

JFS Journal

JFS School

Issue 12 - The Autumn Edition

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New Scientist Live

From the Editor's Desk...

We had a very loose theme to this edition: we are aware that the autumn brings many events and celebrations. This autumn is no different and our journalists wrote to their strengths from religious celebration to Football celebrations we have it all for our readers. So find a spot to sit in with your autumnal fashions on, put on some music, read and then catch some football.

Ms Wolfson

I went to New Scientist Live, and it was a fantastic experience. I looked at technologies that will soon become important and/or widespread while listening to interesting talks about a variety of topics. In this short document of my experience, I will tell you about some of these technologies and talks, and my overall thoughts about it.

One of the most interesting technologies I saw was a medical tube for the intestines that was flexible and controllable by a handheld device. It is called 'MorphGI' and was developed by Dr Hongbin Liu and his team. I talked to Dionysios Malas (PhD), who is an engineer working on the project, and he explained to me how it worked and how it is far more beneficial for a patient, due to the fact that it is more comfortable. It also comes with a camera and a small tool that can be hidden, for the doctor to use if needed. Another amazing technology was a combination of science and technology. UCL's Computer Science department used sound waves to make small light balls float up in the air. These then could be connected to a type of fabric that does not interfere

with sound waves, even when the sound waves pass through them. This can be combined with a projector and computer algorithms to create 3D animations, video games (like pong) and hologram-like screens!

Technology was not the only spectacular thing there; the talks were also excellent. I listened to a talk about Black Holes and another about Supernovas, each giving me an insight into these majestic natural occurrences in space. Another talk was about highly processed foods that are everywhere, from your Hovis loaf to fast food burgers. I had an introduction to so many topics, and learnt so much from so few talks, that I cannot even comprehend it.

In conclusion, New Scientist Live was an amazing and interesting experience, where I learnt a lot from and hope I can visit again. It was a fantastic experience and I learnt what the future of science is. If this sounds interesting, I thoroughly recommend you go to New Scientist Live next year!

By Elijah Pillemer Y9

G-d Save The Monarchy



In light of the recent funeral of Queen Elizabeth II, Britain as a whole face a crossroad.

What, if any, is the future of the Royal Family?

To start with, we face the question, 'should King Charles III be the next monarch?' As Queen Elizabeth II's eldest child, constitutionally it is his birthright. However, there are numerous reasons why many believe that he is not the right candidate. Some hold the opinion that the monarchy should end with Queen Elizabeth, that she was the end of a long lineage of popular and well-liked monarchs, and that the continuation of the monarchy following her death is unnecessary, or perhaps disrespectful to such a lengthy, and impactful reign. Others, in terms of personality, are much less fond of King Charles than

with the late Queen. When Princess Diana, King Charles's first wife, died on the 31st of August (1997), the public opinion was firmly against him. Many people blamed him for Diana's death. They accused him of being a poor husband, a lacklustre father and entirely responsible for the demise of one of England's most beloved celebrities. 25 years on from that moment, and many members of the public still hold that sentiment against him. Furthermore, some people share the opinion that at the age of 73, realistically, he is too old to be on the throne. It might make more sense to skip to Prince William, as the likelihood is that he would reign for far longer, whereas it can be argued that King Charles's reign will be inevitably limited, and consequently unnecessary.

If the King Charles crisis is not enough to raise questions over the monarchy's future, then perhaps we have to look to people's political opinion on the monarchy? Many people do not see the point in having a monarchy in the future, or at all. They believe that in the world's current state, a monarchy is both outdated and unnecessary. During the period of state mourning, BBC news briefly interviewed a Welsh minister, who stated, "It (the Royals) doesn't really fit with the modern democratic Wales, it doesn't really symbolise the nation as it is today. No, we do not think there is a role for it in modern democratic Wales." Furthermore, the Queen's death has seen a resurgence of public interest into groups that are opposed to the idea of a constitutional monarchy, mainly the Republic Pressure Group. On their website, their main aim

is stated as, “We want to see the monarchy abolished and the Queen replaced with an elected, democratic head of state.” They firmly believe that the idea of a monarch goes against the concept of democracy. However, they don’t wish to get rid of the position, but they would rather the Queen/King be replaced by an elected official. They are unelected, given status purely due to inheritance, and do not have to undergo any measure of public scrutiny, or receive any qualifications that make them eligible to hold the amount of power and status that they enjoy. To the 80,000 Republic members, they are not motivated by political views. Their membership is incredibly diverse in the ethnicity, political positions, and incomes of their members. It is not a matter of politics whether or not the monarchy survives, it is a matter of society’s support for them. Similarly, many mainstream newspapers, including The Guardian, The Observer, The Economist and The Independent have all advocated for the abolishment of the monarchy. The future of the monarchy, it seems, lies in the hands of the people.

