

04

FEBRUARY
ISSUE

FEBRUARY 2022 | ISSUE 4

PHILIP HOWARD INSIDER

UPPER SCHOOL AND SIXTH FORM

Cover Focus: Springing back to life:
how to make January a month of
celebrations.



**JANUARY-
A POSITIVE MONTH:**

Feel like swapping new year's resolutions for a 'long Christmas'? This article is your guide to a positive January.

KEEPING A JOURNAL:

We look at the benefits of keeping a journal, in January and beyond.

**WHAT 2021 TELLS US
ABOUT FILM:**

An analysis of film in 2021, including Oscar predictions and Golden Globe news!

A YEAR OF SPORT:

The top 8 craziest, wildest, most extraordinary sporting moments of 2021!

Introduction to February

Happy 2022 everyone! Welcome to the 4th issue of the Philip Howard Insider. This month, we will be discussing the benefits of keeping journals in **Wellbeing corner**, as well as reliving (good) memories of 2021 with our **Film and TV** feature.

We'll be taking another trip down memory lane with this month's **sport** feature, looking back on the most memorable sports moments of 2021. Our guide to a positive start to the year will also be sure to help you have some memorable moments of your own, as we examine the ways to make January a month of celebrations!

A few dates for your calendar:

Year 9 GCSE options evening: 3rd February

House talent show: 9th February

Year 12 Oxford trip: 16th February

Half term holiday: 21st-25th February

DEAR dates in February: 1st, 16th February

We would like to take this time to announce that this will be the final issue of the Philip Howard Insider for this academic year. With mocks and final exams approaching swiftly, we have decided as a team that we must turn our focus towards revision! We would like to thank all our readers for their support this year and we hope that 2022 continues to be a fantastic year for you all!



THE MAGAZINE TEAM

SPH

INSIDER

from the Sixth Form Leadership Team!

An interesting few weeks for Politics, continued:

In case you missed it, Prime Minister Boris Johnson faced a gruelling session of Prime Minister's Questions on Wednesday 12th January where he admitted to breaking COVID rules yet again, this time at a garden party in May 2020. England was two months into its first lockdown at the time, with the rules stating that people were only allowed to meet one other person from outside their household, as long as it was an outdoor public place and two-metre social distancing was maintained. Fresh calls for Johnson to resign have come from both the opposition (Labour) and his own party (the Conservatives).

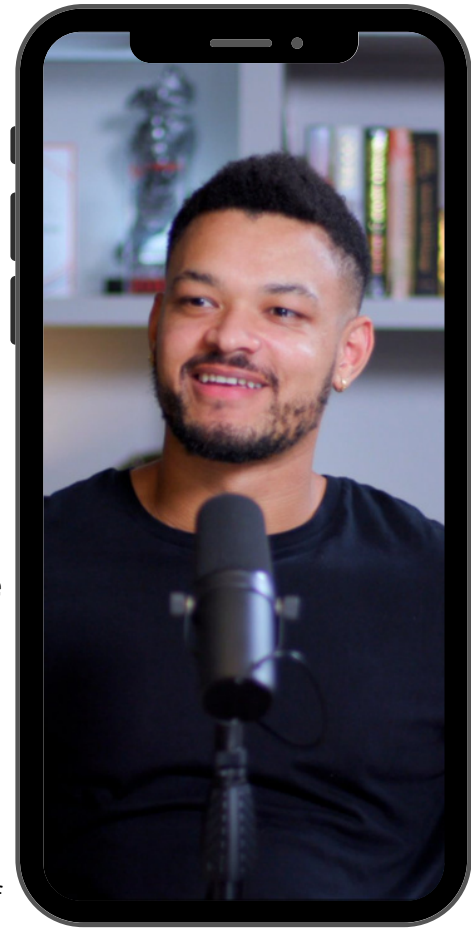
After MPs demanded an apology, Johnson obliged, and said that he offers his "heartfelt apologies" to the public and the House of Commons. The public, once again, have voiced their anger and disgust, both online and in public protests. Recent opinion polls show Labour taking a 10 point lead over the Conservative party, the highest lead they've had since 2013. For a full overview of events, visit the [link below](https://www.theguardian.com/politics/ng-interactive/2022/jan/12/boris-johnson-no-10-lockdown-party-apology-what-he-said-and-what-he-meant), and the BBC news website.

