



The Abbey





Can you find joy amidst tragedy and grief? What does joy look like? What does it feel like? What happens to our brains when we experience it?

Is Banksy a sly joker or political activist? Is it better to win or take part? Does learning another language make us happy? What has quantum physics got to do with happiness? Read on: all will be revealed.

Written by Abbey students, this publication celebrates the spirit of our community: the way we learn, discover, develop our understanding of the wider world...

Joy: the most important element in **Abbey life** and **the best window into all that happens here...**



Introduction

Life is pain, Highness. Anyone who tells you differently is selling something.

This is of course a quotation from the book and film *The Princess Bride*. It is also a strange way to start a piece on joy; but there is a good reason for it.

At The Abbey, joy is at the centre of everything we do, and at the centre of this publication. Put simply: we want laughter, satisfaction, contentment, academic adventure and joy to be the keystones of an Abbey education.

This is not because every day should be a breeze: it is in fact precisely because life can be difficult that

celebrating joy is so important. Life is pain may be the tiniest of over-statements! But all rewarding learning is hard work, and assessment can be daunting. Adolescence has always presented challenges and some of them are new and complex. We all face and must learn to live with some amount of sadness.

And yet life and learning in all its forms are also glorious and beautiful. For us deep and sustained joy comes from enthusiasm, commitment, a task well completed; from friendship, kindness and generosity; from confidence and a sense of purpose.

These are the things that our School offers. The Abbey brings together curious, inquisitive students who

love learning and trying things out in the friendliest and most supportive of environments; and deeply passionate staff who know their subjects inside-out and whose care for and knowledge of each individual is extraordinary.

There is honestly nothing like walking into this school every day. The noise, the conversations, the laughter and music and performance and endeavour; the exuberance, the readiness to smile and to give, the assurance and courage of these young people - it is genuinely inspiring. We hope this publication gives some sense of the wonderful buzz and liveliness that is so characteristic of this lovely community.

Will le Fleming, Head





Written by Ana – Upper III (Year 7)

DRAMA

Where is the joy in drama? Joy is not just a feeling but an action. It can be anything but personally mine is something that can shift from character to character or actress to actor. When I act it's like a buzz that fills me up as I want to do it forever, and let different things create the world of a completely different human or object or creature. Like a little bubble of inspiration that is full of all the things that can be in the future and also the things that are all in your very big dreams.

Imagine you were back to 5 years old. What did you do? Play with your teddies, play roleplay games or play with all your dolls. All of these "objects" had feelings. Or that is what your mind said. Playing brought you joy, to experience how it would feel to be a princess or a dog or even a fairy. All of this was not just a game. It was your fantasy dream world. So, to conclude this, my happiness in this is not just acting but to always (even if I grow) have a part to play of my younger self.

Acting is not just about money, having a big house or owning the world's fastest biggest car, it's about how people see you and how you express yourself for who you are by acting in the way that is yours. Expressing your inner self is something to show people of the world how you are more than a person on a TV screen or on a school stage. Expressing yourself in the drama flows through you because it does not take any made-up lines or imagination to be who you are. You can imagine yourself as a superhero but that is acting, yourself as a pilot in an underwater ship, that's acting. But being yourself is not acting.

Little pockets of inspiration are hidden in the joy in drama. Each time you discover new adventures meaning freer imagination. You can't learn how to imagine but you can embrace it so it overflows. Drama is a place full of many different stories meaning inspiration can be found anywhere. Acting is

someone's thought but inside that thought you can make your own. If imagination is your joy then that is one way into a bigger brighter world.

Emotion can be acted in almost every possible way. Acting with the emotions you possess at that moment is so much stronger than ones you create because everyone around you can feel a stronger connection with the genuine feelings. Drama is a great way to channel your feelings.

Doing this you can embrace the emotion in the roles. Drama is all about putting yourself in someone's mind where you can express every emotion, skill, human trait, and even yourself. However, have we answered the question: Where is the joy in drama? Perhaps the moments where you feel lifted is where the joy in drama lies.





A pseudonymous artist, with his name and identity silenced from the rest of the world. His art speaks such volumes to have his message linger incessantly in our minds without a murmur from his mouth, or even his physical presence.

