

**02**

OCTOBER 2021 | ISSUE 2

OCTOBER  
ISSUE

# PHILIP HOWARD INSIDER

**UPPER SCHOOL AND SIXTH FORM**

Cover Focus: The Cosy Cliché

- How to embrace the hygge concept this autumn (from the Wellbeing Team).

## BACK IN BUSINESS:

A look at October's magical touch when it comes to healing a broken film industry, and how Daniel Craig's last Bond film is its secret weapon.

## HYGGE - THE BASICS:

A brief overview of the Scandinavian recipe for happiness, including relaxation techniques and simple, seasonal activities to try.

## OCTOBER - THE ODDEST MONTH OF ALL?

A delve into some of the deeper meanings and historical origins of October's celebrations - the old ones and the new!

## SHOULD FOOTBALLERS BE PAID LESS?

We discuss one side of the argument in this month's opinion piece.



# Introduction to October

We're back! The Magazine Team are so happy to welcome you to the second issue of the Philip Howard Insider, October edition! We've got a plethora of new articles for you, including a special seasonal edition of Wellbeing corner, as well as a look at October's magical touch when it comes to healing a broken film industry, and how Daniel Craig's last Bond film is its secret weapon.

There will also be an opportunity to have your say on this month's opinion piece - Should footballers be paid less? You can email us your own opinions or arguments regarding this issue at [sph-voice@sphcs.co.uk](mailto:sph-voice@sphcs.co.uk) for a chance to be featured in next month's edition. More information is on page seven.

In terms of school news, we would like to thank everyone for contributing to St Philip Howard day and donating to Chestnut Treehouse! We raised an incredible amount, and a huge congratulations to everybody who won raffle prizes! However, the hard work doesn't stop there, as mocks approach for Year 13s and 11s, as well as a busy start to the new half term for everyone when we return. So have a well-earned break over our week off, and let's come back to school ready to go!

A few dates for your calendar:

Year 11 Information Evening: 4th November

Year 11 Drama Showcase: 8th November

Sixth Form Open Evening: 11th November

Year 13 mock exams begin: 15th November

Year 10 and 11 Dance Workshop: 16th November



**THE MAGAZINE TEAM**

# SPH

# INSIDER

from the Sixth Form Leadership Team!

Since we last saw you, TIME magazine released their "most influential people of 2021". Let's take a quick look.

This year, the list was broken down into six categories; icons, titans, pioneers, artists, leaders and innovators. In the Icons category, for example, the familiar names of **Dolly Parton**, **Naomi Osaka** and the **Duke and Duchess of Sussex** all appear. However, less famous faces such as **Nasrin Sotoudeh** (an Iranian lawyer fighting for women's rights), **Sherrilyn Ifill** (a civil rights superhero and lawyer) and **Luis Manuel Otero Alcántara** (a Cuban visual artist and activist) also make the cut. This annual feature by TIME is collated by editors, who consider nominations from previous "most influential people" alumni. To make the final list is seen as an honour, and a great recognition, and a particular victory for non-celebrities.

For the full list, visit <https://time.com/collection/100-most-influential-people-2021/>

## Follow the Sixth Form:

@sph\_6thform on instagram

## Best Bits of the streaming services for October:

Netflix: New Korean Netflix original series **Squid Game** (rated 15) has been taking the whole world by storm. You can watch the entire first season of this thrilling drama on Netflix now. More classics are back like **Legally Blonde** as well as Tobey Maguire's **Spider-Man** and Andrew Garfield's **The Amazing Spider-Man 1 and 2**. A new Netflix original movie is also released this month; **The Guilty** stars Jake Gyllenhaal as a police detective assigned to 911 operator duty, going above and beyond to save a distressed caller on a harrowing day of revelations.

Disney+: Ryan Reynolds's new action-packed comedy **Free Guy** is now streaming; no need for premiere access! With a focus on video games and developments in gaming technology, this movie has it all, including a few celebrity cameos! **Marvel's Black Widow** is also streaming this month, included in the standard subscription fee.



A look at mental health in film - "Analyse This" is a podcast by psychologists who discuss and break down aspects of mental health in film and TV.

Available on Spotify via the link below

[https://open.spotify.com/show/4KULa7gypASBG6mWFsWDI7?si=YEJZUfcVSxClzk8bMhZzPw&dl\\_branch=1](https://open.spotify.com/show/4KULa7gypASBG6mWFsWDI7?si=YEJZUfcVSxClzk8bMhZzPw&dl_branch=1)



National Coming Out Day is important all year round. To find out more about why we still need National Coming Out Day and other pride events, click on the link below.