<https://www.theguardian.com/politics/ng-interactive/2022/jan/12/boris-johnson-no-10-lockdown-party-apology-what-he-said-and-what-he-meant>

Best Bits of the streaming services for Februar:

Netflix: A third series of Ricky Gervais' dark comedy **After Life** (rated 15) is now on Netflix, with Gervais reprising his role as a gruff newspaper writer adjusting to life without his late wife. A brand new series of Netflix's **Queer Eye** is here for the new year, with 10 new heroes ready to have their lives transformed by the fab-five! For fans of classic comedies, **Meet the Parents** starring Ben Stiller and Robert De Niro is available to watch on February 1st, telling the story of Greg Focker's hilarious struggle to win the approval of his soon-to-be Father-in-law.

Disney +: Disney's newest animated musical **Encanto** is now streaming. With an original soundtrack from Lin Manuel Miranda, this new family favourite will have you singing "We don't talk about Bruno" all week! Unique, Emmy winning dramedy **This Is Us** is also streaming, following the Pearson family across decades, and is a grounded, moving take on life, love and loss. Marvel's **Eternals** is also available with no extra cost required.



For budding entrepreneurs and future CEOs, Steven Bartlett's **Diary of a CEO** podcast offers a deep, honest insight into the lives of some of the most successful business people, with episodes featuring guests such as Jimmy Carr, Reggie Yates and (the now controversial) Molly Mae Hague.

Available on Spotify via the link below:

<https://open.spotify.com/show/7iQXmUT7XGuZSzAMjoNWIX?si=6c2e63daac814624>

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Image focus: Don't Look Up: as well as boasting a star-studded cast, it is a powerful allegory for the climate crisis.

Image focus: Dune, an adaptation of the 1965 novel, has already been confirmed for a sequel.



What 2021 tells us about film

An analysis of film in 2021,
including Oscar predictions
and Golden Globe news!

The second year of the 2020s is (finally) over. The past year has been filled with blockbuster titles, from Pixar heroes and adapted musicals, to James Bond and Marvel ensembles. With the 94th Academy Awards looming, and the Golden Globes recently being awarded, it's time to cast our minds back and relive some of our favourite on-screen moments from 2021, by taking a closer look at what last year's film offerings tell us about movies in the future.

Three is a magic number: Spider-Man returns (includes spoilers for Spider-Man: No Way Home).

After a two year break, Tom Holland returned to the big screen as Peter Parker, the superhero teen from Queens. *Spider-Man: No Way Home* (released December 2021) picked up exactly where its predecessor left off; villain Quentin Beck has just exposed our hero's secret identity after an epic fight in London and Peter is looking for a way to escape the unwanted attention. He turns to New York's resident wizard and ex-avenger Dr Strange for help, asking him to make the world forget that he is Spider-Man. The spell goes horribly wrong and shatters the multiverse, bringing in monstrous villains and, ultimately two more Peter Parkers!

Understandably, this iconic trio of heroes caused quite a stir, and Marvel fans across the world collectively took to social media, expressing their happiness after seeing Tobey Maguire, Andrew Garfield and Tom Holland share the screen. The film did incredibly well at the box office, becoming the highest grossing film of 2021, surpassing \$1billion in December, and is easily one of, if not the most, talked about picture of the year.

Despite this, the chances of *No Way Home* even being nominated for an Oscar are slim to none, after notable snubs from both the PGA awards and the BAFTAs. Either way, it remains a strong favourite of 2021 and will no doubt continue raking in dollars from cinema tickets, online rentals and Blu-ray sales in the coming months.

