school more than a basic place of learning.

St Philip Howard Catholic School has had an incredible first sixty years, so here's to many more successful years of education, both in the classroom and in the community.

## **Ink Is Louder Than Any Voice**

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Written by Kamila Spiewak

We have all experienced the frustrating feeling of words being caught in our throat, like somehow the ability to find the right one has left us being unable to express what we want to. It seems almost too easy: to part your lips and speak your mind; so why is it that we always write a speech before we speak it? As the generation that texts instead of calling, we are getting quieter and our writing is getting louder, why?

Here are two reasons why your writing skills are extremely important and should not be undermined:

## **1. Our need to communicate with each other.**

Sure, speaking is quick and effortless, and communication is all about being effective and efficient. But what if we never learnt to write? How effective would communication really be?

For example, if the Bible was never written then the Catholic faith, which is the centre of so many people's lives, would have been no more than a fleeting belief. Valid only until it could no longer be retold. A Chinese whisper. The same applies for any scientific knowledge humans have acquired: everything would be as simple as a dream, experienced but soon to be forgotten. We simply could not progress as humans without this skill.

Sometimes, it is not easy to find the right words to say to someone and other times, even if you find them, they're not in the right place for you to say them. This is why our ability to communicate through written words is so important. Writing gives us the power to reach unlimited amounts of people and preserve our voices in history, supplying us with the most important resources for the education of future generations.

## **2. Human evolution is driven by creativity.**

We often look at paintings, sculptures and photos and admire the talent that sews an artist's mind into a visual object. The same applies with writing - each metaphor and simile is a creation of the writer; each word holds a significance beyond being a symbol on paper. Writing is self expression, and just like a drawing it can be bold and demanding or it can be soft and subtle; it can be a private journal entry or a novel that will reach the minds of thousands of readers. Fiction, or non-fiction, finding the right words to articulate a thought is creativity in itself.

We have all described humanity as 'constructed' before. We have organised and labelled our existence into textbooks, we have put ourselves in a box, one we have defined as the human nature.

Everyone has different ideas of how we appeared on Earth, but just like a painting or a sculpture we have progressed into what we are today. It is debated if Evolution means transforming from monkeys to cavemen, but it is known that the human race gets smarter through education and discovery - it is creativity that provokes this. In the sixth century, when it was believed that the world was flat, the first map was written.

Eventually, when we discovered that we live on a sphere, globes were made. And progressively we have designed the lives we live today.

Remember, writing is a great way to be creative, and it is also essential for our evolution and self expression. So, picking up a pen and writing down what you know is extremely important not only for you, but also the future.

## What Is Music?

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Written by Heather Joyner

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‘What is music?’ is a complicated question to answer. Since the dawn of recorded history, music has been there with us to reflect our thoughts, our emotions, and our personal goals. Over the years, it has served many purposes and many desires. If those living in the ‘Swinging Sixties’ hadn’t had the Beatles, society would not have had a temporary escape from the threat of opposition and war due to the US vs USSR aggression. If those living in the eighties hadn’t had experimental influences in music, such as Whitney Houston and Queen, the more eccentric and free-spirited members of society may have been further repressed into social exile and isolation. These days, I wonder, and I’m sure I’m not alone, if we have forgotten the true purpose of music and, perhaps, if we have forgotten what this long revered art form really is.

My life has been heavily invested in music since the day I was born. I come from a family of very talented entertainers, my uncle being a former professional drummer and Music lecturer, and my father having worked as a Freddie Mercury tribute act and part-time singer in a heavy metal-based band for over 15 years. Growing up in quite possibly the loudest house on my street, my own musical tastes expand from the famous to the obscure; the former being idolised acts such as Oasis, the Spice Girls and Jessie J and the latter including more niche performers like Fall Out Boy, Twenty One Pilots and music from other cultures such as BTS who are inspiring youth with messages of self-love and tolerance. These influences, alongside the encouragement of my family and friends, have inspired me to follow in my family’s footsteps and pursue a career in the music industry by becoming a music journalist.

Before writing the article that you are reading at this exact moment, I considered completing background research on the types of music that are popular in this day and age, and writing a review of an album that has been released over the last month. However, this idea for my first article in this newsletter was soon abandoned when I heard the kind of music that has become popular in recent years.