<https://www.stonewall.org.uk/about-us/news/why-do-we-need-national-coming-out-day>

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: Daniel Craig's last stunt as Bond in "No Time To Die" could set an entire industry back on track.



It's October, and 007 has taken over headlines again. James Bond is a name that has been somewhat inescapable over the past month, surrounding the time of the international release of "No Time to Die" on the 8th of October. The James Bond franchise is a key part of British Cinematic Culture, with Sean Connery's Bond first appearing on screen in 1962, and a subsequent 26 movies released in a 60-year period. The movies consistently soar at the box office, with Daniel Craig's 2012 performance in "Skyfall" gaining 1.109 Billion USD, and the most recent "Spectre" in 2015 making 880.7 million USD.

Every Bond film released will receive media hype – that's a given, but it may seem like the talk around "No Time to Die" is never ending. Well, that feeling is certainly justified; the film was originally scheduled for an April 2020 release and has been delayed three times due to the pandemic. Filming ceased two years ago in mid-2019, and since, anticipation for the new feature hasn't wavered. In February of 2020, the film's original theme song of the same name was released. Sung by Billie Eilish, who herself has a major fanbase and online following, the track was streamed 10.6 million times in its first week of release, the biggest opening week of all time for a Bond theme. This set the stakes high for the movie and created a comfortable base for the franchise ahead of the scheduled release.

Although, of course, the release was delayed, people didn't forget about Bond. The media attention surrounding the delay proves the idea that "there is no such thing as bad publicity", with the talk about the film only increasing as the problem continued. Nobody lost their appetite for the new instalment, and in the first 10 days of its release, the film has already raked in 447.8 million USD, gaining rave reviews worldwide.

# Back in Business

How Hollywood is set to recover this October



Since the start of the COVID-19 pandemic and national lockdowns in March 2020, the cinema and film industry has suffered. The virus halted production, closed movie theatres and forced cinema lovers to turn to the likes of Netflix, Amazon Prime and Disney+. Whilst this created new opportunities for companies such as Lucasfilm, Pixar and Marvel to release projects solely on streaming services with little financial damage, this didn't aid local cinemas or the international box office. Movies originally destined for cinema stardom were released online instead, with huge titles like "Cruella", "Black Widow" and "Mulan" all being released on Disney+ either instead of or at the same time as their release in cinemas. The film industry has been transformed over the past 18 months, but it's looking like the streaming services might not have the last laugh.

"No Time to Die", in its first ten days, is nearing the amount that "The Eight Hundred" (the 2nd highest grossing film of 2020) made the entire year. The film is being shown in cinemas worldwide, and hasn't been released on any streaming platform. Cinema chain Odeon reported that the movie is set to be its biggest opening since 2019, and 175,000 tickets had already been sold just two weeks after they went on sale. Odeon also predicts its October 2021 attendance is set to be 10% higher than in 2019, mostly thanks to Bond.

So, it appears that James Bond saves the world again. Thanks to the 007 feature, things are looking up for cinema across the globe, further aided by other delayed releases finally coming in October, such as "Dune", "Venom - let there be carnage", and "Halloween Kills", all expected to perform incredibly well on opening. It's finally time to turn off your phone, put your feet up and enjoy a movie back in the cinemas, helping to get the entertainment industry back on track one box of popcorn at a time.

### **Other October Releases:**

**Dune**, an adaptation of Frank Herbert's 1965 novel, stars Timothee Chalamet, Zendaya, Jason Momoa and more big names. It's already raked in over \$100 million at the international box office, and has yet to be released in either the UK or the US, with release dates set for October 21st and 22nd respectively.

**The French Dispatch**, a Wes Anderson film starring the 'Wes Anderson regulars' Bill Murray, Tilda Swinton and Owen Wilson, as well as Saoirse Ronan and Timothee Chalamet. Rotten Tomatoes describes the film as "A love letter to journalists, set in an outpost of an American newspaper in a fictional 20th-century French city that brings to life a collection of stories published in 'The French Dispatch.'" Also set for an October 22nd release.