The lack of official recognition for *No Way Home* illustrates a bigger trend; the Academy and other societies don't really care about popularity. Sure, it's unlikely that a film with terrible ratings will be nominated for an Oscar, but popularity, hype and clout are not the be all and end all. After all, we saw *Nomadland*, a film without excessive news coverage and huge fan followings, take home best picture just last year. I would say it's looking likely that the Academy will continue its 'rebellious streak' this year, and into the near future.

Lin Manuel Miranda world domination? Musicals in 2021

Since its release in December, Disney's *Encanto* has taken the world by storm. It currently feels as if you can't go a day without hearing the five words "We don't talk about Bruno", and once that song is in your head, it's stuck there for hours! Thanks to apps like TikTok and Instagram, *Encanto*'s soundtrack has been shared, remixed and covered by people of all ages across the globe, including celebrities and public figures. But this sort of reach is nothing new at all for its writer, *Hamilton* creator, Lin-Manuel Miranda. Cast your minds back to June, when Miranda's original musical, *In the Heights*, was given a film adaptation. TikTok trends emerged from multiple songs on the soundtrack, including "No Me Diga" and "Blackout", and the titular song from the movie currently has over 12 million Spotify streams.

If that wasn't enough, Miranda also directed Netflix musical *Tick, Tick... Boom!*, a movie about the legendary writer of *Rent*, Johnathon Larson (played by Andrew Garfield), who is on the brink of 30 and finding success as a writer. The movie's re-recording of Larson's original song "30/90" went viral on (surprise surprise) TikTok, coinciding with the beginning of *Encanto*'s hype on the platform.

The fast growing influence of Miranda on the world of musicals (jokingly referred to as the "Lin-iverse") has been particularly notable over the past year. In terms of awards for his work, *Encanto* has already won the Golden Globe for best animated feature, and is on track to be nominated for the same category at the Oscars. *Tick, Tick... Boom!* looks like it's going to be nominated for Best Picture and Best Actor for Andrew Garfield, with more nominations still on the cards. *In the Heights* has already secured six awards and 38 nominations, including a Golden Globe and a Grammy, and Oscar nominations are entirely likely for the picture.

Miranda is just one "O" away from joining the 16 individuals, including John Legend and Andrew Lloyd Webber, who have achieved the showbiz grand slam known as the EGOT (Emmy, Grammy, Oscar and Tony award wins), and it is looking entirely possible that this will be his year.

What the 2021 "Lin-iverse" can teach us, is a lesson on the impact of platforms such as TikTok, when it comes to the success of music and musicals. All three of Miranda's big movie hits this past year can thank TikTok for at least a portion of their success. On an app where sound clips from 15 seconds to 3 minutes make up most of the content, there is infinite potential for songwriters and musicians to boost the popularity of their work, especially with limited promotion opportunities due to COVID restrictions. Moving forward, I would predict a definite rise in the utilisation of TikTok for promoting movie soundtracks and musicals.

Why small films didn't make it big last year, and all-star casts dominated

On the surface, it definitely seems to be the case that last year was full to the brim of star-studded cast ensembles and big name directors. The 2021 AFI Awards top 10 list, for example, heavily featured big names, such as Denis Villeneuve (*Dune*), Adam McKay (*Don't Look Up*) and Steven Spielberg (*West Side Story*). From the outside, it can look like an unfair bias towards established directors, and a dismissal of newcomers.

What's really happened, I would suggest, is that it has taken big blockbuster titles and celebrity line-ups to persuade the public to fall back in love with cinema. *No Time To Die* started it off, being the first film to reach the sort of numbers in ticket sales we would see pre-COVID. *Dune* continued the trend, allowing fans to get more enthusiastic, and *Spider-Man, West Side Story and Don't Look Up* finished the year by igniting the same excitement we would see in cinema-goers before the pandemic. Big names and media attention get people interested, and if it took a year full of high-profile films to get people back in the cinema, I would say it's worth it.