Banksy is a curious individual and one that many are equally disturbed by as curious about. Through solely a simplistic, two-coloured spray-paint, Banksy uses the power of implicit unease within his message to visually convey a meaning to passers-by in a fashion mere words cannot emulate. 'A picture says a thousand words' especially if that picture challenges global societal values by presenting heavily controversial opinion though visual satire. His pictures speak a billion words at once, each with the impact of a brick wall. Yet it seems Banksy's intentions have remained a universal question for some time. Is it for passion or

transformation? Is it for fun or for change? For his own amusement or for others' attention? Many artistic experts interpret Banksy's work to be creating a new generation of political activists against the social norm, yet how can we be so sure that Banksy's work isn't actually a light-hearted expression of his artistic flair? An initial childhood passion that spiralled into a plethora of propagandists.

Many have pinpointed Banksy's utilisation of 'satirical humour' within his work. In other words, he criticises people or ideas in a humorous way, often to make a political point. There is inherent humour tied in his

work, purposefully to make the underlying meaning even more terrifying.

This light-hearted sheen integrated into the art contrasts the dark, anxiety-inducing message beneath it, giving us a laugh but inherently daunting us deep down. However, this addition of humour makes some of us question: was it meant to be satirical?

In other words, how are we sure Banksy's incorporation of humour was to trigger societal movement against the injustices of today, rather



Written by Aarohi – Lower VI (Year 12)



than just to set people off for his own amusement? Did Banksy accidentally initiate a movement of political controversy from simply spray painting with empty justification? Is he a political activist, or simply a joyful joker?

Art's greatest and worst asset is that it has no right or wrong. Whether it be the artist's intentions, or the viewer's interpretation, you can't be faulted. One could say Banksy struck the match that lit up the fire in furious protesters with his art, others could say he's simply there to vandalise buildings and move on, like any other graffiti artist. However, the way I interpret Banksy's work is that his genius doesn't lie in the work itself. How can that be?

Well, any famous work nowadays is only famous because of its popularity. Why does a local artist sell their work at a much lower price than the Mona Lisa? As beautiful as the painting is, what makes a piece of work what it is, is what others take from it. There are many pieces technically and symbolically a lot better than the Mona Lisa, that go completely unrecognised. But that is simply my opinion. And that is the true genius of Banksy.

Why people feel genuinely deprived from the mystery of this curious individual? It is because this deprivation is in fact the art of Banksy. The spray paints, humorous or haunting, are simply spray paints. No one but the viewer has given them a meaning, not even Banksy. No one even knows who he is. Art, especially political-based art, is there to cause a sensation.

The utter mania and disturbance triggered by the impromptu illustrations on prison walls or sides of buildings is what makes Banksy such an incredible artist. It is the explosion that others create surrounding his work, based on their own inner conversation about the comic/controversial artwork. I believe Banksy isn't a comedian, nor is he an activist. He is an artist that ignites the freedom of political expression within others.

He creates the images that walks on eggshells, since anyone can interpret anything from his work, and still be correct. Banksy's art isn't the spray paint. It is the sensation he creates within modern society.





