

# JFS Journal

JFS School

Issue 8 - Unlocked

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## Life After Lockdown: Which Habits Are Here to Stay?

### From the Editor's Desk...

This term the journalists decided on the theme of 'unlocked'. They interpreted this in many guises and wrote to their particular strengths and preferences.

I'm sure you'll agree that once again they have shown us their rich eclecticism and have given us another excellent read!

*Ms Wolfson*

Despite the detrimental effects Covid has undeniably had globally, socially and economically, it is evident that lockdown was not a complete and utter recipe for disaster after all.

After a keen interest in finding any positives resulting from lockdown, I found myself reading an article from the Evening Standard. The article stated that many small but beneficial habits had been adopted since national lockdown. Some of these in particular stood out, especially those relating to cuisine.

Not only are Brits making more health - conscious decisions such as wasting less food, but they remain immersed in their lockdown habits of making meals at home. This time however, they are staying in out of choice rather than government restriction prohibiting them from going to restaurants.

Cooking from scratch, especially as a family, is something which has been embraced as a more regular habit. Cooking unlocks creativity and, a most often incredible tasting form of art. It is also proven to be most relaxing, enjoyable and more often than ever, better than your typical frozen pizza found at the back of the freezer.

Not only does cooking and baking create a positive dynamic within a household, but it brings wider family together in order to enjoy comforting and memorable meals.

And these habits are far from short term; 'HelloFresh' found that almost a third of Brits believe that lockdown will change their eating habits for good. So, before you let your parents take out the next pack of frozen schnitzel, or the ready-made cake mix starts looking a little too appealing, try 'unlocking' those chef skills.

By Leah Viner Y11





# The Beautiful Game Unlocked

14th August 2021. A historic day in the recent British sporting calendar. The day Premier League clubs welcomed back full capacity crowds to their stadiums and everything had seemingly returned back to its usual self. Nature appeared to be healing once again. Football was back. All of this begged one question, is the normality of life finally back for good or are there a few more bumps in the road of this pandemic?

March 9th 2020. The last time a Premier League match was played with a full capacity crowd. That day, over 32,000 spectators attended. Little did they know, it would be their last outing of that sort for quite some time.

In my opinion, what severely goes under the radar is the huge impact

football with full capacity crowds has on so many of us. The unity, the spirit, the togetherness and above all the sheer joy that the sport provides. A perfect example of this was 60,000 fans returning back to my beloved Emirates Stadium on August 22nd 2021 as Arsenal faced Chelsea. It felt like one huge entity was rejoicing at the very same time as the supporters sang all in unison. At that very moment, it hit me. Nature had healed. Throughout the football season, week in, week out, tens of thousands of football fans gather to watch their beloved football team play their match; and in my opinion... that's exactly how it should be!

So, the question must be asked... has life FINALLY returned back to normal for good? Most readers of this article probably think that indeed, it

hasn't. However, I am in the minority in thinking that we are slowly but surely fully returning back to life's normalities.

On the whole, the impact full crowds have on people's general emotions and mental health ought to be considered a whole lot more... the liveliness and passion it brings is simply unmatched!

By Aaron Toubian Y11

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# Are We Unlocked From the EU?

We have been unlocked. The door which connected all the countries in the European Union has been opened for the UK to leave. On the 23rd of June 2016 a vote, called a referendum, was put in place to see if the people of the United Kingdom wanted to leave the clutches of the European Union. The vote was

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extremely close. The group of people who wanted to leave won the vote with the edge of their thumb. The result was 51.89% to Brexiters, a win, but nevertheless showing the country was clearly divided.

Brexit has indeed given the United Kingdom more freedom to choose its path for better or for worse. The result now gives the choice to implement a greater variety of laws, if decided by the ruling government body and passed by Parliament. Now with even less restrictions that would have been required previously.

An example of this is that the UK was the fastest in starting the COVID-19 vaccination program due to it being able to decide its own path. The rollout was faster than the EU due to that all the member European countries had to discuss and debate about having one common policy which delayed their rollout and their purchasing of vaccinations.