Hopefully, we'll see a return to small movies being championed in the not so distant future. Now that people are returning to the cinemas to see those big titles, here's hoping they'll continue to come for the smaller ones.



Image focus: *Spider-Man: No Way Home* was the highest grossing film of the year, passing \$1billion at the box office just 10 days after its initial release



new year, new me?

It's easy to get caught up in the relentless pressure that the new year brings. It can feel like every advert we see on our TV is one for a gym membership, non-alcoholic wine or vegan substitutes. This new year, it's important to remember that you are enough, just as you were last year, and just as you are right now. If you do want to make some changes this month, consider taking up mindfulness activities, or committing to reducing your carbon footprint. But most of all, make sure that anything you decide to do, you do it for you.

A year of sport:

The top 8 craziest, wildest, most extraordinary sporting moments of 2021!



It is 2022 and we are well into the new year now. We have settled back into our daily rhythms after the Christmas break, and life keeps moving on. This is no different for sport!

We have already witnessed the World Darts Championship and the Masters Snooker events for 2022 which proves that the sporting world never sleeps and we do not know whether to look left or right to catch the best snippets of action.

Having said that, we should always look back a little, to reflect on the past. Because wow... what a year of sport it was! From the heart-stopping to heart-warming moments, 2021 had everything! All the major world tournaments were set to go ahead in 2020, but they were all postponed to 2021 because of coronavirus. The result? A year of everything - controversy, sportsmanship, and a little in between. This is why I have ranked the top 8 sporting moments of 2021.

8. Peng Shuai disappears after controversial comments made

China is a controversial nation, which sometimes seems to leak into its sporting world as well.

In November, Chinese tennis star Peng Shuai accused Zhang Gaoli, a former vice premier in China, of sexually assaulting her in the past.

Well, unfortunately, we all know these things don't always end well... She posted the original video, which due to censoring got taken down almost immediately by Chinese authorities. She disappeared for three weeks and has now re-appeared again, in a new video, claiming that she never actually accused anyone of assaulting her, and everything was "misunderstood."

Peng, who has appeared in photos since her disappearance, added that she has been living at her home in Beijing, without any supervision, and that she had written to the head of the

Women's Tennis Association, Steve Simon, last month, denying the allegations. Mr Simon said he had a "hard time believing" that Peng had actually written the email, or its contents.

As a result, the WTA has suspended tournaments in China on the basis of the controversy. Do you think there is something behind the scenes that we do not know? Possibly. Is she safe? We simply do not know.



7. High jumpers share the Olympic gold medal

This super-rare event in the Olympics saw Qatari athlete Mutaz Essa Barshim and Italy's Gianmarco Tamberi both jump the same height and, deciding that instead of a jump-off, they'd become the first joint champions in 109 years.

After an exhausting two-hour competition, the pair couldn't be split, having recorded best clearances of 2.37 metres.

Instead of a final jump off, in an act of complete sportsmanship, they decided to share the gold together, by asking the organisers "Can we have two golds?" The organisers promptly said that they did not have a problem with a sharing of medals.

Some have criticised the move by saying that the Olympics is about winning and nothing else. But Tamberi explained that they have a fantastic relationship together and he will "never regret his choice."

"It's not just two opponents. It is two friends who can share the best moment of their life together and I think it is magical to have done it. We were good friends before the Olympics. But now it's like we are blood brothers," explained the Italian.

Nonetheless, whatever people think, it was great to see again, that sport unites us all and will never lose its magic.

6. Ugandan weightlifter goes missing prior to Olympic Games

Now when I witnessed this, I must admit I really could not believe it! How can an athlete go missing from an Olympic village with hundreds of guards surrounding it? Well...anything is possible these days.