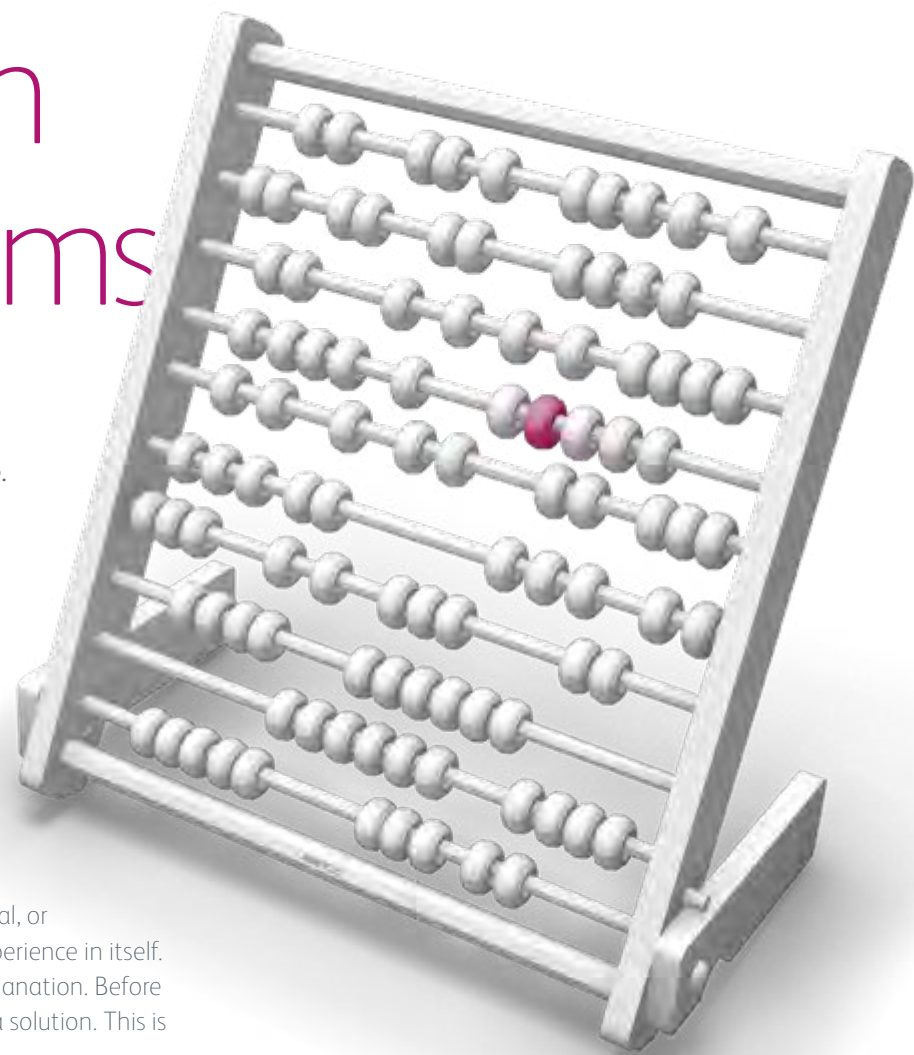
Why I find joy in unsolved problems

I have a keen interest in maths-based subjects so when I see an unsolved mathematical problem, it's almost a habit to try answering it as soon as possible. Numerical problems are incredibly intriguing, especially puzzles, so personally I can spend hours trying to find the solution to a question that is particularly interesting and difficult.

My brain is constantly pushing to know the answer and I think this is why I receive so much joy from problem solving. Knowing answers to anything, whether it's math problems or everyday issues, can bring many people happiness and relief and I'm sure I am one of those people.

However, the challenging path towards the solution can deliver even more joy, especially when working with multiple people. Using your (as well as others') knowledge and understanding of a question, whether it be an algebraic, geometrical, or arithmetical problem, and then knitting it all together to form a result is a joyful experience in itself. Even if that result is incorrect, it just pushes you more and more to find the true explanation. Before you realise, you're stuck in this bubble from which you can't escape unless you find a solution. This is why I find joy in unsolved problems.

Written by **Laylajoy** – Lower IV (Year 8)

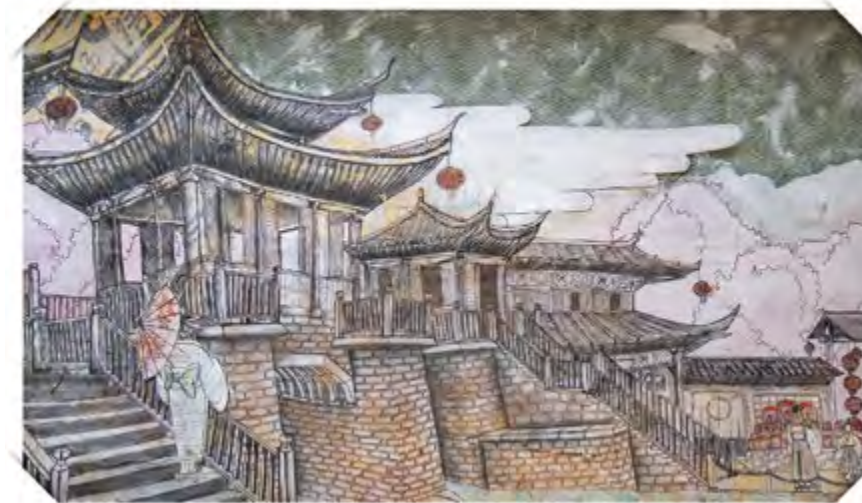




Senior gallery



Senior gallery





Do other animals experience joy?

