

# PHILIP HOWARD INSIDER

## UPPER SCHOOL AND SIXTH FORM

Cover Focus: Snowy Smiles: How weather can have an impact on your emotions and your mental health.

### A GLOBAL CHRISTMAS:

A look at the slightly more bizarre traditions of Christmas, from Ukraine, to Norway, to Guatemala.

### HOLIDAY RECIPES TO SHARE:

Simple, easy recipes to make and share this Christmas (from BBC Good Food and Delicious magazine).

### TO BINGE OR NOT TO BINGE: CHRISTMAS MOVIES TO LOVE THIS YEAR

An honest breakdown of the best Christmas movies to watch (as well as the ones to avoid).

### SHOULD SWIMMING BE TAUGHT IN ALL SCHOOLS?

A discussion about whether everyone should be taught to swim in primary school: the pros and cons.



# Introduction to December

Merry Christmas! The Magazine Team are so excited to welcome you to the third issue of the Philip Howard Insider and our first ever Christmas edition! We've got new articles, recipes, playlists and more to help you get in the Christmas spirit ahead of the 25th, including a breakdown of the best Christmas movies you can watch, a look at Christmas traditions across the world and a list of a few festive recipes to make a start with over the holidays.

We also have a sports feature on swimming in schools, a reader's opinion on the issue discussed in our last sport article (**should footballers be paid less?**), as well as a Christmas sudoku and collection of festive Kahoots to play with friends and family.

In terms of school news, in addition to our usual dates for your calendar, we would like to congratulate everyone who was involved in the Christmas Concert. It was a spectacular show with lots of incredible talent on display! We would also like to say a big thank you to everybody who made our OFSTED celebration day so amazing, including all students who participated so brilliantly!

A few dates for your calendar:

End of School: 17th December

Christmas Day: 25th December

New Year's Day: 1st January

Back to School: 4th January

Feast of the Epiphany: 6th January

We wish everybody a very merry Christmas and we can't wait to see you all in the new year!



THE MAGAZINE TEAM

# SPH

# INSIDER

from the Sixth Form Leadership Team!

## An interesting few weeks for Politics:

In case you missed it, on the 6th December, ITV news broke the news to the nation of a **Downing Street Christmas party** which breached COVID rules. A leaked video of a government press conference rehearsal, taken in December last year, saw **Allegra Stratton** (former Downing Street press secretary) laughing and joking about an event held on the 18th December 2020 which was "not socially distanced." Needless to say, many were upset about the news, as London was under Tier 3 restrictions at the time, meaning social events including parties were banned. Members of the public reported feeling "outraged" and "betrayed" after hearing of the "hypocrisy and irresponsibility the government displayed." PM **Boris Johnson** claimed to have no knowledge of the event and insisted that all Downing Street gatherings followed the rules. **Stratton** resigned on Thursday 8th December, following the leak.

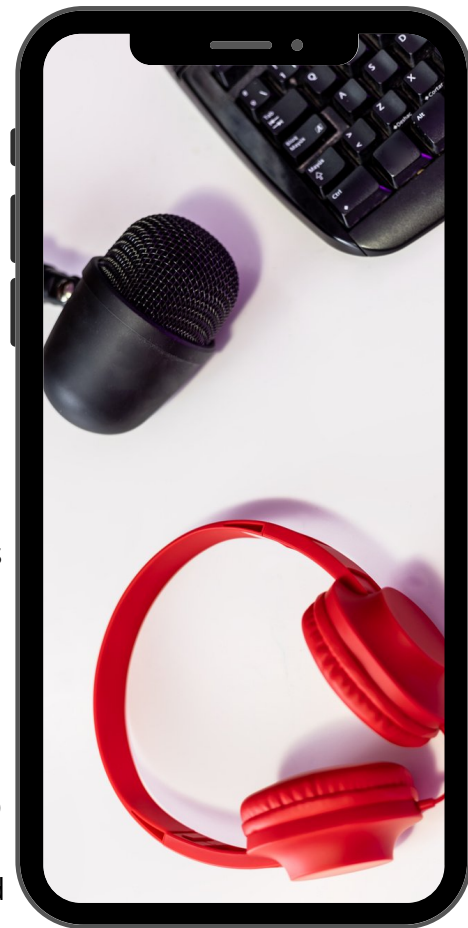
For a full timeline of events, visit the [link below.](#)