A man with sunglasses and a woman with an afro hairstyle are shown in profile, performing music. The man is playing a bass guitar, and the woman is singing into a microphone. The background is a solid purple color. Overlaid on the image is the text "nothing is more expensive than a missed opportunity." in a bold, yellow, sans-serif font.

**nothing is  
more  
expensive  
than a  
missed  
opportunity.**

Throwing yourself into any opportunity that comes your way is a daunting prospect for many - it can be nerve racking to do something completely new, or out of your comfort zone. It can also be tempting to fall into the trap of thinking "I've got loads of time, I don't need to do this now", when in reality, there's no time like the present. Setting goals and working out what it is that you ultimately want will help you to identify opportunities when they are presented to you; you will start to see connections between what you're doing now and what you want to be doing in the future, and the road towards it will start to become clearer.



# Sport: Should football players be paid less money?

The question of whether football players are paid too much could almost be considered as a proper nitty-gritty ethical question. Since everyone has a different opinion, ranging from 'they are hugely talented so they deserve it', to 'running around chasing a ball like a headless chicken does not require skill', it's obvious that this topic isn't as simple as it may seem. However, could we try to dissect this divisive question and bring some facts into this argument? Let's try.

Firstly, Lionel Messi, broadly recognised as one of the best players in the world, is paid over 700,000 euros per week, which equates to 38 million euros per year from club wages alone. On top of that, Messi will also pocket a €25m signing-on fee, more than Neymar's reported €31m-a-year wages. Also, PSG remains in talks with Kylian Mbappé over an extension to his contract, which has just one year to run, and will be of similar expense. This means that in these figures, we have not included the astronomical money Messi receives from sponsorships, shirt sales, and other brand exposure. So it becomes crystal clear that yes, footballers get paid too much. However, is it more complicated than that.

When someone moans about the amount of money that footballers make, they point to the best footballers in the world, because they are usually not even football fans, and just know the sport by the names: "Messi" and "Ronaldo". These guys are in the top 0.1% of footballers, who may have been born with tremendous skill, but showed extreme determination to follow their ultimate

dreams, when people told them to stop. For instance, Ronaldo has spoken before about a teacher he had in school, who, when he told her his dream of becoming the best footballer, she burst out laughing and told him he would never get there. The extreme perseverance deserves to be rewarded.

**"Players lower down the football pyramid are earning peanuts compared to the top guys."**

Furthermore, the top 0.5% does not include players lower down the football pyramid, who are earning peanuts compared to the top guys. The average third division, League One wage is around £4,500 a week while the average fourth division League Two wage is £2,100 a week. This is considerably lower, despite only being two and three divisions down from the highest grossing division in the world, the Premier League. Plus, when we consider even lower leagues and other less popular European Leagues, the wages soon come to the national average of what people earn in the UK. Arguably, being a footballer is no easy ride, since they are constantly competing, as well as training and keeping their fitness up throughout the year, ensuring they are in the best possible shape.

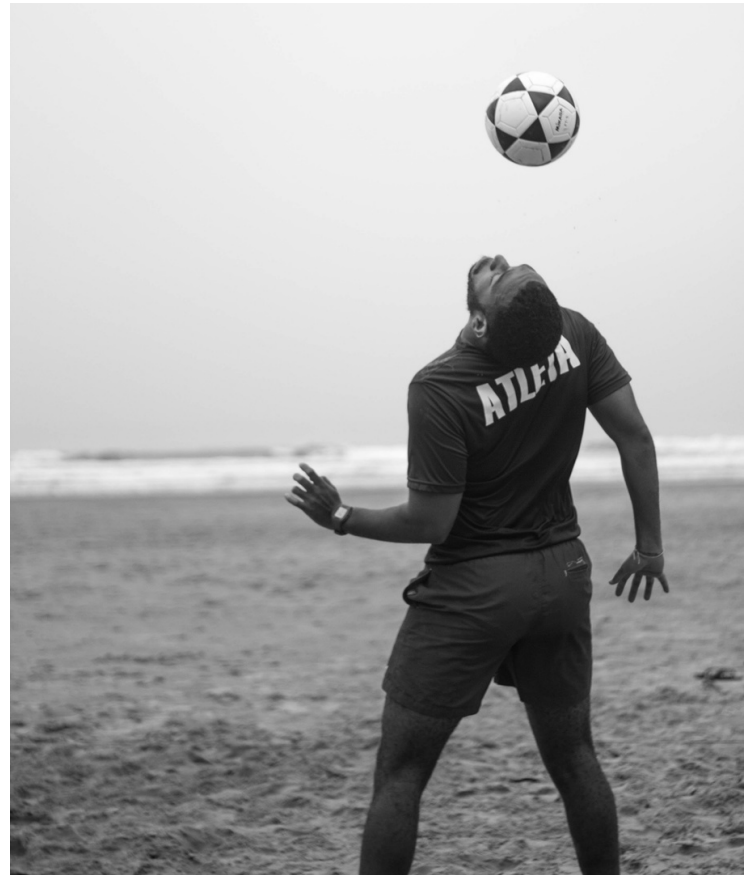
This means that the average footballer has roughly five to seven years of top earning potential, for a career that has required far more work and dedication than similarly paid career paths.