A debate has been going on for some time about whether animals, other than humans, feel emotions such as sadness or happiness and if they do whether it is anything similar to humans. Most emotions that are linked to animals are due to fables written by people searching for an explanation for certain animals behaviour. For instance, foxes are

thought to be cunning and tortoises are believed to be persistent but is that truly the case? Scientifically, it is difficult to detect some emotions, especially joy. This is because unlike most emotions joy does not trigger any sort of clear behaviour and has different effects on different individuals.

For example fear triggers clear behaviours such as to fight or flight. Joy, on the other hand, could look like relaxation in certain individuals and an abundance

of energy in others. Another hindrance in scientifically proving that animals can experience emotions such as joy, is that the way someone might test their ideas on an animal causes some controversy.

For instance, the idea that animals must feel fear to survive, was proven by clinical experiments done to cause animals to fear their food supply, through electric shocks. This test results in evidence that animals are able to experience fear and also attempt to prevent the danger from repeating.

However, this test could be seen as unfair and cruel to the animals and it could be argued that it is not right to hurt animals, just for humans to gain some knowledge that could have been attained a different way. This could cause experiments that might shed light on the question not to be permitted.

Many people do not care about the answers as much as the way they were discovered, which is a mindset that could delay or damage proving that animals experience joy. This being said, Carl Safina, the author of a book called *Beyond Worlds: How Animals Think and Feel*, talks about whether animals can feel emotions in an interview. He states that in order for animals to have emotions, they must be conscious of their surroundings. He believes that the dispute over

whether animals can feel emotions, is due to the lack of a clear definition for consciousness. Carl Safina's definition of consciousness is that you are able to have a "mental experience". This is when you are aware of what you are experiencing; for example, a motion sensor is not aware that it is sensing motion. In contrast, humans are aware when they see someone moving that they are in motion.

He also believes that animals are conscious as they react to movement: fight or flight or curiosity. Carl Safina's logic leads us to believe that animals do feel emotions and so it is probable that animals do feel joy. In addition, as stated earlier, most emotions found in animals exist to increase survival chances.

For example, fear and pain alert animals to a danger that they do not want repeated. Therefore, it is logical to assume joy and pleasure must also exist to alert animals to an action that should be repeated in order to have a better shot at surviving.

In conclusion, my opinion is that it is possible for animals to experience joy. I think this because it is necessary for animals to feel joy in order to survive. I also believe that as there is clear evidence for animals experiencing other emotions, it is likely that animals can experience joy as well.

However, gathering scientific proof of joy in animals will probably be rather difficult and may take some time due to disagreements that might be caused by experimenting on animals. This being said, from the direction that science is going at the moment, it is likely that there will be a more definite answer to this question very soon.

Written by **Arni** – Lower IV (Year 8)

Examples of emotion shown in animals

- A way to see for yourself whether an animal is conscious or not (using Carl's definition) - dogs are known for their curiosity and you can see the obvious awareness in their reaction in seeing new people.
- Lawrence Anthony was a conservationist who had a reputation of being able to comfort elephants and even claimed to be able to communicate with them. Unfortunately, he died of a heart attack. However, the elephants have not forgotten him. According to Lawrence Anthony's son, the herd of elephants have gone to his house, on the edge of the reserve, every night after he died. It is not unusual for elephants to mourn a member of their herd but it is remarkable for them to apparently pay their respects to a human.





Problem solving

A few weeks ago, in Science, we did a fun experiment, where we all tried to make boats out of 50 grams of plasticine and see how many teddy bears they could hold without them sinking. We worked together in pairs, and, apart from a lesson about how forces work, we were left on our own to design the perfect boat. It was hard at times, with many setbacks, but when we completed our boats, we felt immensely pleased and proud of how independent we were.