<https://www.itv.com/news/2021-12-07/no-10-christmas-party-a-timeline-of-events-guidance-laws-and-denials>

## Best Bits of the streaming services for December:

**Netflix:** The highly anticipated second series of **Emily In Paris** will hit Netflix on December 22nd, seeing Lily Collins reprise her role as the out-of-place Chicago marketing exec in the city of love. The star-studded Netflix original film **Don't Look Up** (rated 15) is coming on Christmas Eve, starring Meryl Streep, Jennifer Lawrence, Leonardo DiCaprio and Timothee Chalamet. For Comedy fans, Emmy-nominated **Parks and Recreation** (rated 15) is now streaming, featuring SNL legend Amy Poehler and Marvel star Chris Pratt.

**Disney +:** All new animated adventure **Diary of a Wimpy Kid** is now streaming. A new take on Jeff Kinney's famous book series, this 58 minute feature is vastly different from the previous live action movies directed by David Bowes. For Marvel fans, both the feature film **Shang Chi and the legend of the Ten Rings** and original series **Hawkeye** are available to stream now with a standard subscription.



A selection of Christmas podcast episodes all in one place! Includes 'BBC Good Food' and 'The Journal.' from The Wall Street Journal.

Available on Spotify via the link below:

<https://open.spotify.com/playlist/37i9dQZFIDWU8yU80lfLiH?si=766ce5555b0f4f56>

## Follow the Sixth Form:

@sph\_6thform on instagram

IF YOU HAVE ANY QUESTIONS ABOUT THE MAGAZINE OR ANY OF ITS CONTENT, PLEASE FEEL FREE TO EMAIL THE STUDENT VOICE TEAM (SPH-VOICE@SPHCS.CO.UK) AND WE'LL DO OUR BEST TO HELP!



Image focus: "The Holiday" starring Cameron Diaz still remains one of the most streamed Christmas films each year, a full 15 years after it's release.



## To Binge or not to Binge:

A guide to what's worth a watch this holiday season.



Christmas films are arguably some of the cringiest ever. Many are rom coms and I find that very few have engaging plot points, twists or unpredictable endings. And yet, every single year, I catch myself watching and re-watching the movies that, a mere eleven months ago, I admitted were lame, unfunny and uninteresting. As much as Christmas films may carry a sense of nostalgia and comfort, I find it annoying that for films set in December, we make excuses. Christmas films, like any other, deserve critiquing, and so, in this article, I am discarding nostalgia, feel good factor and good cheer, to bring you an honest break-down of what's **actually** worth a watch this festive season.

I find that successful films have balance at their centre; a mixture of convincing characters, original plots, quality production and, to some extent, real life issues. For this article, my criteria for making the final list will be based on these things (however it's undisputed that nostalgia and aesthetic aspects are important in cinema as well).

Netflix are notorious for their Christmas flicks. It seems that every year they churn out a couple of hundred more, each one cheesier than the last. However, there are a few which stand out and are actually (surprisingly) decent. One such title is **Let It Snow**, a 2019 teen comedy which manages to tackle some pretty big themes in between the jokes. It touches on physical and mental health, loneliness, LGBTQ issues and the pressures of responsibility as a young person. Lots of different issues are represented in this film, and I think you'd be hard pressed to find a teenager who doesn't relate to one of the sub-plots in **Let It Snow**. It's not shallow and it's not (too) unrealistic, which is why it makes my list. A Netflix film which isn't so stellar is **Love Hard**, a 2021 rom com about L.A

journalist Natalie, whose blog relies on the documentation of her unlucky love life. When she decides to take a leap of faith and visit a mysterious match for the holidays, things don't work out when she discovers she has been catfished. The story itself is relevant and current in an age of online dating, but I didn't find the plot interesting, engaging or original. It relies on tropes and storylines from other rom coms (such as **Love Actually** and **To All the Boys I've Loved Before**) to develop, and the ending, although sweet, is entirely predictable. **Love Hard** does not make my list.