There are many of those, who regardless of personality or politics, want a constitutional monarchy. For some, the existence of the monarchy is reassuring. The monarch is a national figurehead that, surprisingly, many people can identify with. In times of crisis, the monarch can be a source of constant stability. Others support the royal family because they see them as a branch of England’s history. The monarchy is a reminder of our past and in some ways, a link with that past. But for most people, the monarch’s appeal lies in their continuity. England has had a monarchy for almost one thousand years. Some monarchs have been better, some worse. But they have always been an established presence within society, a constant in times of uncertainty. Some would go further to argue that a monarchy’s worth can be condensed into their use as symbols, in which case England’s current royals wholeheartedly adhere to this.

One of the monarchies main functions is to participate in formal events,

“ *In light of the recent funeral of Queen Elizabeth II, Britain as a whole face a crossroad. What, if any, is the future of the Royal Family?* ”

ceremonies, and public engagement, which all active members of the Royal Family routinely do. Similarly, the Royals maintain this symbol status by rarely engaging in political discussion, being banned from both supporting or opposing any political issue, past or present.

Lastly, some people who are not so sympathetic towards the Royals, can at least appreciate the amount of revenue, via tourism, that they bring to the country. In the fiscal year of 2019-20, the income from ticket admissions for royal estates in the UK rose over the previous year, according to Statista, peaking at nearly £49.9m. The royal collection is valued as one of the most significant in the world. According to its annual report of 2019-

20, a record 3,285,000 people visited the official residences, generating approximately £49,859,000. From a retail perspective, gift shop sales of royal memorabilia made £19,983,646 in a single year, making the monarchy’s total income of the past year to £71,526,000.

So what will the monarchy’s future be? With the coronation of King Charles having been set for May 6 2023, it seems unlikely that the abolishment of the monarchy will take place any time soon. However, with a younger generation that seems to feel rather impartial to the monarchy’s continuation, who is to say whether in 50 years from now, the Royals will be made to retire.

Ilana Long Y12



A Political Critique, in Two Parts



and turmoil in the financial markets as the pound fell, and the cost of government borrowing rose.

This 'malarkey' government have also seen their poor policy decisions correlate negatively within the polls at the minute. With increases of around 20% in the polls for the Labour Party, it gives me reason to believe that at this current trajectory the next government will not be a Truss one, but rather a Starmer one. However, will this be a good thing? Only time can tell. Politics is becoming much more about personality than policy. This is a scary sight.

(25th October 2022)

Wow! Truss gone after Just 45 days, and Sunak in!

While this may be a necessary change in order to 'stabilise the ship' economically, can the conservatives really afford, after weeks of instability another leader, another change in cabinet, and another view on policy? Albeit the correct answer may not be yes here, we all ought to get behind, and back Rishi Sunak, and hope he can take this country to a stable and maybe even prosperous future!

By Sam Field Y12

(Written before 20th October 2022!) Frantically facing multiple crises, Prime Minister Liz Truss' un-legitimised government (just weeks after coming to power) imposed a variety of measures within their mini- budget in order to get inflation under control and control in particularly the cost-of-living crisis that is affecting millions of lives around the country.

Chancellor of the Exchequer, Kwasi Kwarteng delivered his mini budget to the House of Commons on the 23rd of September, outlining the UK governments plan on the economy moving forward.

One of the more startling measures drawn up within this budget was the 45% additional rate of income tax band being scrapped entirely for those earning more than £150,000, replaced by one single higher rate of income tax of 40% from April

next year. This means that someone earning £1,000,000 a year, will be saving £50,000, and with the average salary in the UK being around the £38,000 mark, this figure is quite frankly shocking as it clearly suits the better off, and this trickle-down economical approach clearly doesn't work as cutting taxes for the wealthy often doesn't translate to increased consumer spending and government revenues within the long term.

Controversially, this policy has undergone a U-turn, as Kwarteng believed that there would be 'no more distractions' with this policy gone. It seems however that Kwarteng will not get away with this easily. The days and weeks following that decision resulted in mayhem

“**Politics is becoming much more about personality than policy**”



Does it really matter where you sit or stand?