After this, when they retire, they are left with no transferrable skills and as a result, very limited options. People often overlook these facts.

Despite this, many members of the public would still say that there are more important roles which should be considered, which are necessary as well. This includes soldiers in the British Army. Their average salary per annum is £25,770, over 3,700 times lower than Messi's, who makes this amount in every 33 minutes, which is quite simply ridiculous. Especially during these testing times, this money could go to the doctors, nurses and the key workers, who constantly work tirelessly to finally defeat this virus. But guess what... the players did make contributions.

Premier League footballers, in the spring of 2020 took large pay cuts to fund the NHS, giving 1.3 billion pounds in only tax, excluding individual pay cuts, which is way larger than any (so-called) politicians like Lord Ashcroft, who have never even scraped this amount. Of course, when there is a financial crisis, everyone will turn their backs on footballers because they earn too much. What logic is this? Not only do they not deserve the criticisms because of what they have already done, but they are not the ones at fault for the lagging NHS... that is the job of the Government. Sportsmen should not have to make extra contributions, since this is their job and their salary, like any other person.

So put your jealousies aside, accept the facts, and let them do their profession they worked so hard for.



**Writer's Opinion:** "Footballers work hard, just like anybody else, to get where they want to be. Their salary is reflective of their dedication, their training, their sacrifices and the demand and popularity of their sport. They should not be paid less."

If you disagree with this opinion, let us know! Email us on [sph-voice@sphcs.co.uk](mailto:sph-voice@sphcs.co.uk) with your counter argument and you could be featured in next month's edition!



# Mentality & Wellbeing

From the Wellbeing Team

**For this month's Wellbeing feature, we're taking a look at the cosy cliché, and how to embrace the Danish concept of hygge this Autumn.**

Defining hygge is tricky. It's been called everything from 'the art of creating intimacy', 'cosiness of the soul' and 'the absence of annoyance' to 'cosy togetherness' and 'cocoa by candlelight'. The big picture is ultimately that hygge is about an atmosphere and an experience rather than stuff. It's about being with people you love, a feeling of home (whatever or wherever that may be) and a sense of comfort in feeling shielded from the busy world we live in. The old saying that 'money can't buy happiness' is key in hygge.

One of my favourite things that I own is "The Little Book of Hygge - the Danish way to live well" by Meik Wiking. Essentially a beginner's guide to this Scandinavian concept, the book has chapters on light, togetherness, food, clothing, Christmas and more. This book has been my go-to book before bed for a while now, as it's simple structure and calming colours emulate relaxation and always help me to de-stress. A few basic and easy 'hygge activities' that the book mentions are:

- lighting candles
- wearing cosy clothes, jumpers and pyjamas
- baking (especially pastries or anything containing spices such as cinnamon or nutmeg)

According to the Danish, who are of course the ultimate feel-good authority, doing these things are almost guaranteed to give you that warm, autumnal fuzzy feeling. As it turns out, that soft cosiness is actually the centre of an entire philosophy!

Of course, hygge will not solve all your problems. One of the best things about living in the testing times that we do, is that mental health can be understood in a way that it couldn't before, and we appreciate its complexity in a lot more detail from a younger age. We know now that our minds and our mentality are a lot more complicated than 'being happy' and 'being sad', and sometimes our feelings won't budge no matter how hard we try. But hygge doesn't have to be a solution, it can be a distraction, a helping hand when you're feeling stressed, or even a relaxing, quiet break from work as an alternative to scrolling through social media.

There's no set way to 'do hygge', but the key things to remember are the concepts of calm, togetherness and cosiness. As long as you surround yourself with things or people which make you feel calm and relaxed, you're probably doing it right!