This is proof, even though it is not immediately obvious, that we solve problems in almost every lesson in school. Lessons like Maths aren't the only place we can feel rewarded by completing problems, and fractions aren't the only conundrum we have to work out by ourselves. For example, in English, we had a debate, and, instead of the teacher telling us what to say, we could work it out independently. On STEM day, we had to implement the same problem-solving skills as we attempted to build a floodproof house that could withstand the jet of a hose wielded by our teachers. Even though the houses fared very well, we got hit by some collateral damage under the (luckily) very hot sun. The sense of achievement we felt in all of these occasions made it active and fun for all of us.

The joy of solving problems is that when you find out the answer you feel proud of yourself and it is easier to remember. It's because problems make you think and be creative as well as learning something new. Sometimes a problem might need you to use the objects around you, helping you with key practical skills, and when it doesn't, it's still making you think independently. This brings joy and freedom for all of us.

Written by **Alma & Matilda** – Upper II (Year 5)





LIFE & SCALE

Written by **Harshini** – Upper III (Year 7)

Life. A splendiferous event. The word 'life' is simply a way to distinguish organisms from inanimate objects. But what is life? What does it mean to be alive? There are 7 'life processes' that an organism must be able to complete to be deemed a living thing. First, it must be able to move or change direction. Staying still isn't that exciting! Secondly, it must be able to do the process of Respiration, or in simpler words, be able to release energy from food. Sensitivity is being able to sense its environment, Growth is being

able to change in size or number of cells, Reproduction is being able to make copies of itself, Excretion – well, I'm sure you can guess what it means – and Nutrition, the ability to obtain food. With all of these processes covered, imagine how big this living can be! The largest animal in the world is the

Blue Whale, which weighs around 150,000kg. The largest organism, however, is the Aspen Tree, whose colony can grow up to 5 miles long.

The largest colony of the Aspen Tree is Pando. Pando is located in the Fishlake National Forest in Utah, and although from the outside it may look like a forest, if you dig down, you'll find it's just one massive group of clones, all connected to the same roots. It is truly a wonder.