Music is a powerful art form. It is subjective; it divides us. However, music also has the ability to bring us together and it achieves this seamlessly through concerts. There are no words strong enough to describe the pure magic of being surrounded by other music lovers for a couple of hours, hearing some of your favourite songs being performed live. Although, as someone who has been to a good few concerts in the last year, and has several more booked for the upcoming months, I have started to wonder whether or not the size of a venue impacts the whole experience. Does it really matter where you sit or stand?

“*Music is a powerful art form*”

Last month, I attended a concert at the O2 Academy Islington to see two lesser-known Finnish rock bands, Blind Channel and Lost Society. The room only held about 800 people and it was all standing, so I ended up rather close to both bands whilst they performed. The singer of Lost Society even went into the crowd towards the end of their set, which was incredibly cool. This was my first time standing at a concert, and I can honestly say that I preferred it. It felt much more personal than a bigger venue. Standing at a concert can be challenging, especially if someone tall stands in front of you, but even as someone smaller, there wasn't a single place I stood where the view was not astonishing. I was within mere metres of the bands, which would be unlikely at a bigger venue without paying a ridiculous amount of money, and even then, there is no guarantee that standing at such a venue would



even get you as close to the stage as someone up in the circle. The sound was perfect, as were the lights and both bands put on astounding shows. In the past year, I have also been to concerts at the Roundhouse in Camden, O2 Academy Brixton and O2 Arena, for each of which I sat upstairs. Unfortunately, The Roundhouse is an awful venue to be sitting at. There is not a single seat which will guarantee an unobstructed view which I found annoying. Although the band, The Sisters of Mercy performed very well, it was hard to enjoy everything to its full extent. Despite this, it did have great sound quality and the lighting was perfect for each song. But next time I'm there, I'll make sure I buy floor tickets.

The O2 Academy Brixton is a venue that I find everyone hates. Standing on the floor there is said to be an absolute nightmare and makes for terrible viewing unless you are willing to queue for hours to get in first or are just extraordinarily tall. But, I adored my time in the circle and had an amazing view throughout. I saw the pop-punk band All Time Low perform that night who were brilliantly high energy and had one of the nicest crowds I had ever been around. I am looking forward to returning there for another concert in March.

Finally, the O2 Arena. It is a remarkable and world-renowned venue that many artists aspire to one day perform in. Last year I was there to see the rock/metal band Bring Me the Horizon, who performed one of the most phenomenal shows I have ever seen. The O2 Arena has some of the best circle seats, and I had a much better view than I did at the much smaller Roundhouse. All of the circle seats are staggered, so even the ones that are the highest up offer a near perfect view. The sound quality was incredible and the lights and screen shows were executed perfectly. I will say though, I felt slightly disjointed to what was going on in the standing area at times. For example, the singer, Oli Sykes, would often comment on something that was happening and we, in the circle, would be left confused.

However, I do not think my distance from the stage affected my enjoyment at all. The emotion of each song was conveyed so beautifully, I don't think it would have mattered where I was. Music is a powerful art form, and if those performing that convey it fully, their message can be felt regardless of where you sit. However, I will always feel more connected to a band at a smaller venue.

By Emily Bunder Y12

London Paris Milan and New York - Fashion Week



The four most fashionable cities' fashion weeks are back-to-back with each other, always ending at the beginning of October. This year's offerings have been no let down! But the two that stood out were New York and Paris.

New York - New York Fashion Week came and went in a flash. The weeklong event featured hundreds of memorable runway shows, from the high end, haute couture designers to Indie brands that are going to be seen on the bodies of all the socialites for the coming year. Marking its 130th anniversary, Vogue hosted its very first fashion show

which was globally live streamed. Celebrities and models from all walks of life walked in the show. The show was opened by Serena Williams

“
This year's offerings have been no let down!”

who is the Vogue September cover star, while taking place in the meat-packing district of New York City. The runway show showcased those favourite looks from autumn winter 2022 collections of luxury brands such as Dior, Gucci, Valentino, Burberry, and Prada.

Paris - fashion week must have made the most memorable mark after Coperni, The Parisian Ready to Wear brand, spray-painted a dress onto Bella Hadid live for the finale of the fashion show.