Netflix also added the British, 2019 film **Last Christmas** to its collection this year. It's the story of a Christmas shop "elf" Kate and her struggles with career, family and health. This film, written by Dame Emma Thompson, ticks a lot of boxes. It's heartfelt, it's authentic, it has an incredible plot twist and it's Christmassy (just not in the cushy, romanticised style of some other productions). It definitely makes my list, and I highly recommend it.

This year I decided I would bite the bullet and watch **The Family Stone**, a 2005 dramatic rom-com about the annual gathering of a New-England family, the Stones. I had scrolled past the title many a time when searching for something to watch but had never given it a chance until this month. Essentially, it turned out to be **Meet the Parents**, **The Holiday** and **Christmas with The Cranks** all mixed up into a badly wrapped Christmas bundle, with very little style or substance. Sure, there are funny parts, and there are a few unpredictable moments that keep you watching but personally, I don't think you'd be missing much if you opted against **The Family Stone** this year. It's a nice enough film to put on whilst wrapping presents or writing cards, but it doesn't make my list.

A slightly older film that does, however, is **How the Grinch Stole Christmas**. This 2000 adaptation of the Dr Seuss book stars Jim Carrey as the green furred monster who hates Christmas and tries his very best to ruin the festivities for the people of Whoville. Although this film is supposed to be for children, Jim Carrey's classic humour shines through more and more the older you get and I find that I become more appreciative of **The Grinch** as a whole every time I watch it. The set design and entire production of this film are also immaculate – the details with which every scene is filled is truly mind blowing. Due to its comedy

elements, its acting talent and its incredible overall production, this festive favourite makes my list.

And now we come, of course, to the classics and honestly, most of them make it onto my list. **Home Alone**, **Love Actually** and **The Holiday** all have original, engaging plotlines with a mixture of comedy and sincere moments. **It's a Wonderful Life** is an obvious one, with thought provoking themes and an ultimately happy resolution. Unfortunately, everyone's favourite **Elf** Buddy does not make my list – as much as there are funny parts, and revelations about the harsh truth of New York City, the plot feels undeveloped and certain elements are left unexplained.

So, there you have it; an overview of the Christmas filmography that fits the bill for box office success. These would be worth a watch even if stripped of their Christmas charm. Of course, we all love to indulge in a cheesy, implausible Christmas film every now and then, but if it's good, well rounded cinematic quality you're looking for, this list is for you.

### **The Breakdown:**

#### **Best overall movies:**

Home Alone

Last Christmas

The Holiday

Love Actually

How The Grinch Stole Christmas

#### **Best movies for comedy:**

Nativity!

Office Christmas Party

Home Alone

Home Alone 2: Lost in New York

#### **Best movies for drama:**

Die Hard

Last Christmas

It's A Wonderful Life

#### **Best movies for "that Christmas feeling":**

Love Actually

The Princess Switch

How The Grinch Stole Christmas

Let It Snow

All I Want For Christmas

The Holiday



**it's the  
most  
sociable  
time of  
the year.**

As people start to reunite, with families and friends gathering again, anxiety and pressure can begin to rise. Be sure to give yourself a break this Christmas, and try not to force yourself into being 'more sociable' or 'less chatty'. Don't push yourself and enjoy the season in the way that best suits you, as well as participating in whatever events you have scheduled. Remember to respect others as well; everyone is unique, and different people have different limits. Nobody should have to feel pressured or stressed at the most wonderful time of the year! So try and enjoy your Christmas your way, and remember to be mindful of your own and others' boundaries.

# Sport: Should swimming be taught in all schools?

I'm sure that ever since you were little, your parents have been telling you about the countless benefits of exercise and fitness – probably so much that you are sick and tired of hearing about it. After all, living a sedentary lifestyle and watching Netflix all day might be fun for you in the short term, but don't anticipate your life expectancy to last very long with that kind of attitude! Exercise is essential for physical and mental health too (we will delve deeper into this later). For now, the takeaway message is that we are all encouraged to exercise more, and swimming is undoubtedly one of the best exercise forms out there to improve your health.