Seemingly, having the same tastes as everyone around you equals social acceptance and popularity, and this has led to a lack of individual flair when it comes to cultural

aspects such as music. The majority of what I see in the music charts these days appears to belong to one of only two sub-units: a three-minute piece of repeated and predictable dance beats, either heard before as background music in a documentary or in last year's Eurovision; or soulless grime verses revolving around money, the car the rapper drives and the amount of times the rapper has 'picked up' an acquaintance.

It may just be my personal disregard for modern music, but it appears that half of today's musicians morph into either one of these categories. Although individual tastes in music should be encouraged, I get the impression that the tastes of my peers is not based on individuality. It is based on reputation. To me, reputation drives young people. No one can have their own, original style anymore. Uniformity is a key value for youth today, which explains why the majority of teens and young people today carry the names 'Stormzy' and 'Cardi' on their tongues when asked about music.

So, to the point: what is music? Music is choice. Music is what you, as a person, choose to identify and reason with; what you choose to turn to when you're angry, scared or stressed. I think choice is something that should be considered not just when thinking about the music that we like, but with culture in general. We should all feel free enough to choose. A quote I like about this issue comes from the Danish writer Hans Christian Andersen, who said 'Where words fail, music speaks.' So why not let our own music speak for us, instead of the music of others?

## Try To Avoid Voodoo

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Written by Unity Bowns

Cyril, a 26-year-old British citizen, living in Sheffield and working as a stockbroker, believes in the power of Voodoo. He has just had a bitter argument and broken up with his girlfriend. In a fit of passion, he decides to create a Voodoo doll of her and intends to use it to harm her. In the process, he ends up dropping the voodoo doll in the fireplace, destroying it. Cyril is distraught, believing he has killed his girlfriend, and turns himself over to the police. When Cyril discovers that June has turned up at work the following morning he is genuinely confused, astonished that she was more powerful than his magic. She feels no ill effects from the Voodoo magic at all. Under English Common Law, has Cyril committed an offense? Let's take a look at what he could be guilty of...

Murder? He only intended to 'harm' June rather than kill her; he accidentally dropped the doll and then showed immediate remorse. He could not be a murderer, as there was no intent to cause death, only a man-slaughterer.

Manslaughter? The main issue with trying to accuse Cyril of manslaughter is that no man has been slaughtered. June is very obviously still alive as she turned up for work on the morning after Cyril has his police interview. Cyril is therefore not a manslaughterer. Moving lower down the chain of seriousness of offense, we see assault. This is a large jump down, as there is no such thing as attempted manslaughter, since you cannot attempt to do something by accident.

Assault? In this case, an assault has not been committed as June is not harmed, therefore there is no offense. Cyril is only guilty of wasting police time - something that he could be found guilty of and spend up to six months in prison for – a longer sentence than many get for assault by ABH or GBH (Actual/Grievous Bodily Harm).

This would be a very different story if we change the scenario and say that June had died, either by causation or correlation (who am I to judge the validity of Voodoo), on the night of their argument.

Let us say for instance that June was found to have died of a heart attack by the coroner – it was being treated as unsuspecting until Cyril charges in ranting about having killed her. In this case, Cyril would potentially be charged with man-slaughter. The possible defences of manslaughter in the statute are ‘diminished responsibility’, ‘loss of control’ and ‘killing in pursuance of a suicide pact’.

‘Diminished responsibility’ means that the defendant (Cyril) was mentally incapable of understanding his actions. This was not the case, despite what some people may say about his mental state for believing in Voodoo.

‘Loss of control’ seems, in terms of the wording, as if it may apply to Cyril’s case. However, it actually means that the control lay with the victim (i.e. the defendant was at risk of serious harm from the victim), and so this would not apply. June had gone out drinking with her friend to forget the feud with Cyril, and was not threatening to him in any way.

Cyril was not ‘killing in pursuance of a suicide pact’, as June was completely unaware of Cyril’s Voodoo-murderous intentions.

So, Cyril has no defence for his actions as the limits in the laws of Physics don’t hold up in court. Despite having no defence, Cyril must be guilty of something because he honestly believed that his actions would cause someone to die, but determining under what manslaughter offense the case would fall becomes semantics.

Looking back at the statute, there are two choices for manslaughter, voluntary and involuntary. Involuntary implies that there was ‘Gross negligence’ of someone breaching a duty of care, or ‘death resulting from an unlawful act’ – something such as illegal trespassing on a roof which caused someone to fall. Voluntary is when ‘when a person of sound mind unlawfully kills another person in a non-premeditated,



emotionally charged act'. We assumed earlier that Cyril is of sound mind, we will keep this assumption, it was non-premeditated and emotionally charged due to the argument, and the killing was unlawful- if the killing was even him. Cyril would be guilty of voluntary manslaughter.