While there can be benefits with Brexit, there can also be issues. One

of the biggest issues is that there is a smaller labour force available, because the borders are more restricted and you cannot enter with just an EU passport. The United Kingdom is a country which had become used to having a large labour force but no longer has this luxury. It is presumed that institutions of the society will have to develop innovative technology and systems to deal with this new and complex problem.

An example of this is that many foreign lorry drivers have stopped driving HGV within the UK, causing a petrol shortage at the petrol stations. The British government managed to resolve the issue slowly, but the amount of people getting petrol increased drastically during the crisis because of panic buying.

In conclusion, Brexit has its pros and cons but only time will tell if it will be good for the United Kingdom.

BY Elijah Pillemer Y8



# North, South Divide



From Pfizer to Astra Zeneca to Moderna to Sputnik, with 28.03 million vaccines being administered each day, how come only 3.7% of people in the developing world, out of 49.6% globally, have had one vaccine?

Vaccines against COVID-19 are not reaching many people in the global south, despite donations from wealthy nations. Less than 1% of people in low-income countries are fully vaccinated, and just 10% are in lower-middle - income countries, compared with more than half in high - income countries.

Many researchers say the best way to ensure equitable access to COVID-19 vaccines is to enable countries in the global south to make their own. "Charity is good, but we can't rely on charity alone," says Peter Singer, an adviser to the Director General of the World Health Organization (WHO).

With wealthier countries buying up supply in advance, such as operation 'Warp Speed' in the USA, to ensure they had received over 300 million vaccines, is resulting in poorer countries, not getting the access they deserve to these well needed vaccines. At the end of the day, regardless of how rich or poor our background is, where we live geographically, or our countries desires, we are all human. That is why instead of hogging, we should be vaccinating the most vulnerable people, regardless of the issues they may face.

The theme of this issue is unlocking, and the key to unlocking within this pandemic is ensuring that everyone is vaccinated, starting off with the most vulnerable. Everyone means everyone, regardless of any vaccine hogging that may occur.

By Sam Field Y11

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# Unlocked Opportunities

Many aspects of our lives have been molded by COVID-19, ever since we stepped into this pandemic over a year ago; from how we travel, to how we work, and even how we interact with others. This unrelenting and unforgiving virus has given rise to millions of deaths, masses of collapsed companies, and has left many families without a steady source of income. These adverse repercussions cannot be denied, however, it is fair to say that COVID-19 has also unlocked many opportunities for us as a society.

Firstly, on an individual level, it has afforded us time, time which many didn't have in their jam-packed schedules pre-Covid. Time for reflection and working out what is most important to us. It has enabled us to slow down, and better ourselves, a chance we don't often have in our fast-paced lives, as well as an opportunity to try new things that we perhaps couldn't fit in prior to the pandemic. Across the globe, a generation of newly discovered, self-proclaimed artists, chefs, gardeners and musicians has emerged in the

midst of COVID-19; something beautiful has been created from within the darkness and chaos.

Coronavirus has also allowed us to move forward approximately 10 years in the space of 10 months in terms of technology. New and more effective software and inventions have emerged as a result of the pandemic which are sure to have a long-term impact. For example, state-of-the-art, more efficient 3D printing technology has been established to help produce a larger quantity of protective equipment to satisfy rising demand. This means parts can be made on site and more easily. There has also been a shift in focus in usage and research on robots and drones during the pandemic, as we have realised how heavily reliant we are on human interactions, for things such as retail and manufacturing. During quarantine, robots were used to disinfect areas and deliver food, and in the future, it is likely that similar jobs will be replaced with technology, although many new jobs will be created in the process.

Along with this, medical research has also advanced rapidly due to the pandemic. Numerous teams across the world collaborated to find a vaccine for COVID-19, which has unlocked ideas and scientific breakthroughs for research into vaccines for a myriad of ailments.

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Although many companies have collapsed, the pandemic has had a handful of positive impacts on the business sector as well. For example, online meetings forced us to reconsider meetings as a whole - we've generally made them shorter and more to the point, allowing us to get more done. Ways of working are much more flexible now, thanks to technology. This has opened up opportunities to work with different people in different ways, beyond the constraints of where you live.