The story behind the dress comes from a man named Dr Manuel

Torres who studied fashion design and had the idea of a spray on T-shirt. A PhD from the Royal College of Art gave him the resources to develop his innovations. Torres created fabrican, which is a liquid fibre that is bound together with polymers that evaporate when the spray reaches a surface in this case of Bella Hadid's body. After spraying on the dress, the company designers Arnaud Vaillant and Sébastien Meyer made the dress their own by introducing a slit up this side and cut off sleeves.



Milan - One of the main highlights of Milan fashion week was the Gucci fashion show presenting the spring summer 2023 collection. The show consisted of 68 pairs of identical twins that were walking parallel to each other with a divider in between them, once the divider was lifted it could be seen that there were two identical fashion shows going on at the same time. Alessandro Michele explains that The Gucci Twinsburg collection was to relay the message that, "The same clothes emanate different qualities on seemingly identical bodies."

Another highlight of Milan fashion week was the Versace Spring 2023 collection which showcased a series of Gothic glamorous clothing with a surprise appearance on the runway by DJ and American heiress Paris

Hilton. One of the most memorable shows of the month though was thought to be Dolce and Gabbana spring summer 2023 collection in collaboration with Kim Kardashian. This collection was dominated by the classic Dolce and Gabbana aesthetic of black, metallic, leopard, lace and white materials. The whole show was based off the glamorous assumption of what people think celebrities' lives are like: The campaign mainly consisted of Kim eating Italian food whilst being photographed by the Paparazzi. Towards the end of the show, Kim Kardashian made an appearance walking down the runway along with designers Domenico Dolce and Stefano Gabbana.

However, where did the tradition of showing off high fashion come from? Identified by many as the father of Haute-Couture, London-born,

Parisian-based designer Charles Frederick-Worth is thought to have been the first to pioneer the idea of a fashion show. In the 1860s, he launched his latest collection at Longchamp Racecourse, putting clothes on actual models instead of mannequins. These 'live action' events gave good publicity to the people of the time, giving them a keener idea of how a garment might actually look and feel to wear.

'Fashion Week' beyond Europe originated in New York in 1943, and it was initially called Press Week. During World War II, the fashion shows of Paris were cancelled because of the Nazi occupation, making it impossible for US journalists to travel to France for fashion inspiration.

By Layla Freedman Y12

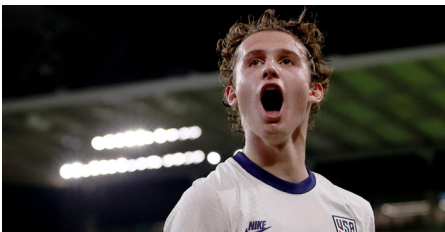
World Cup 2022 - ones to watch

The World Cup beckons, albeit marred by the controversy over Qatar's hosting abilities, fans will be travelling in their numbers to support their country in the most prestigious football competition in the world.

It's a chance for players to become stars, as illustrated by many players who have made significant moves after impressing on the world's biggest stage. These include the likes of James Rodriguez, Alexis Sanchez & Mesut Özil.

We have ranked the top ten young players to look out for, whether you're it's early in the morning on the way to school or after school, the world cup always has drama!

10- Brenden Aaronson (USA)



In a group where England are the heavy favourites to successfully go through, the USA are the one to watch with a young side full of potential. Joining the likes of Weston McKennie, Christian Pulisic & Tyler Adams; Brenden Aaronson boasts some newly found Premier League experience, having joined Leeds United for £25 million in the summer.

His technical ability merged with his intelligent vision makes for a perfect attacking midfielder, and it's up to the 21-year-old to prove it as he faces some of the hardest competition he will have ever faced in the coming year. The Leeds number seven is already a household name at Elland Road and in his home country and is rapidly emerging onto the scene.

9- Charles de Ketelaere (Belgium)



As one of two AC Milan players on the list, his summer transfer switch went under the radar. De Ketelaere joined the Rossoneri from Club Brugge and has struggled with injury since making the move. Premier League outfit Leeds were also reportedly in strong talks with the Belgian, but he snubbed them for Milan ahead of the 'new' project they are building.

The 21-year-old netted 19 goals in 90 appearances for Brugge, but it wasn't about his goalscoring, it was his silky skills on the ball and ability to take on defenders for fun. He's a perfect fit for a Belgian side that are entering a new generation and looks to be set for the future talisman for the Red Devils.