With a light to moderate intensity, swimming can be a great form of exercise. Plus, swimming will offer your body a full workout – not just your lower body like running, for instance. You are using your whole lower body musculature to power yourself through the water, but you are also using almost all upper body muscles to help too. If you are looking-on from outside of the pool, it may seem like you are only going at snail's pace. However, this form of exercise is certainly underrated. Therefore, potentially, could school substitute some PE lessons for swimming lessons?

It is a useful life skill after all – if you know how to swim, you can potentially save your life. Not bad to know how to rescue yourself, right? A quarter of the population does not know how to swim. **A quarter.** That is a huge number. This then begs the question – should it be compulsory to learn swimming from an early age in schools?

Considering that on average, 235,000 people die from drowning every year, it is clearly a major issue that goes unnoticed, perhaps due to the seemingly endless news about coronavirus, Brexit and other political headlines. Knowing how to swim from a young age could reduce this number drastically. It is a life-skill that can prove to be majorly useful.



In addition, as stated previously, it is an excellent cardio exercise – and it is well-known that exercise releases endorphins, the feel-good hormones which can improve the quality of life for children. This is crucial, as a positive outlook on life from an early age is always beneficial when we consider the stressful futures they will have ahead of them. Knowing how to swim can always be a good tool to relieve stress. In the meantime, this also enhances new brain neurons, helping to improve memory which can mean better academic results.

Since many people around the country do not have the money to afford swimming lessons, if schools

introduced this policy, those people who might never participate in such activities, could get their opportunity. Children who lack certain social skills could even turn a corner with this enforcement. Swimming lessons could help them socialise, make new friends and handle social situations better, like interviews or public speaking. It would mean that, not only would their confidence be lifted, but the confidence of their peers would also be strengthened, as they can see that you are opening up to them. How amazing would this be?

**"Swimming is undoubtedly one of the best exercise forms out there to improve your health."**

Now, although this might seem like a sound plan, the main issue we stumble across at this point is the funding. After all, not all primary schools have the funding available to them. They would most likely need to have their own swimming pools. The teacher-training would also be a struggle to solve, since the number of qualified teachers needed around the country would be an astronomical amount, when we consider there are around 32,000 schools in the UK. That is nearly 100,000 qualified trainers needed. Moreover, even if schools do not need to have their own pools, the leisure centres around the country would be constantly full, leaving no time for those who like to swim as part of their daily habits and hobbies.


What we also know very well is that all schools place priority on their curriculum. All other subjects will always take first place, meaning swimming would be neglected. Fact. To be honest, it seems fair doesn't it? As much as swimming is a useful life skill, if that means taking time away from valuable studies like English, maths, science or other humanities subjects, it probably does not set them up for a productive later-life. Say you want to be a lawyer –

how will the ability to swim enhance your chances of becoming a lawyer? If anything, it will set you back by not leaving time for other subjects. It just does not make logical sense. People have busy lives and timetabling around swimming, to make up for the lost time, would be a nuisance.

Therefore, we can conclude that to enforce swimming on pupils is, on the whole, probably not a good idea. There is a school in Sunderland that provides a term of swimming lessons for students as part of their curriculum – that is great and should be applauded but, for some, swimming just might not be something they want to do. They may not even like swimming in the first place. Children should participate in aspects of life they enjoy, not ones they do not. Meanwhile, others (and this may sound funny) might have a fear of water. Yes. A fear of water. It is very prevalent amongst younger children. In fact, 46% of people have water - based fears and it even has a name – aqua-phobia. Although most children grow out of this fear, clearly, some do not. It's similar to when you force cats to have a bath. We all know it never ends well!

So, every now and then, this subject pops up in the news, then it all goes quiet again and we don't hear about it for another year. As you can see, there is a good reason as to why it keeps going quiet. It simply never receives a good reception by the people. It would seem that the drawbacks to making swimming compulsory in schools will always continue to outweigh the benefits.