COVID-19 has brought substantial challenges, widespread challenges that we're unlikely to come across again in our lives, however, it's important to remember some of the positive changes it's had on our society as well, and the advances it has encouraged.

By Sarah Trup Y12



# Can Airports Ever Return to Normal?

At last, airports are finally fully open and running around the world, and long queues are starting to form. Families aspiring to leave the United Kingdom to go on holiday potentially for the first time since the COVID-19 pandemic, that so fatally affected the world. But the main question must be whether there ever will be a normal again, especially in the aviation industry.

a 'fit to fly' test. This had to be done within twenty-four hours of the flight, but was just the equivalent of a lateral flow test, with the addition of sitting in a comfortable leather seat.

Results were returned after approximately thirty minutes which confirmed that I was able to finally leave the country. Not being used to packing in so long, it was a late rush

same idea as us. When we pulled into Heathrow Terminal 5, I was startled to see that in comparison to previous visits, it looked like a ghost town. The media had documented queues in security and other parts of the airport of up to 'three to five hours' so I was nervous in preparation to see how long we would wait.

The whole process took around 30 - 35 minutes, and by the time we were through to the shops and restaurants, it was lunchtime and the mask that I had worn throughout the car ride and the airport had made my mouth completely arid. One thing that the terminal does boast is a wide range of top-notch ready to go places and sit-in cafes. They may have had a tough time during the pandemic, but they were certainly running as usual, and there were even more opening where others had closed down.

A quick stop for coffee, and then some sushi for the family filled up the time that we had before the plane was ready to board, and we were soon ready to walk down the tunnel and onto the plane for the first time in about 11 months!! Instead of checking my printed boarding pass, they opted for my electronic pass on my phone - something now taking over in other places such as concerts and football games. We were greeted onto the flight with a lovely wooden basket - no, not of any food or delicacies, it was disposable wipes and masks for anyone that had forgotten, which people didn't seem to have done on this flight.

The safety briefing included an additional section about wearing a mask except for eating and drinking. I heard that the best way to escape this was to drink water the whole time or eat something. So, I did what a sensible person would've done,

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To see if there was a significant change, I will be taking you along the journey of my holiday to France during the half-term break, and if it felt comfortable to be flying once again.

It started with a walk up the road in the cold and brisk London conditions to a local clinic. From there, to fly to somewhere as close as France, we had to take a test to determine that we did not have the virus known as

to cram in all the essentials needed (in my case an Amazon Alexa to wake me up which would turn out to be very handy). And off it was to the airport in an Uber at around 11.30 am - notably around three hours before the scheduled departure time.

The Uber surprisingly was longer than the flight, perhaps because we were in an aftermath of a petrol crisis, or that half term was just starting, and other families and people shared the





looked at the inflight menu. I got to the menu by mistake as the airline had falsely advertised that WIFI is complimentary on this flight on the back of the seat in the row in front of me. I was eager not to miss the football match that was being played at the time we were on the flight but was shocked to see that when trying to connect I was led to the menu rather than the WIFI. What was great advertising by the airline, would've been even better, had the choice not been disappointing and compact.

For an hour and a half flight, a pack of crisps and a bottle of water wasn't a completely terrible gesture by the stewards. But with the most acceptable thing on the list being a tinned quinoa salad, it was upsetting to see how much of a toll the pandemic had taken on various aspects of the flight. I was more focused on my 'Football Manager' saved on my tablet to realise we had taken off and after a few matches and

an episode of a show I downloaded, the call for touching down in Nice was made.

Having not flown for 11 months, I was no longer used to flying, and it affected me, heavily. I experienced something known as ear barotrauma which is where there is a sudden difference in air pressure, and your ears and upper brow feel like they are being vacuumed together with pins and needles simultaneously. I was told to drink and have a sweet, but it was too late to recover, and I figured that I just needed to wait until they would eventually just explode. They didn't until we had reached baggage reclaim, and the touchdown might have been the longest 15 minutes I have ever been through in my lifetime, bar the 2020 FA Cup Final.