8- Cody Gakpo (Netherlands)



Joining the list of players that are on this list and snubbing Leeds this summer is Cody Gakpo. Gakpo is one of the most highly pursued wingers in world football right now, impressing for PSV Eindhoven in the Eredivise and the UEFA Europa League. PSV have constructed a dangerous front three that can threaten any side, with Xavi Simons, Noni Madueke and Gakpo all pulling the strings. His 6'1 frame along with a powerful shot is the unusual stereotype of a winger but works so well for the Eindhoven-based side.

His recent performances has proven why he should be in the Netherlands team, with plenty of talent such as Steven Berghuis & Steven Bergwijn also fighting it out for the lucrative spot in the squad.

“the most prestigious football competition in the world”

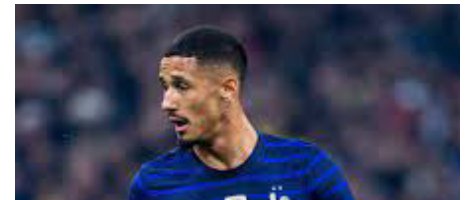
7- Dusan Vlahovic (Serbia)



The Serbian was one of the most highly sought-after players in the winter of last year, and his move to Juventus as preferred to Arsenal meant that he stayed in Italy, still prospering but with better teammates. But that hasn't altered his form, starting the 2022-23 campaign with 6 goals in 9 games for L'Bianconeri.

It's no doubt that Serbia are underdogs in the tournament, but with a formidable attack comprising of the experienced Aleksandr Mitrovic, the versatile Filip Kostic and Vlahovic, they could surprise a few teams with their attacking prowess. It's whether this man can continue his rampant form and carry it over to Qatar where his country will need him.

6- William Saliba (France)



Having been absent from the Premier League before his £25million switch to Arsenal for a few seasons, the 21-year-old is now a key man for Mikel Arteta's side that has dominated so far this season.

After spending time at AS Saint-Etienne, Nice & Marseille, the centre-back looks primed for Premier League football. He has also excelled, with Arsenal winning 9 out of 10 possible games in the League and top of the table as the World Cup looms around the corner.

Saliba has proven it on the international stage too, having made starts for the France team that haven't changed their side that drastically since they won the prized tournament in 2018. The Frenchman has made his case clear for why he should be starting, and in doing

so he would beat the likes of Dayot Upamecano, Clement Lenglet, Jules Kounde and Raphael Varane for the position.

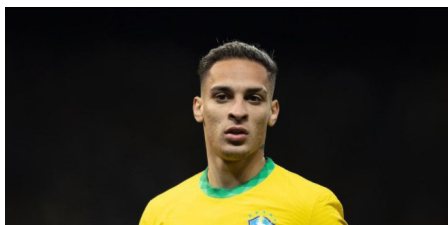
5- Rafael Leao (Portugal)



The man is described as having ‘the complete package’. The pure speed, aggression, dribbling and technical ability. The second of the AC Milan players to be on this list, but it will be Leao whom more eyes will turn to when called upon. Portugal boasts an insanely talented squad for this year’s World Cup, with Leao, Bruno Fernandes and of course, the last dance for Cristiano Ronaldo.

Four goals in nine matches this season shows how prolific the 23-year-old can be, and he will have to step up, especially with the latest injury of fellow winger Diogo Jota who is a huge miss for the Portuguese national side.

4- Antony (Brazil)



There were obvious choices such as Real Madrid’s deadly duo of Rodrygo and Vinicius Junior, or perhaps Barcelona’s Raphinha. But it’s Manchester United’s £100 million man that has hit the ground running in the Premier League, with his trademark skills and finish on his preferred left foot.

He was the talisman for an Ajax side that had completed goals that they would have never believed that they could reach and, despite the poor terms he left the club on, he will maintain as a club legend for his outstanding performances in an Ajax shirt. The 22-year-old will have to fight through the competition that he faces in the Seleção, with a plethora of wingers including the highly talented Gabriel Martinelli and one of the world’s best in Neymar Jr to earn his place. His rampant form for club though has been

noticeable, and should he keep it up, there’s no doubt that Antony will be in the Brazil eleven come November.

3- Jamal Musiala (Germany)



Despite being born in Stuttgart, Jamal Musiala was brought up in England, attending school in South Croydon and rising through the ranks of Cobham before being released young. It was one of the worst mistakes Chelsea could make, along with those of Kevin De Bruyne and Mohammed Salah. Musiala is now a strong presence in one of the world’s best sides and is playing to the best of his abilities in the Champions League at only 19 years young.