# Reader's thoughts: Should Footballers be paid more?

Mrs Brogan responds:

## What about the women?

As reported in October's edition, the nation's favourite sport is hugely influenced by money. It is clear that this problem is very complicated and runs deep through the ranks of football. What is even more clear is that football is gender biased in favour of males and, like many other professions that have been recently exposed for their gender pay gaps, football needs to sit up and take a look at its own track record in this respect.

There are some downright shocking statistics to consider when we delve into the disparity in pay between genders of football players in the UK. Let's look at the facts: according to an article in the Radio Times, Kevin De Bruyne (Man City midfielder) is making £385,000 per week. That's his basic salary for the next four years. Add in sponsorship deals, bonuses and the myriad extras on the contract and you are looking at mind boggling amounts of money. This is a disgrace in itself, but especially more so when compared to the average salaries of female players. This 'beautiful game' is definitely a 'game of two halves' in the gender league of salaries. According to various sources, (and it was difficult to find actual figures), the equivalent pay for a top female player in the UK was £53,000. Per year. I'll just leave that there with you.

## Hoofing the ball:

One reason that females have not been able to 'get stuck in' and close the gender pay gap is that the sport has been accused of not bringing in enough revenue to justify higher salaries. Why is this? While a little something has been done to promote sport for women e.g. the This Girl Can campaign, and the revelation in September 2020 by the FA that England's senior men and women had been

paid the same match fees and bonuses since January, the public attitude towards women's sport as an exciting, revenue attracting spectator activity is still lacking. Manchester United Women manager Casey Stoney argues that the women's game cannot yet justify equal pay with men owing to the lack of revenue and lack of people in the stands. Honestly, that kind of negative talk is one of the reasons equality campaigners keep coming up against blocks. It is clear that this is a systemic problem related to the largely patriarchal society that this country has been in the grips of for forever and a day. Really, it wasn't that long ago that fathers 'owned' their daughters and family inheritance only passed down on the male lineage. From this historical subservient position, women are ever so slowly creeping out and reclaiming their voices. It doesn't take much to understand that breaking away from societal expectations, knowing her worth and voicing them is probably the most important job a woman is tasked with today. Only when society starts sitting up and listening will any form of gender equality, including that of pay in sports, become real.

## Changing opinion takes time:

To help us get to utopia, or the 'golden goal', a simple solution might be to cap income to a sensible level for both males and females. How much does a human being generally need for a nice life, with a little bit extra thrown in for holidays, cars, branded clothing and umm to recognise talent? If we can work that out, then the rest could be put in the community pot. And, just imagine what use could be made of the pot? Homeless housed, low income families fed and the NHS repaired...it's the perfect dream, or 'hat trick', of course.

# Mentality & Wellbeing

From the Wellbeing Team

**For this month's Wellbeing feature, we're talking (in true British fashion) about the weather, and taking a closer look at how certain weather phenomena can effect our emotions.**

The weather is often used in a metaphorical way to reflect mood in novels, films and TV (hands up if you remember pathetic fallacy from reading 'Of Mice And Men'), and it's fairly easy to guess which types of weather are associated with which mood. Sunny equals happy, rainy equals sad etc. But can the weather really affect our mood and mental health?

Of the many aspects of weather, sunshine is the most closely tied to mood. Sunlight has repeatedly been found to boost positive moods, dampen negative moods and reduce tiredness. To put it simply, exposing skin to sunlight produces vitamin D, promoting the brain's production of serotonin, which lifts mood.

I'm sure that this isn't surprising; I know that I certainly feel better when it's a sunny day rather than a gloomy one. However, seeing as it's the holiday season, have you ever wondered how **snow** effects your mood?

It's actually a debated, ongoing discussion, with links to both positive and negative effects on mood and mental health, but the most prominent theme is... it depends on who you are!

Certain groups of people are more likely to enjoy the snowy wonderland of Michael Bublé music videos than others, and some groups of people even find it downright depressing. According to the Huffington Post, drivers, for a start, are much more likely to express annoyance and frustration with snow than those who don't drive (you can imagine why). They are joined by farmers, electricians, engineers and public transport staff who all reported that the hassle and work involved when it snows, outweighs the nice cosy feeling reported by snow lovers. If you are a practical, hands on sort of person, you are a lot less likely to be enchanted by this cold, fluffy phenomenon.