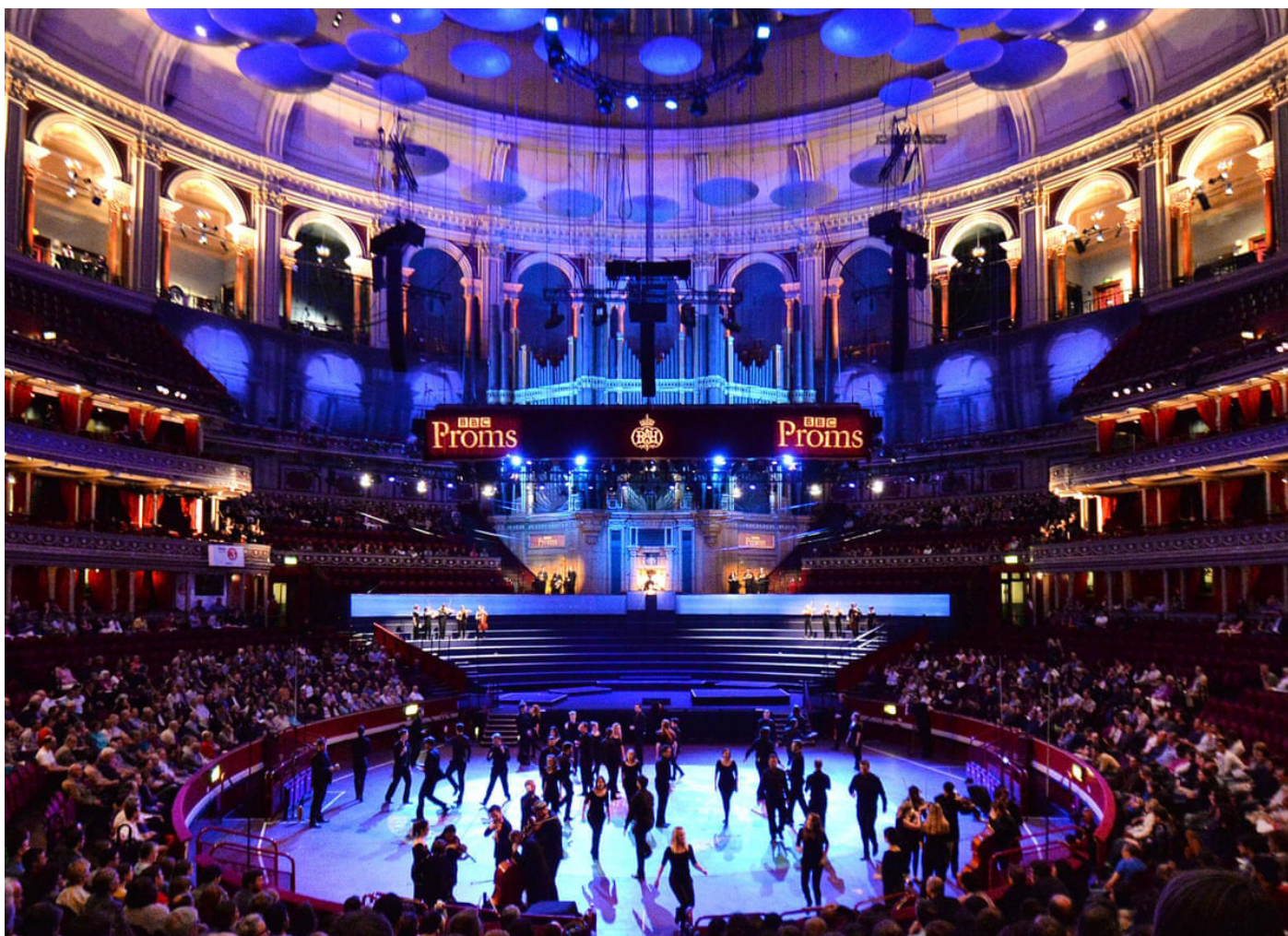
A tram right outside the doors of the arrival's terminal directed us to the Promenade des Anglais (which means quite literally the English

Walkway), notoriously known for being a popular place for British people to have stayed in the past. I could go into detail about the whole holiday, but that is for another article. One thing I did learn however is that Nice has one of the best landing routes possibly out of all airports. It is situated on a minuscule island and has to fly in over the sea before making a sharp right turn to land on the remarkably short runway. It's an impressive manoeuvre to watch and even better inside the plane.