Bayern Munich fans regard him as the best youngster in the world right now and they may not be wrong. His grace on the ball, quick feet and silky dribbling provide for an entertaining display when he’s on the ball. He’s pipped the experienced Marco Reus and Bayer Leverkusen’s Florian Wirtz for the starting no.10 role in the German national team and can even play on the left-hand side when Kai Havertz drops back into the attacking midfield role. Despite not being the most prolific, he is the one to watch as Germany aim to add another World Cup to their impressive tally.

2- Pedri (Spain)



The former Kopa Trophy winner and Barcelona number 8 has been one to watch for a while now, cementing himself in Barca’s midfield alongside fellow La Masia graduate Gavi and Frenkie de Jong. In addition, at 19 years old, he has been predicted to be the next big thing, likened to a mix of Cesc Fabregas, his manager Xavi and footballing idol Andres Iniesta. It’s not about the goals or the assists, but the brand of football that he implements when in the side is immediately noticeable to any fan in the audience.

With the Spanish national team entering a new generation since they last won the World Cup, Sergio Busquets is the sole survivor of the midfield that were unbeatable. But now Spain are flourishing with talent, both in midfield and attack. Atletico Madrid’s Marcos Llorente’s versatility is a must-have in today’s game, combined with Gavi’s intelligence and Pedri who can orchestrate it all and make it work effectively. Spain looks like a real threat coming into the World Cup, and their poor form last tournament shouldn’t let them be written off so early.

1- Phil Foden (England)



It wouldn’t be like me to not include some bias in my rankings! But having an England player in number one is not only reflective of Phil Foden, but of the many players that could be included in Gareth Southgate’s 26-man squad. It could’ve been Jude Bellingham or Bukayo Saka that made this list. But it’s Foden who’s one to watch because he is yet to make his mark in the national team. Everything seems to click domestically at Manchester City, not only because their team is filled to the brim with world-class players, but because Phil is in a formation that highly benefits his unique playstyle.

So whereas Saka and Bellingham easily share the same, if not higher levels of talent, it is Foden that will need to prove his worth in Qatar. Should Foden be used as a left winger, he should be able to feed Harry Kane well, who will be wanting his wingers to provide him with what the 22-year-old is capable of. With seven goals in 13 appearances this season for Manchester City, it certainly forces Southgate to call upon the ‘Stockport Iniesta’. However, as illustrated in the Euros, if Foden doesn’t live up to the expectations options are waiting in the wings such as Mason Mount and maybe even Leicester’s James Maddison.

By Aaron Jaffe y12

London Transport's Running Royal



In the Journal's March issue, we asked the question, "When will the Elizabeth Line open?"

Well, it is open now so read on for information on it!

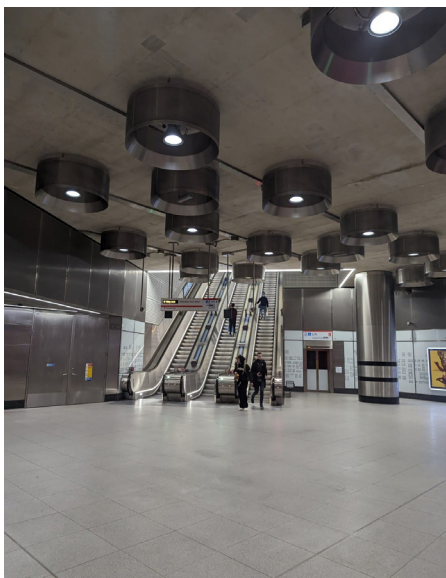
At the station, the first thing you notice is the signage. Unlike the traditional red circle with a blue line through it, the signage is a purple circle with a dark blue line through it. All stations are accessible and have lifts and escalators. They have a modern aesthetic, and everything looks very futuristic and new. The

stations are also very large and open spaced.

When you walk to the platform, you will discover that the platforms aren't numbered, however being named 'A' and 'B'. On the normal tube, you cannot get a signal on your phone, but this has changed with the new TfL Wi-Fi. There are screens showing the train times (how long until the next train and any disruptions). The safety on the platforms is advanced, with a glass window in between the platform and the train.

like the screens on the stations. The seat arrangement differs throughout the carriage, creating more privacy for groups of people wanting to sit together. There are audio announcements to tell you what station is next. The ride altogether is much quieter and smoother than the original tube trains, so this is going to be my No.1 choice of transport if I'm in east or west London!