Here, it is Cyril's strong, extreme beliefs that have landed him in trouble. If he did not truly believe that the Voodoo doll would be able to kill June, he is wholly innocent – Voodoo may defy physics but it can still land you in jail, for anywhere up to life imprisonment.

Life imprisonment would be unlikely for poor Cyril, but would depend on many factors that were not defined in the scenario – does he have any previous convictions? How long had Cyril known June? Was there a child/relative who was dependent on Cyril? Was he affected by alcohol or drugs? Does he have exemplary character references and conduct? Was he co-operative with police and investigators? These are aggravating and mitigating factors which are applied to many criminal law cases, altering the sentencing for a conviction up or down by a matter of weeks, months or even years.

## Globalisation And Me

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Written by Eleanor Anglim

I drove home from work in my car made in France wearing my hoodie made in Thailand, as it was a little chilly. When I got home, I grabbed a cup made in China from my English cupboard, stirred up a hot chocolate and sat down on my sofa from Vietnam. I then skyped my friend who is currently studying out in the USA and we talked while I browsed the internet for Italian jeans.

As you have just witnessed, everything we touch involves globalisation. It interconnects countries across the globe through the economy, trades, geography and education. This encourages interaction between different populations and regions, creating fast movements of goods at borders and promotes world policies and agreements.

We can attribute the rapid increase in globalisation in recent years to technology. It is the most powerful and influential aspect of our modern world. It affects how we dress, think, communicate, socialise and work. Without technology our generation would potentially collapse due to our heavy reliance on this system.

One major way globalisation affects us is through e-commerce - the global market online, and the range of products that everyone has access to from across nations. This is a gift as now you can save money and buy the cheapest products possible; it also means you can shop from the comfort of your own home. There are so many more styles and looks to choose from, you can develop your own identity and be yourself instead of having to conform to what everyone else wears because it's sold on the high-street.

If you have ever moved abroad or simply been on holiday and wanted to stay in contact with relatives or friends, globalisation has got your back. Social media is one of the biggest platforms ever. It allows everyone across the world to connect and talk to each other constantly. It reinforces views through apps such as politics and stereotypical looks and opinions to keep the world at peace. Social media distracts the world from darkness with entertainment to suit everyone with a tad of light-hearted drama. It also allows you to express your own drama and views - well exemplified by Trump and his twitter account.

The world is run by businesses. Globalisation gives them the chance to fulfil their potential and expand worldwide increasing revenues and creating opportunity. As UK citizens, exporting means that we can boost our economy through online shopping and increased consumers from across the planet. Globalisation will also affect prices in supermarkets, if you have noticed imported items getting more expensive like some of your 5 a day. That could be for many reasons such as the pound decreasing in worth compared to another currency - we have Cameron to thank for that - or high demand across the globe.

Have you ever heard of the ethnocentric curriculum? It has been a topic for discussion in recent times because of globalisation and the expansion of the internet. We can learn about other countries' history inside and outside the classroom; we can also travel to learn new languages and be educated in different countries. Thanks to globalisation this is almost too easy to do due to new forms of travel such as planes - and, in the case of students, funding obtained through apprenticeships and university partnerships across the globe.

Wherever you go in this modern world, globalisation will surround you; whether you choose it or not, globalisation is forming collective identities and merging beliefs and markets all across the planet.

# The Untranslatable

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Written by Anais Austen Stanley

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By definition, untranslatable words belong to one language and have no direct translation into the rest. In recent years, there's been a spike in general interest in their existence, resulting in them becoming repeated Instagram captions and italic tattoos grazing rib cages; I mean, who hasn't heard of 'Kilig' or 'Saudade'? If you type 'untranslatable' into Google you're confronted by a multitude of articles and lists to choose from. But what makes words untranslatable? Why don't we have an English equivalent of Brazil's 'cafuné' - tenderly running one's fingers through someone's hair?