So, back to the statement about whether the airports are or can be considered normal. Currently, it's clear that the industry is limited in what it can do, hence the complex preparation for a flight, but if you master the pre-flight saga, the other side is improving constantly and has the potential to be even better than before the pandemic.

By Aaron Jaffe Y11





“ *It was wonderful to see live performances returning to the Royal Albert Hall* ”

# The Proms 2021

as being recorded and put online. Some artists that performed in ‘The Proms’ were Michael Morpurgo, Martyn Brabbins, Nicola Benedetti and Ryan Bancroft.

The Proms were open for audiences and has been running continuously since 1941. It had 52 concerts over 44 days, with over 2,000 musicians and 30 orchestras. A live and non-socially distanced audience was allowed to see ‘The Proms 2021’.

One of the many Proms that were held in the Royal Albert Hall that is on BBC iPlayer is *The Golden Age of Broadway*. This concert features some of the most popular Broadway songs, including songs from *South Pacific*, *My Fair Lady*, *Oklahoma*,

and *Carousel*. It is conducted by Richard Balcombe and Broadway and West End performers work with the BBC Concert Orchestra to create a dreamlike experience. Guests Bonnie Langford and Neil Brand tell us about the elegant era called *The Golden Age of Broadway* during intervals, and songs that we hear include, *There’s No Business-Like Show Business*, *Some Enchanted Evening*, *On the Street Where You Live*, *My Funny Valentine* and *You are the Top!*

It was wonderful to see live performances returning to the Royal Albert Hall for the Proms 2021, and it was a Prom to remember.

By Hannah Pillemer Y9

‘The Proms’ (a series of concerts) are held in the Royal Albert Hall in Central London, and ran this year from 30th July to 11th September. It reopened to the public this year after only being able to hold the experience online last year due to the pandemic. It was held in The Royal Albert Hall, as well



# Unlocking Your Creativity: Arts and Exhibitions

As we begin to venture back to our hobbies and activities that bring us joy, we look for things that inspire us, and influence us to think outside our regular train of thought. Staring at paintings allows you to look deeper into the painting but also life. What do the colours mean? How does it make you feel?

Often artists paint of their own experiences and memory as they think on a deeper creative level. So we need to reach out to find our creativity to keep us inspired and fresh thinking. Exhibitions also have the same effect, they force you to think about different ways the world works as well as opening your eyes to world problems, fashion, culture and life.

There are many art installations and exhibitions in London for example, the Victoria and Albert Museum

presents many artists and historical artefacts through exhibitions, allowing people to visit and to be inspired. The Victoria and Albert Museum this past summer opened an exhibition called Alice: Curiouser and Curiouser. Timeout explained that, "This trip down the rabbit hole was set to be one of London's cultural highlights this summer."

The exhibition was designed by the award-winning Tom Piper, who is the creator of the Tower of London's famous poppies. The exhibition showcases the development of Alice over the past 157 years, all the way to the original Walt Disney 1951 animated version. This development allows a person to look deeper into what is Alice in Wonderland.

By Layla Freedman Y11

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# Unlocking Prom

***Unlocking, what does that mean to you?***

Perhaps it's seeing friends, going to parties or holidaying abroad? For me, unlocking meant Prom!

Right from when I was a child, like many people imagine a dream wedding, I dreamed of Prom. The perfect Prom, surrounded by friends and dancing to our hearts

***“ all  
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content. As Covid took a hold of our lives, I thought this dream was lost, the further into Lockdown we progressed, the more Prom seemed a wish that was unlikely to come true.

Before I knew it cases dropped, and Prom was organised. Tickets were given out, school was almost over, Prom was edging closer and closer. Then, disaster! Cases shot back up, the country doesn't open, Prom is postponed!!!!