Links: "The Little Book of Hygge"  
<https://www.amazon.co.uk/Little-Book-Hygge-Danish-Penguin/dp/0241283914>

**Challenge:** Try one of these activities if you are stressed or need a break. It might become a new part of your routine!

# Book of the Month

Black History Month Edition  
#blacklivesmatter

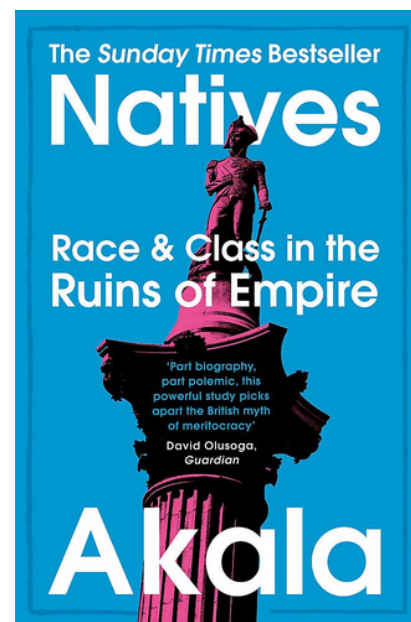
## Natives: Race and Class in the Ruins of Empire

Published in 2019, *Natives* is written by Akala, a Black British rapper. The book explores how minority individuals are impacted politically by Britain's history as an empire, all in an attempt to deconstruct British meritocracy. Most prominently to readers such as myself, the book examines racial privilege and the unique nature of modern racism within our British society. The chapter, *A Guide To Denial*, examines the importance of illuminating racial ignorance, perpetuated by the way in which race relation issues can seem "invisible precisely because the world is structured around" those in privilege .

Blurb and overview: "From the first time he was stopped and searched as a child, to the day he realised his mum was white, to his first encounters with racist teachers: race and class have shaped Akala's life and outlook. In *Natives*, he takes his own experiences - with education, the police, identity and everything in between - and uses them to look at the social, historical and political factors that have left us where we are today."

"*Natives: Race and Class in the Ruins of Empire*" is available via the link below and in selected stores

<https://www.amazon.co.uk/Natives-Class-Empire-Sunday-Bestseller/dp/1473661234>





# October – the oddest month of all?

Every month has its quirky days but, for me, October certainly tops them all! In this article, we will take a short journey together through some of the most bizarre days in the international calendar.

Let's start on October 1st, where we commemorate World Smile Day; an entire day dedicated to that famous yellow circle with two black dots and a black curve. This internationally recognised symbol was first created by Harvey Ball in Worcester, Massachusetts, 1963, as a morale booster for a company. He never trademarked the drawing and, as a result, only ever received \$45 for his work! This symbol rapidly became an infamous portrayal of happiness, but Harvey Ball worried that its' overuse would lessen its impact. This led to the creation of World Smile Day in 1999, which encouraged people to use the symbol appropriately. Many people enjoy doing small acts of kindness throughout this day and many donate to charities too. After such a positive start to the month, it is no wonder that the days become more and more exciting!

This leads us very nicely to October 4th which sees the strange celebration of National Taco Day. The origins of this day are questioned by many but the story is, that in 1964, a man named Roberto Gomez created the National Taco Council in America. Allegedly, the council sent an eighty-five-pound taco to President Johnson as a token of their appreciation for his work. From then on, a national

day of commemoration was added to the constitution!

This day now sees many restaurants across the USA serving tacos or creating special offers and deals around their existing menu! Why not try making your own tacos this October?

After a few more days of events such as National Porridge Day and Spider-Man Day (yes, it is an actual thing!), we arrive at October 20th, which represents International Sloth Day. Sloths, personally one of my favourite animals, were given this day of celebration by the AIUNAU Foundation in Colombia, in 2010. The idea behind this day is to celebrate the usefulness of the sloth to humans – it is thought that the algae in their fur may be able to help develop a cure for cancer. Therefore, it is important that we make the most of this special day, perhaps by visiting a sloth at the local zoo or by adopting one. If all else fails, maybe try taking up the sloth philosophy of life – doing very little! In order to help you succeed in your slothfulness, you could try reading 'The Little Book of Sloth Philosophy' by Jennifer McCartney.