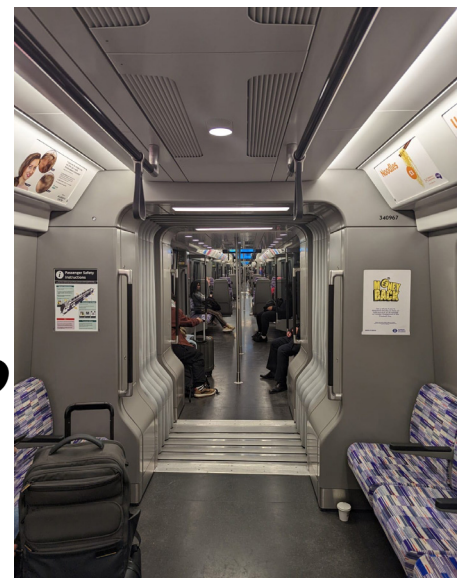
By Ben Foxman Y7



Once the train arrives, the step free access will be useful for any wheelchair users. The train itself is wider than the

"This is going to be my No.1 choice of transport if I'm in east or west London!"

normal tube and is one continuous carriage like the metropolitan line trains. The train has digital screens to show the status of the current tube lines and interchange details, just



Food Economy

Food security is an escalating problem for millions of adults and children in the UK. This is partially due to huge increases in food prices. These are being driven up by various issues, including increased fuel and energy prices. This culminates in increased costs of production and distribution, as well as packaging. Another issue is that the war in Ukraine has caused shortages of some ingredients.

As well as rocketing food prices, gas prices have roughly doubled in the past year. Huge increases in gas, as well as electricity, prices translate into less money available to spend on food. Massive price shifts in food and energy are feeding into inflation,

biggest food bank network, the Trussell Trust, has predicted that over the next six months it will distribute 1.3 million emergency food parcels to people across the UK. This is equivalent to each food bank (of which there are 420 in the Trussell Trust) giving out a tonne of food aid each week.

Within the Jewish community, the charity GIFT has been active in providing food aid to those in need. This includes 56,000 food parcels in the last year alone, to a total of 400 households. GIFT has seen a 40% increase in food referrals since March 2020, and the situation will have certainly escalated further since then. The Trussell Trust has found

that amidst the recent uplift in dependence on their food banks, they are giving out more food aid than they are receiving in donated food items, requiring them to spend thousands of pounds on extra food in recent months. As a result, the Trussell Trust is currently having to dig into its cash reserves to provide for the food that has not been donated. The easiest way for anyone able to support food banks is to donate money and food, as well as giving time to help out.

For anyone needing assistance, the details are on GIFT's website at: www.jgift.org

By Eliana Ben-Menachem Y11

“The UK is predicted to see the biggest drop in living standards over the next year since records began in 1956”

which was most recently recorded at 10.1% for the 12 months up to September 2022.

Due to these issues, the UK is predicted to see the biggest drop in living standards over the next year since records began in 1956. As well as that, 14.5 million people in the UK, or 22% of the population, are living in poverty. This includes 4.3 million children, 8.1 million working-age adults and 2.1 million pensioners, with another 1.3 million people predicted to be pushed below the poverty line by 2023. Since the beginning of this year, food insecurity has soared to alarming levels, with 10 million adults and 4 million children reported to be regularly skipping meals, which is roughly double the number at the beginning of 2022.

As an example of the impact of escalating food insecurity, the UK's



Religion in Early Autumn

The early autumn brings with it the special days and traditions of many religions around the world. Some of these days are delightful, whilst others are more serious days of remembrance. The knowledge that it is not only Judaism, but other religions too, celebrating festivals at this time should remind us what a spiritual time of year the autumn is. For a collection of religions, it is a special time of year. As Jews, we think a lot about how lucky we are to have lived though. All religions have suffered through many hardships and lots of discrimination. We are lucky enough to live in a community where we can openly express our religion. Religion is vital because it determines who we are, which is why learning about religion can be just as important as learning how to solve simple maths equations.

At the beginning of September, Hindus paid homage to their ancestors. Pitru Paksha is the name of this festival. It can be translated from Sanskrit into English with the meaning of 'fortnight of the paternal ancestors'. This festival lasts for two weeks and it is an important time of year for the Hindu community because it is a period of time specifically assigned to praying for one's ancestors. Sarva Pitru Amavasya is the last day of the period of time. It brings in the new moon of Ashwin.

Another festival celebrated recently was the Coptic New Year, which is also known as Nayrouz. This is celebrated by Orthodox Christians all around the world. This day is a designated day to commemorate martyrs at a feast. It is on the 11th of September, and it marks the first month of the year, Thout.