Julius Ssekitoleko of Uganda did not manage to qualify for the Olympic games. It is still unclear as to how exactly Ssekitoleko made it to the training camp in the first place, given that he had failed to qualify, but now that he was there, he was supposed to be sent back to Uganda after following this failure to qualify. However, when he didn't turn up for his next covid test, things started to get a little suspicious, and the police got involved.

Media reports suggest Ssekitoleko left behind a note, saying that he wanted to stay and work in Japan, as life in Uganda was difficult. Essentially, he did not want to get escorted back by the Ugandan associations to his home country, and wanted a better life for himself and his family. He fled, and the police tracked him down a few days later, according to Uganda's Criminal Investigations Directorate. The reports said that a nearby train station recorded him purchasing a bullet train ticket to Nagoya in central Japan.

Charles Twiine, a spokesperson for the Ugandan Police Force, said that the escort was clearly done with full knowledge that he did not qualify. This meant his short trip was a criminal offence. Twiine went on to say that, whether he had a part to play in the escort or not, will be investigated and he will receive adequate punishment, with no right to participate in sports again. Plus, since athletes were expected to adhere to strict covid rules, this makes his situation even worse. A very costly week for him. Ouch.

5. Denmark brings the world together producing remarkable display at the Euros

Denmark's Euro 2020 campaign was everything they did not expect it to be. At the beginning of the tournament, I think it is safe to say that, with no disrespect, no team saw them as a serious threat. However, their story changed when Christian

Eriksen collapsed on the pitch in dramatic fashion against Finland (which later turned out to be a cardiac arrest.) Players gathered around him to cover the cameras and you could hear a pin drop in the stadium. It was a gut-wrenching moment to witness and we could visibly see that the whole team was shaken. Sadly, they lost the game 1-0 after a lengthy postponement.

However, after having some time to digest what had happened, they realised that the whole world was united behind them, and everyone supported them. With this, they became the heroes who stood up from their last fight, and the fighting spirit they showed was very admirable!

They powered through Russia, Wales in the round of 16, the Czech Republic in the quarter-finals and all were remarkable displays of talent. They very nearly put England behind them too, in the semis. You could see that they played for their teammate, and this rejuvenated team spirit, with all the support behind them, was so brilliant to see. They were unstoppable, but England had more quality in the end, and Denmark were understandably tired, having put in some stunning performances in the tournament. To get to the semi-finals, is still a stunning achievement.

They did not just make Eriksen or their nation proud. They made everyone else proud too. A truly beautiful sporting moment.

4. Emma Raducanu celebrates magnificent US Open win

Just a couple of months ago, the 18-year-old from Orpington was sitting her A-Levels but a remarkable run, in a remarkable women's tournament, that started in the first round of qualifying against Bibiane Schoofs, on August 25, ended with her lifting the trophy without dropping a set in 10 matches and losing just 34 games in the whole tournament. Wow.

Since 1977, she was the first British woman to win a major tournament, and she did, in style! She dispatched her opponent Leylah Fernandez in just 1 hour and 51 minutes in the final, rising a whopping 127 places in the world rankings.

It really was a fairy-tale story. She even endured a cut to her knee on her final serve, but was not to be denied. At such a young age, 18 remember, what an unreal moment to witness. Well done Emma Raducanu.

3. The Super League causes mayhem in football

Now, as you know, I have been very vocal about this so-called, so-great, so amazing Super League. The entity that would

change football. If you need some more background information, as to why I expressed my concerns about it, you can read the July edition of the Newsletter, but briefly, I will summarise it for you in one word: failure.

It was supposed to include the "20 biggest teams in the world," who would play every week in their own league. But it was understandably met with mountainous criticism, to the point where fans protested in mass numbers outside grounds, threatening to destroy stadiums, and even Chelsea legend, Petr Cech, came out at one point to calm the crowd down. Fans feared that the beautiful game would be lost forever. It was non-stop news.