*France's 'flâner'? To wonder aimlessly through Parisian streets soaking in the beauty... Russia's 'toska'? Ranging from the deepest and most painful anguish, to nostalgia and love-sickness, sometimes even boredom... Japan's 'komorebi'? The sunlight that filters through the leaves of the tress...*

In order to understand the nature of untranslatable words, it is necessary to understand translation. It isn't a simple word-for-word process that one can complete with the help of a dictionary or two - a translator's most used phrase is "it depends on the context" for a reason. Translation requires substantial thought and a clear understanding of both the culture surrounding the original language and the target language. To successfully translate a passage, one must also understand the target audience - different generations or social groups use different words for the same things in each language; translate into teen-speak and the older audience will not understand. One also needs to understand the subjects discussed in the passage, otherwise it is a guessing game of which of the semi-appropriate direct-translations fits the meaning best, and the odds are never too great.

*Spain's 'duende'? The mysterious power a work of art can have over a person... Germany's 'waldeinsamkeit'? The feeling of being alone in the woods... Namibia's 'hanyauku'? The act of walking on tiptoes across warm sand...*

Having covered the basics of translation it is easier to understand the untranslatable. The concept arose from the over-simplification of the complexity that is translation. Reducing languages to word-for-word idioms shows complete disregard for the culture that shapes each one - the history of each country, the poets whose metaphors filtered into everyday use, the lyrical references that slip out mid-sentence giving new meaning... Delving deep enough, no word is truly translatable by the definition of having a single, equivalent word.

*Germany's 'fernweh'? Feeling homesick for a place you have never been... Spain's 'friolero'? A person who is especially sensitive to cold weather and temperatures... Italy's 'culaccino'? The mark left on a table by a moist glass...*

Therefore, untranslatable words aren't actually untranslatable, they simply require more effort than words like 'pomme' or 'árbol' where simplicity is less of a risk. The reason certain countries have created words to sum up sentences and added them to their dictionary is that it concerns a fundamental part of their culture. For those unwilling to learn about a lifestyle other than their own, perhaps some words will forever remain untranslated; but for those open to learning, there is always a way to convey the same meaning in any chosen language.

## Claire's Corner... You Snooze, You LOSE

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Written by Claire Skaptason

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Over the coming months I am going to share with you some top tips. Things that I know (from my many years of experience) will help you perform better and achieve what you want to achieve. These handy tips are not rocket science and they will only be effective if you chose to give them a go but, once you do, I promise you will start to see changes. I am going to start in this issue with SNOOZING!

When I am not in school I am a life coach, a trainer and I deliver a fair few talks. One thing that I am incredibly passionate about is the importance of having a great morning and night time routine. A routine helps us to form good habits, allows us to be more consistent and as a result we can be more effective in what we do. For me, a consistent routine really is the key to many positive outcomes but there is something that is even more important and can make an even greater difference to your daily energy and productivity. I myself do it and I encourage everyone to do it as the benefits are huge. So what am I talking about? NOT hitting the snooze button, of course.

Are you guilty of hitting the snooze button in the morning? Once, twice, maybe even more? According to Professor Matthew Walker, author of 'Why We Sleep' and teacher at the University of California's Centre for 'Human Sleep Science' hitting the snooze button is not good for your health as 'it repeatedly inflicts "cardiovascular assault" on the body and abuses your nervous system'! Now that doesn't sound great, does it! In addition to it not being good for your health, it is also not great for your energy levels and your daily productivity. By hitting the snooze button you are choosing to start a new sleep cycle, however, because that sleep cycle will be interrupted again and again depending on the number of times you decide to hit the snooze button, you will never finish that cycle and so regardless of the great night's sleep you had before your initial

alarm sounded you will end up feeling groggy and tired as a result of choosing to snooze!

Why not just set your alarm for the time that you want to get up, get a great night's sleep and then wake up and get up feeling more energetic? When you do this, what you find after a short while is that you actually start waking up just a minute or two before your alarm because your body is getting into a regular sleep pattern. This is much healthier.

It is tough to start with but once you give it a go and you start reaping the benefits you will never look back. I am not saying that you need to bound out of bed the minute the alarm sounds (although Mel Robbins makes this sound very easy with her 5 second rule) but certainly make the decision to open your eyes, sit up in bed and contemplate the day ahead. You will be pleased you did.

Generally speaking (and I say this based on evidence from the Mindset workshops I have delivered) people who snooze are serial offenders. They have always done it and they do not think it affects their every day because they haven't tried life without hitting the snooze button. Those people who chose to accept the challenge of not snoozing start reaping the benefits almost immediately. They feel more energetic and they feel more inclined to get on and get things done, making them much more productive.

Having a consistent morning and night time routine is key but starting your every day without hitting the snooze button alone can really set you up for greater success. What are you waiting for?