On the other hand, if you are a creative type, such as a musician, artist or writer, you are significantly more likely to enjoy snow days. Again, the reasons why are fairly simple; being confined to your house or facing an unexpected change to the work day tends to effect these types of people less. Creative people are often very good at 'going with the flow' and adapting to such situations.

In terms of our actual mental health however, snow is linked to serenity and calmness, with the steady falling motion associated with tranquillity and peace. as life slows down, so do our minds, and an added sense of childhood nostalgia and togetherness helps to make snow synonymous with happiness and relaxation.

But whatever weather you are hoping for this holiday, we hope that you find peace and calmness amidst the chaos of Christmas, whether it rains, snows or shines!

# Book of the Month

## Christmas Edition

### A Christmas Carol - Charles Dickens

A feeling of comforting nostalgia is what we all aim for when celebrating the festive season. However, nostalgia isn't just found in cheesy Christmas films (although I thoroughly encourage you to indulge in all the Christmas films you can before the big day!!) This month's book is a Christmas classic. Written by Charles Dickens, **A Christmas Carol** recounts the story of Ebenezer Scrooge. Scrooge is visited by the ghosts of Christmas past, present and future. The visits urge him to reevaluate his life's choices, ultimately transforming him into a much gentler man, with a newfound appreciation for the Christmas holidays. Published in 1844, the book was written partly in response to new festive traditions of the time, such as Christmas cards, Christmas trees and carols, many of which have become symbols of festive spirit today!

**Fact: there are over 130 adaptations of A Christmas Carol, including those of Mickey Mouse, The Muppets and The Flintstones.**

**"A Christmas Carol" is available via public domain, local libraries and certain bookshops.**





# The Craziest Christmas Traditions from Around the World!

Pulling Christmas crackers, hanging stockings by a roaring fire and eating mince pies may all seem like perfectly normal traditions to the average British person. However, to others, these customs may appear a little odd. Have you ever stopped to wonder how other countries celebrate the festive season? In this article, we will delve into some of the craziest Christmas traditions from around the world which, despite seeming somewhat strange to you and me, are considered the norm abroad.

Let's begin our journey in Europe where, for many, the majority of the festive celebrations actually take place on Christmas Eve. In Ukraine, it is customary to decorate your Christmas tree with tinsel, fairy lights, fake cobweb and a model spider! This tradition stems from a tale which is told across many Eastern European countries, which speaks of a poor family who could not afford to decorate their tree for Christmas. They went to bed on Christmas Eve and when they awoke the following morning, they discovered that a spider had decorated it for them with beautiful web. According to the tale, this web transformed into silver and gold threads in the morning sunlight. Therefore, it has become a symbol of good luck to place an honorary spider and false web on your Christmas tree!

Continuing with the theme of luck, in the Czech

Republic, on Christmas Eve, it is traditional for young, unmarried women to stand outside their houses, with their backs to their front doors and throw a shoe over their shoulders. The idea behind this action is to determine whether or not they will be married within the following year. If the shoe lands with the toe facing the door, then that lady will marry within the year. However, if the heel is facing the door, she knows that she will have to wait a little longer!

The idea of superstition is highly prevalent on Christmas Eve, particularly in Norway. There is a long-standing belief in this country that the night before Christmas coincides with the arrival of evil spirits and witches. In order to experience a peaceful night and joyous Christmas morning, Norwegians hide their broomsticks on Christmas Eve to deter any spectres in the night!

Looking now to the West, we can see that in Guatemala, they celebrate a similar sort of tradition to that of the Norwegians. In the weeks leading up to Christmas, Guatemalans will spend a lot of time cleaning, tidying and collecting rubbish in order to ensure that there are no dark or dirty places in the house, as they believe the devil can hide here. On December 7th, huge piles of the collected rubbish are put in the streets and an effigy of the devil is created and placed on top. These piles are then

burned like bonfires. This is known as “La Quema del Diablo” (“The Burning of the Devil”) and also commemorates the Immaculate Conception.