For Muslims all over the world, October is an important time of year, as they believe it is when Prophet Muhammad's birthday is celebrated. This year, it was on the 8th of October; this special day is known as Mawlid. Some extremely observant members of the Islamic community believe celebrating it is haram - forbidden by law - as it was not around at the time of the prophets, and therefore is not outlined or mentioned at all in Islamic teaching.

“ We are lucky enough to live in a community where we can openly express our religion ”

Taking place on the 24th of October, Hindus, Sikhs and Jains celebrated the middle of a 5-day festival called

Diwali. It is a festival of light, similar to Hanukkah, and it honours the gods and harvests. These particular five days actually are a combination of several festivals that have been merged into one:

- Dhanteras - cleaning or purchasing gold and metals
- Naraka Chaturdashi - creating clay lamps and rangoli
- Lakshmi Puja - the main day of celebrations
- Govardhan Puja - trading gifts and seeing relatives
- Bhai Dooj - acknowledgments of sibling bonds

There are many more religious festivals at this time of year, but as some of them are celebrated by smaller communities. For more information on 2022's religious festivals please visit <https://www.diversityresources.com/interfaith-calendar-2022/>, where you can view lots of resources about diversity and religion.

By Esther Nathan Y7

Cyber Security

As students, our reliance on technology has grown significantly. The sheer number of new applications means that we create many accounts for each new service that we find. With each account we create, we must register our email and set a password. This can be a pain for a lot of people, I mean, coming up with new passwords can be quite tedious and remembering those passwords is even more difficult. Due to this, you probably reused a password that you already use, in fact, [78% of people aged 16 to 24 do this](#). This means that if a hacker finds this repeated password, then they can use it to hack into all your online accounts.

“*I can't possibly remember all these passwords*”

So how would you fix this? You need to ensure that each of your passwords is unique (and no, changing a few characters for each password does not suffice). It is also important for your passwords to be an adequate length (at least 16 characters long). If a password is too short, then a hacker can use a 'brute-force' attack, which tries all the possible combinations for a password in a very quick amount of time. The longer the password is, however, the longer it takes for a hacker to complete this attack. Eventually it takes too long for a hacker to consider it worthwhile. Don't forget those numbers, upper and lowercase letters, and symbols in your password as it makes it even harder to 'brute-force'.

TIME IT TAKES A HACKER TO BRUTE FORCE YOUR PASSWORD IN 2022					
Number of Characters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters, Symbols
4	Instantly	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	Instantly	Instantly	Instantly
6	Instantly	Instantly	Instantly	Instantly	Instantly
7	Instantly	Instantly	2 secs	7 secs	31 secs
8	Instantly	Instantly	2 mins	7 mins	39 mins
9	Instantly	10 secs	1 hour	7 hours	2 days
10	Instantly	4 mins	3 days	3 weeks	5 months
11	Instantly	2 hours	5 months	3 years	34 years
12	2 secs	2 days	24 years	200 years	3k years
13	19 secs	2 months	1k years	12k years	202k years
14	3 mins	4 years	64k years	750k years	16m years
15	32 mins	100 years	3m years	46m years	1bn years
16	5 hours	3k years	173m years	3bn years	92bn years
17	2 days	69k years	9bn years	179bn years	7tn years
18	3 weeks	2m years	467bn years	11tn years	438tn years

“But I can't possibly remember all these passwords”, you may be asking yourself; and you would be right.

53% of people rely on memory for their passwords and [37% must request to reset their password due to them forgetting it](#). Luckily, for you, there are solutions to stop forgetting passwords -Password managers! These delightful pieces of software ensure that you can create secure and unique passwords for every account with the click of a button. All you need to do is remember one master password and you're set, there is no need to remember any other passwords again! There are many password managers available on the internet some free and some paid. It's best to do your own research to choose the most suitable one for your needs, however, one I can

recommend is Bitwarden. Just ensure that your master password is at least 16 characters (preferably longer) and has a mixture of numbers, upper and lowercase letters, and symbols.

Looking into two-factor authentication is also useful as it stops hackers from getting into your accounts even if they know your password. This is because it uses an additional verification method (such as sending a text message) to verify that you are the legitimate owner of the account.

I hope this helps you better secure your online accounts. If you want more information about passwords, I recommend visiting the [National Cyber Security Centre's web page](#) about staying secure online.

By Steven Isaacs Y13