Instead of hiding, fans united. It was beautiful to see that, no matter where you come from, or what club you support, every fan united together to protest against it and abolish it. Clubs didn't need long before they gave up their guns. All was proposed, and abolished, in 48 hours. The fans won, and the Super League is now forgotten. It might become reality in the future, but not until fans are united together. And fans will always be united. Once again, the good side of sport was seen.

2. Max Verstappen wins an unforgettable Formula 1 Championship amid chaos and controversy

The fact that Max Verstappen and Lewis Hamilton were separated by single-digit points throughout the whole season, was dramatic enough on its own, but when they collided several times during the season, in Silverstone, Monza and Jeddah, to name a few, and then went into the final race on equal points, that was just a different level.

But this was not the end. It seemed as though Hamilton wrapped up the championship for an eighth time having led a brilliant race from the start. 5 laps from the end, Nicholas Latifi's crash brought out the Safety Car, and Red Bull gambled, by bringing Verstappen in for fresh tyres. Due to the safety car though, he remained in 2nd place, with Hamilton in first. This seemed like advantage Verstappen, if the race was to restart before the end.

But Hamilton had hope. There were 5 lapped cars between them, so he knew that he would cover his rival for the one lap remaining. What happened next though, was something no one could predict. The FIA, the governing body of Formula 1, said that those lapped cars should unlap themselves, meaning they will get out of Verstappen's way. But only those 5 cars can unlap themselves. In a nail-biting final lap, Verstappen overtook Hamilton and to take the title too!

Now, it should be noted that there are no rules to say that only a select few can unlap themselves. Either all cars do it, or none.

Plus, realistically, everyone thought the race would finish behind the safety car, and the order would remain. But the fact that they gave one lap, along with the 'unlapping' controversy, sparked a gigantic outrage from supporters.

It has been a while since Formula 1 has gained this much popularity which is as a direct result of this incredible season. Whether the championship was justified or not, is down to opinion.

Since then, Michael Masi, head of the FIA who made this decision, has left his role. That tells you all you need to know!

1. It's coming home, it's coming home...oh wait - Football's coming Rome!

Throughout the whole of the Euros, England fans could not stop singing their famous "Football's coming home" song. When England reached the finals, with it being at Wembley, the anticipation and expectation was really high. Maybe, after more than 50 years of no major trophies, it really seemed like football *was* coming home.

Their opponents, Italy, however, remained professional. They did not get affected by the occasion, or the overwhelming hate they got in the ground. They stayed patient and calm. So patient in fact, that the game went all the way to penalties. It was a frighteningly nervous way to finish off a great tournament, with the world watching in awe.

England's young players Bukayo Saka, Jadon Sancho, and Marcus Rashford all missed penalties, which they got serious racist abuse for. This was appalling. To have racism still, in this day and age, is a disgrace, and it's a topic that gets constantly talked about.

Italy managed to win the Euros, and fans were quick to turn on England and reform the famous song to: "It's coming Rome!" It angered England fans considerably, but their arrogance meant that by the time the final came around, the whole world was supporting Italy, and very few wanted England to win.

Italy's win meant that not only football was going to Rome, but that England was, yet again, left without a major international trophy. Nonetheless, it was a fantastic display by Southgate's men who made a nation proud with their rising young talents. But a trophy? Well, they may have to wait a little bit longer to get one. This golden generation is definitely more than capable of winning and they had a chance here. Maybe this year in Qatar? Or the next Euros? Or the next world cup? Who knows? The curse may continue forever...They say hope dies last...

Mentality & Wellbeing

From the Wellbeing Team

For this month's Wellbeing feature, we're talking about journals, sharing our top 5 reasons to try journaling this year!

The best thing about the beginning of the year is the opportunity we get to set goals for the months. Everyone's goals are different but it is fair to say that, when it comes to getting started, we are all the same - a little boost goes a long way! One of the most beneficial things you can do for yourself is to keep a personal journal. You are 42 percent more likely to achieve your goals if you write them down, but a journal can do much more than keep you on track to achieve your resolutions. This mini-article will explain our top five benefits of journaling.