Christmas is a time of great celebration for many people across the world and, as we can see from these traditions, one festival can be honoured in multiple different ways! As we continue throughout Advent this year, perhaps you could consider creating a new Christmas tradition of your own. Of course, I am not suggesting that you must decide to festoon your trees with cobwebs but maybe you could try making a new festive recipe or designing some creative place settings for the Christmas dinner table! Whatever you do, make sure you have fun and have a very merry Christmas!

**If you do come up with any creative ideas such as handmade cards, place settings etc. please feel free to email them to us at [SPH-Voice@sphcs.co.uk](mailto:SPH-Voice@sphcs.co.uk) for a chance to be featured in January’s edition!**



# Recipes for the Holidays

## A collection of festive recipes to try over the holidays!

If you do end up making any of the dishes, remember to email us with a photo at [SPH-Voice@sphcs.co.uk](mailto:SPH-Voice@sphcs.co.uk) for a chance to be featured in January's Edition!

### Colourful Vegan Pin Wheel biscuits



<https://www.bbcgoodfood.com/recipes/vegan-christmas-pinwheel-biscuits>

### Eggs Benedict with Smoked Salmon and Hollandaise sauce



<https://www.bbcgoodfood.com/recipes/eggs-benedict-smoked-salmon-chives>

### Mince Pie Brownies



<https://www.bbcgoodfood.com/recipes/mince-pie-brownies>

### Mint Chocolate Coins



<https://www.deliciousmagazine.co.uk/recipes/mint-chocolate-coins/>