At this stage of the month, I am sure that you are all in agreement that October definitely has a lot of unconventional celebrations, but we have yet to arrive at probably the most famous of them all.

That's right – let's talk about October 31st: Halloween! In order to discover the roots of Halloween we have to turn the clocks back to the Celtic era. Halloween is based on the original festival of Samhain (November 1st) which, for the Celts, celebrated their New Year. Celts believed that on the night before Samhain (i.e. Halloween), the boundaries between the worlds of the living and the dead became blurred. In order to ward off the ghosts, Celts would light bonfires and wear costumes, usually animal skins and heads, and would even attempt to tell each other's fortunes.

**"Halloween has evolved and has become a commercial celebration, but many of its' roots are still visible at parties today!"**

As you can see, this is where the tradition of costume-wearing all began! After the Roman invasion of England, the festival of Samhain became mixed with the Roman festivals of Feralia (the passing of the dead) and Pomona (the goddess of fruit and trees.) It is thought that the traditions of eating toffee apples and bobbing for apples may have stemmed from the festival of Pomona because of her link to fruit. Halloween has of course evolved and become a commercial celebration, but many of its' roots are still visible at parties today!

Overall, October sees many days of commemoration and there is definitely something for everyone to celebrate. Over the next few days, try to think about how you could celebrate one of these days in a new, unique way and, I think we can all agree that October is absolutely the oddest month of them all!



Links:

'The Little Book of Sloth Philosophy': <https://www.amazon.co.uk/Little-Book-Sloth-Philosophy/dp/0008304823>

# Halloween translation wordsearch



l	b	o	f	s	e	m	ô	t	n	a	f	g	o	n
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**Task:** Translate the 15 words into the language given in brackets. Write down these translations and then find them in the grid above.

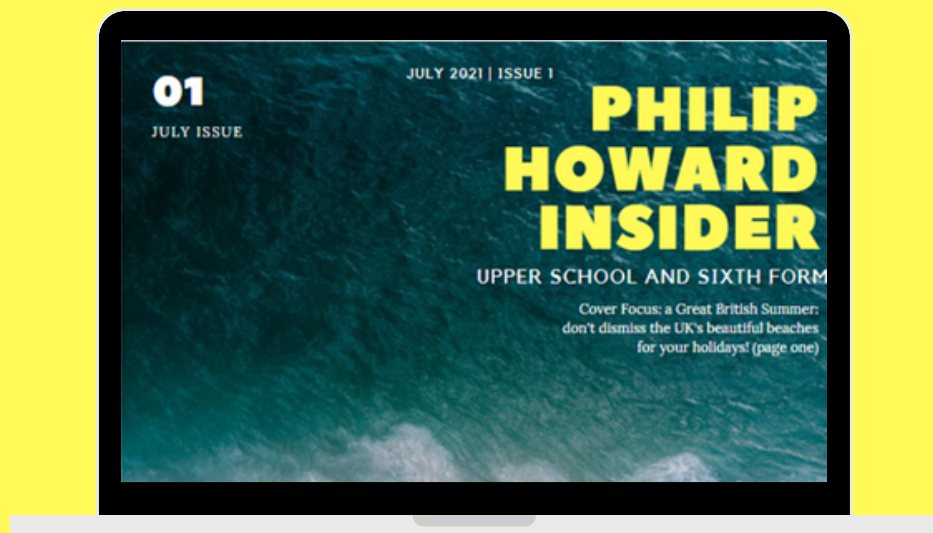
1. October (French)
2. October (Spanish)
3. October (German)
4. Ghost (French)
5. Bat (Spanish)
6. Lantern (German)
7. Pumpkin (French)
8. Sweets (Spanish)
9. Witch (German)
10. Skeleton (French)
11. Monster (Spanish)
12. Moon (German)
13. Party (French)
14. Vampire (Spanish)
15. Spider (German)

# 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!



## contact us

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SPH-WELLBEING@SPHCS.CO.UK

## available

Monthly, for upper school, Sixth Form and parents.  
On PDF, and limited paper prints available on request.

# Wordsearch solutions:

- 1. Octobre
- 2. Octubre
- 3. Oktober
- 4. Fantôme
- 5. Murciélago
- 6. Laterne
- 7. Citrouille
- 8. Dulces
- 9. Hexe
- 10. Squelette
- 11. Monstruo
- 12. Mond
- 13. Fête
- 14. Vampiro
- 15. Spinne

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