Number 1: A Private Outlet for Your Thoughts

For the big ideas, small scribbles, silly doodles, to do lists or even a food diary; a journal is extremely versatile. It allows you to make sense of all your thoughts and keep you organised. Plus, it never runs out of battery and what isn't there to love about the satisfying, tactile feel of a little journal!

Number 2: A Form of Self Care

Taking as little as a few minutes to think about yourself and reflect, is key to maintaining good mental health; this is something that is often missed in the regular hustle and bustle of everyday life. Having the time to stop and think, or even to plan out your day, can help things seem a little less overwhelming. You could even take a few minutes to make a list of things you are grateful for, to act as meditation time.

Number 3: Boost Your Creative Side

Keeping a journal is a great way to boost your sense of creativity. Everyone has a creative side! Let your imagination guide you and scribble down anything that springs to mind!

Number 4: Set Your Goals and Achieve Them

It wouldn't really be a journal if you didn't put some 2022 goals in there - quick write them down before you forget! A fun idea is to create a checklist to come back to at the end of the year, to see how many you have achieved!

Number 5: Enhance Your Intelligence

Writing has always been linked to development and learning and has even been proven to boost your IQ. If you keep a journal, you are actively stimulating your brain and improving your vocabulary. Many of the most successful CEOs keep a journal.

Harvard Business Review has an interesting article on the benefits that keeping a journal has on the development of leadership skills. Follow the link below to take a look!

<https://hbr.org/2016/01/want-to-be-an-outstanding-leader-keep-a-journal>

Book of the Month

The Catcher in the Rye

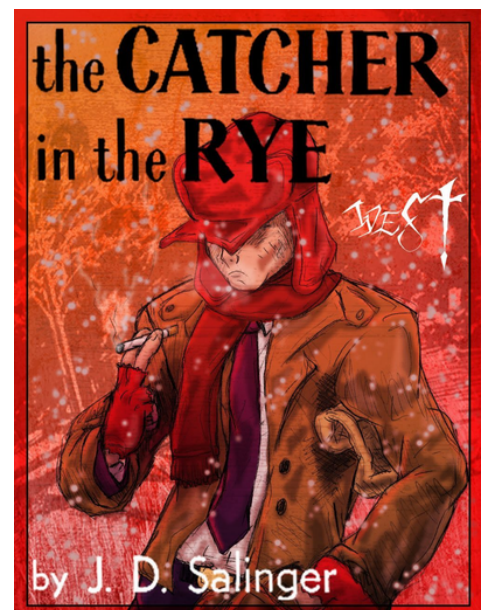
by J.D Salinger

This month's book is a classic (an original coming of age novel!), often read by teenagers for its central themes of alienation, angst and critique of society. It follows the life of 16 year old Holden as he navigates the adult world and battles against its flaws. He leaves his prep school in Pennsylvania to explore New York City for a few days.

The novel takes the loss of childhood innocence as its primary concern. Holden wants to be "the catcher in the rye," someone who saves children from falling off the edge, which can be understood as a metaphor for entering adulthood.

The novel has remained influential into the 21st century, for its continued relevance to teenagers and adults alike. The novel was included on Time's 2005 list of the 100 Best Novels written in the English language, since 1923. It was named by Modern Library and its readers as one of the 100 best English language novels of the 20th century. It has been frequently challenged in the court for its liberal use of profanity and portrayal of sexuality and in the 1950's and 60's, it was the novel that every teenage boy wanted to read.

"The Catcher in the Rye" is available on Amazon, in local libraries and certain bookshops.





January - a positive month

According to many surveys, such as the one conducted by PsychCentral, January is renowned for being the most depressing month in the calendar. This is partly due to its grey weather and cold, dark mornings but also the fact that we, as humans, choose this time of year to give up the things we enjoy most, by setting impossible resolutions that we know we will never keep.