Summer holidays arrived and everyone went off doing their own thing, not knowing if we would see everyone again at Prom, or if the last day of school was the last day, we were all together. I went abroad, another thing unlocking allowed, I was able to get a warm glow ready for the rearranged Prom.

School restarted, everyone was getting excited, there wasn't a day that went by that Prom wasn't mentioned.

The day of Prom arrived; many had arranged Pre-Prom festivities.

I was one of those people. My friends arrived, and we all got ready together. What people don't mention when gushing about how amazing Prom is, is the stress that comes with it, especially this year. After all the waiting, I was overcome with emotion when it came to getting ready as I was worried about what Prom would be like, and if it would live up to my big expectations. The time came to all pile into our chosen mode of transport, and after the long drive into Soho, Central London; we were all buzzing with excitement as we waited outside the venue, ready to show our tickets, and our negative Covid test.

I walked in, blinded by the lights, but I had finally made it!! My dream had finally become a reality. All my worrying had been for nothing. Prom was one of the best nights of my life, everyone got along, all insecurities over dresses or friendships were left at the door, and we all danced the night into oblivion.

By Pascale Measures Y12



# Book Review

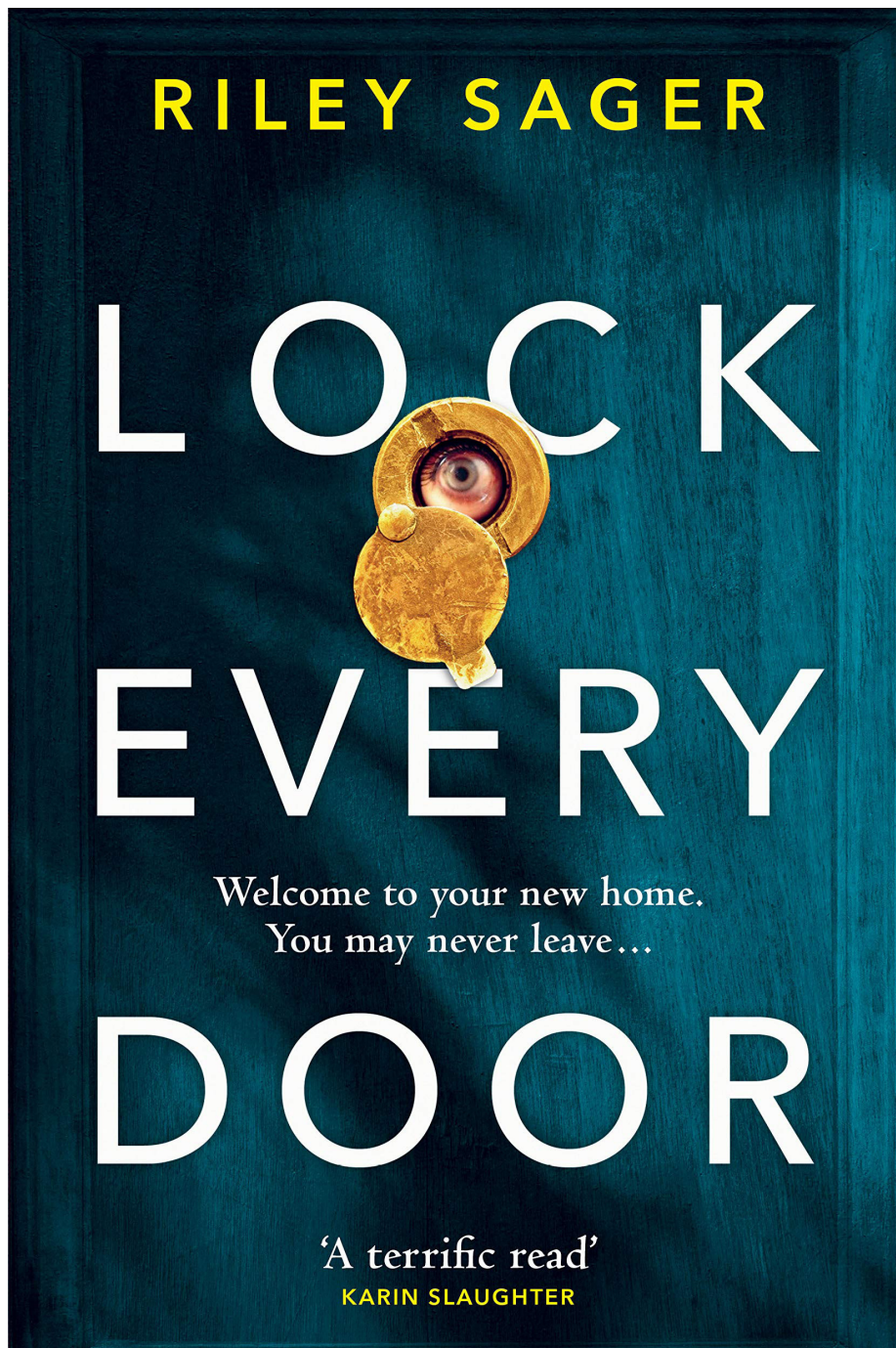
Lock every door is a mystery thriller novel by Riley Sager. It follows the story of Jules Larsen, who is struggling financially after having lost both her job and her boyfriend. She answers a job posting for an apartment sitter for an apartment in Manhattan's most exclusive and mysterious building, The Bartholomew, after the death of its occupant. It is known as a creepy place where many bad things have happened such as, the original owner, Thomas Bartholomew, jumped from the roof to his death, mass death and murders.