### Christmas Gingerbread men



<https://www.deliciousmagazine.co.uk/recipes/christmas-gingerbread-men/>



### Recipes from Delicious Magazine

<https://www.deliciousmagazine.co.uk/christmas-recipes/> and

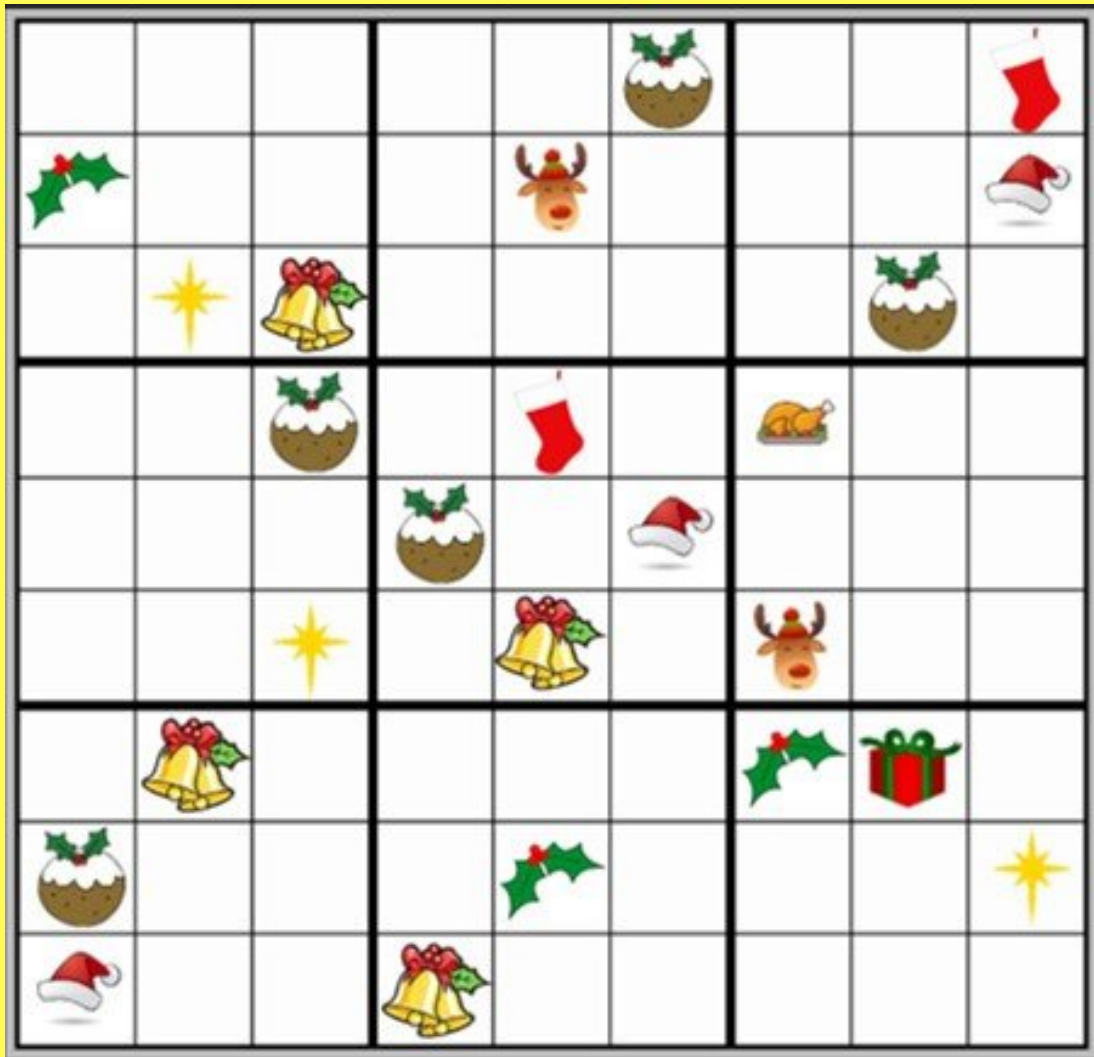
### BBC Good Food

<https://www.bbcgoodfood.com/recipes/category/all-christmas>

Full Christmas collections available via links above.

# Christmas Sudoku:

Every row, column and box must have one of every Christmas image - no repeats are allowed! To complete this, you could print out the puzzle and test your drawing skills or, you could draw out the grid and use the number code to complete it like a normal Sudoku.




















































































A collection of Festive Kahoots are available via the link below. Why not play them with friends or family over the Christmas period? (They are the perfect game for zoom parties or online calls with friends and family!)

<https://create.kahoot.it/profiles/dcd212e7-1bb5-44a0-aa3e-dceb27aae173>

# Christmas Sudoku Solutions:

- 1 
- 2 
- 3 
- 4 
- 5 
- 6 
- 7 
- 8 
- 9 

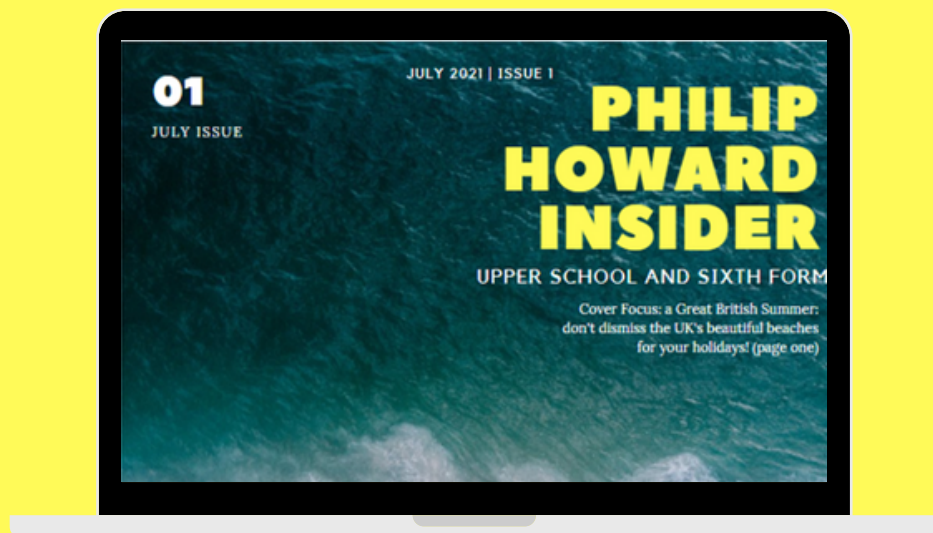


# SPH INSIDER

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**Year 12 students - want to be involved?** You can select the magazine for enrichment every second Wednesday and join the team! You can help with design, writing articles, photography or editing. This is a good opportunity for students wishing to pursue English, journalism or media, and is an ideal addition to your personal statement!



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