However, many people would argue that January should be one of the more positive months of the year. Writer for the Daily Telegraph, Melanie McDonagh, encourages us to abandon our plans for a 'Dry January' or a 'Veganuary' in order to embrace the new ideology of 'Long Christmas.' This philosophy promotes the eating of warm, comforting foods and the drinking of hot chocolate by a roaring fire, to boost our morale and combat the bleakness that is January.

Furthermore, in many cultures, the arrival of January is a very positive sign. For those in the agricultural industries or even those who just enjoy simple gardening, January represents the best time to make changes to the land, before the summer planting season commences in the early spring. For many community

allotments, the old tradition of wassailing has very much come back into fashion. This custom sees people gathering around their trees and crops, singing songs to both the plants and the soil to encourage new growth and a plentiful harvest, come the autumn.

Likewise, in folklore, January is viewed as a positive time of waiting. According to tradition, the Holly King reigns during these winter days and we must await the arrival of his counterpart, the Green Man, who will bring forth the new spring. One of the most famous celebrations of this waiting season takes place in London, as a procession of wassailers follow the Holly King over the River Thames to Bankside, via the Millennium Bridge. These Twelfth Night festivities are organised by an acting group called The Lions Part. A play is put on outside Shakespeare's Globe Theatre and there is mulled wine and cake for everyone. At the George Inn, on Borough High Street, traditional dancing and storytelling takes place.

All these celebrations and customs clearly prove that January can be (and should be!) a positive month for us all but, how can we achieve this? One very easy solution is to adopt a day-by-day

philosophy. Very often, we find ourselves using January to plan for the remaining eleven months of the year, particularly when setting New Year's resolutions.

Instead of creating targets to last a whole year, why not try making them every day? After all, a resolution, by definition, is only "a firm decision to do or not to do something." Therefore, by creating a list of a few goals every morning and ticking them off in the evening, you will achieve more resolutions across the whole year and remain more relaxed, as you won't be under constant pressure to keep promises that you made back in January!

Try to continue to alter your mindset throughout February and, in doing so, I am sure that you will all be able to look forward to a very happy 2022!

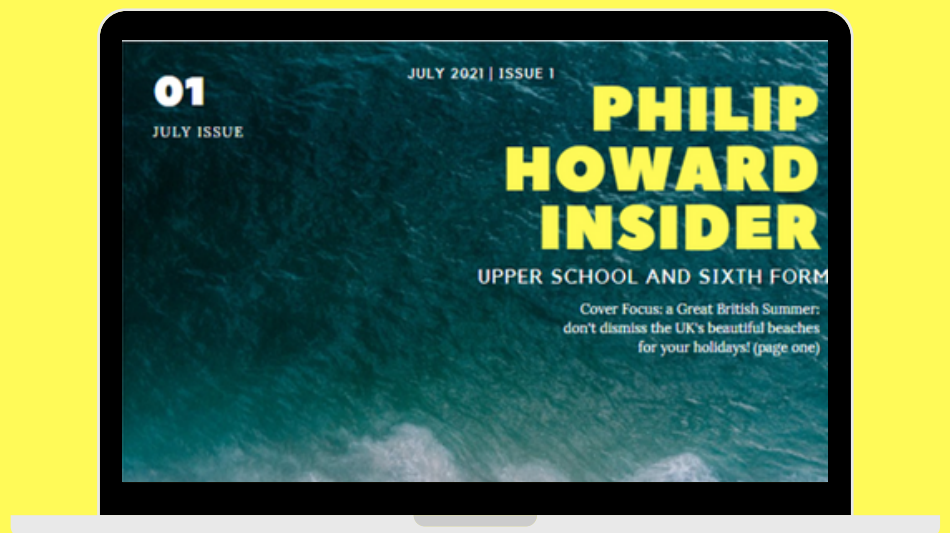


SPH INSIDER

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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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