The job is as follows, a three-month job with three main rules. She is expected to have no visitors, no nights spent away from the apartment, and no disturbing the other residents, all of whom are rich or famous, or both. The salary is \$12,000 for the three months and thus an offer she can't refuse, so she takes the job. While residing there she gets to know the staff and other residents and finds out that there are other apartment sitters, and gets to know Ingrid who's staying on the floor below her and moved in a couple weeks before.

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The next day, Ingrid is gone and the other residents say she moved but Jules senses that that is not the case. While looking for Ingrid she finds out more about The Bartholomew's secrets and its dark history. She finds out that there was another apartment sitter who resided in her apartment before her and left suddenly after a number of days - just as Ingrid had. The book narrates Jules' exploration of what happened to Ingrid and about what The Bartholomew and its residents actually are.

The structure of the book was impressive in that it was set in the present tense but kept going chronologically back to Day 1 - Day 6 and back to the present tense. The characters are all introduced as regular characters in a book but the residents of The Bartholomew all have a twist in that one thing isn't told and that key fact changes the way the character is perceived, such as when Nick is found out to be a Bartholomew and he isn't a nice person he simply is trying to keep a sitter long enough to harvest their organs.

I found the book deeply captivating thus why I gave it 4.5 stars. I would have given it 5 stars if there was more context and background information but, overall it was a great read.

By Tami Potishman Y10

# D'Var Torah

The main mitzvah that we do on Chanukah is the lighting of the Chanukiah in our homes. Many people light it on the window sill so that passers-by can be reminded of the miracle of the oil.

I recently learnt something interesting about the original customs of this mitzvah. Originally, the Chanukiah would be placed outside the house, on the left of the doorway so that a person entering would have the mezuzah on one side and the Chanukah lights on the other. Many people in Israel still light this way but inside an enclosed glass box, eliminating the fire hazard

and risk of the lights being extinguished by the wind or rain.

So why, nowadays, do we light inside? The Talmud tells us that at times when anti-Semitism is high, such as during the Holocaust, a Chanukiah outside the home would advertise a Jewish home that would become vulnerable to attack. Therefore, it was permitted to light indoors.

These days, it isn't so dangerous to light a Chanukiah outside, so why light indoors? An answer that I learnt is that nowadays, it is of more importance to make ourselves and our families

aware of the miracle than it is to make outsiders aware of it. Today, we must prioritise making our Jewish families aware of our Jewish traditions, and how better to do it than lighting the Chanukiah inside the house.

It also occurred to me that this lesson links into some of the things we have learnt about mental health. Sometimes, we should stop being concerned about what others see or think and we should focus on making ourselves stronger and more resilient. Chanukah sameach

By Max White Y8



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