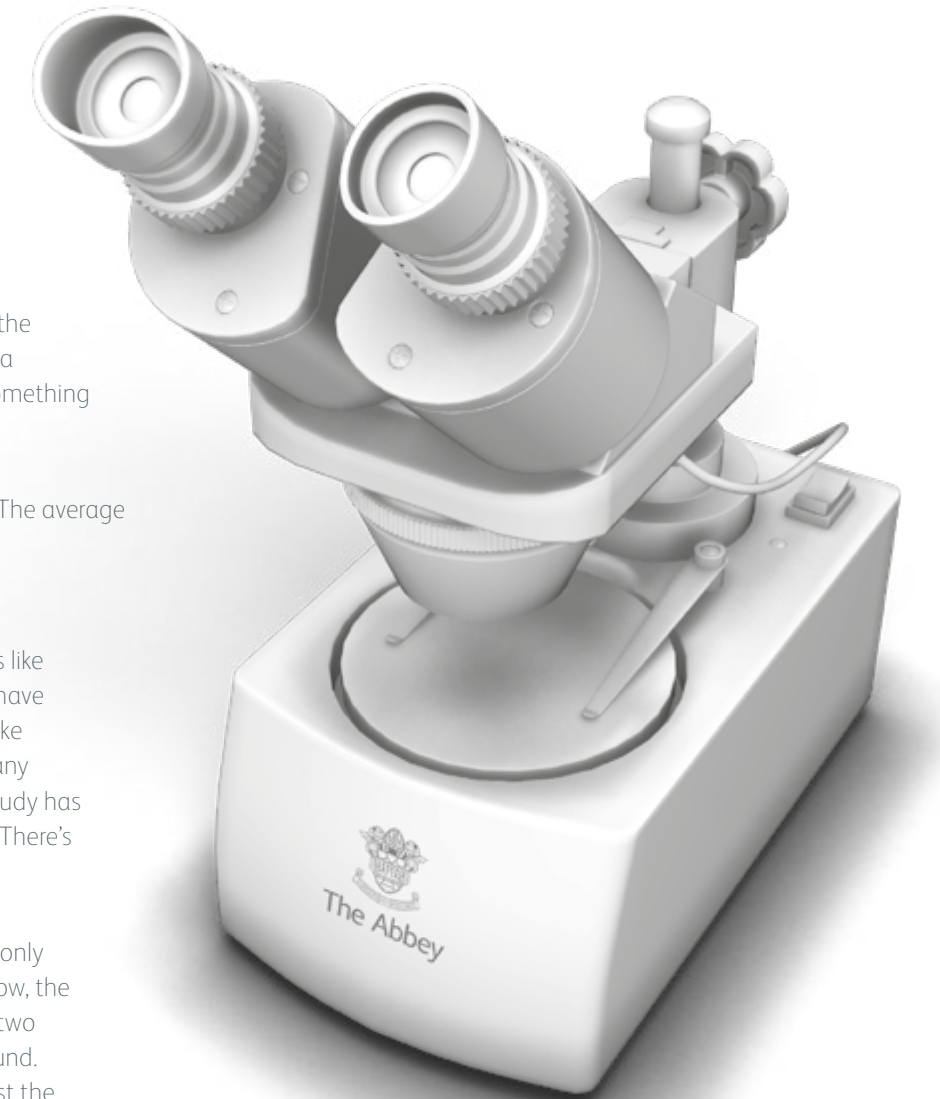
It's time to go small now. The smallest animal is said to be a tiny frog that somehow manages to live at the average size of 0.4 inches. The smallest organism (which is universally recognised as so), as per the Guinness World Records, is the Nanoarchaeum equitans. This miniscule creature was only discovered in 2002, in a hydrothermal vent off the coast of Iceland. It is only 400 nanometers across. It is, in fact, a prokaryote, which also means it is a single-celled organism.

Single celled organisms are parvus, as in small. They are too small to be seen with the naked eye and require a microscope to be seen properly. Even then you may need a powerful microscope to study the microorganism properly, which is really saying something about the dimensions of these interesting creatures.

Back to Sir Nanoarchaeum equitans. The average microbe is 1 micrometer in size. The average Nanoarchaeum equitans, however, is 400 nanometers across, less than half that. Amazing, right?

Then how exciting would it be to realise that there are SO MANY OTHER organisms like the Nanoarchaeum equitans? A single celled organism, so small that you need to have a separate instrument to view it, is capable of carrying out 7 life processes and make sure it's legacy goes on! Now multiply that by, let's say 5 trillion, and that's how many microorganisms humans have discovered altogether. That's a lot, right? A recent study has suggested that humans have only discovered 0.01% of all microbes on the planet. There's still 99.99% more to discover!

To think that back in the 1980s, people were making assumptions that there were only around a million species of microbes, hardly over the number of species of ants. Now, the estimated number is around one trillion. Us humans have only evolved to walk on two legs, while the microbes in our world have discovered multiple ways of getting around. A cell can use a flagellum to move. The mechanics of that single flagellum is almost the same as the motor of a boat. So many unique properties to so many different organisms, and yet it's just all a single cell.





What does **joy** mean to you?

Joy is a feeling. It comes to you when your mind is telling you that you have done well. It runs through your veins, filling you with extreme happiness. It is a sudden feeling of such greatness, that your skin starts to prickle with joy. This is how I see it. I become joyous when I am praised, when my family comes, and in enjoying my time at The Abbey Junior School, in my last week of Year 5, knowing I will soon be top of the school, as a dignified, responsible, Year 6 girl! I love to give joy to others, like making someone laugh, playing with my brother, helping my friends. You can get joy from other people and you can give joy to others. You can create joy on your own and joy can also be given to others. You can find joy by being with your friends.

I find that when I give joy, it is returned, like kindness. When I become joyous, I skip and hop, and sometimes do my victory dance! Joy can be created by anyone, or anything. I am also joyous when I act, handing my homework in on time, while avoiding the teacher's wrath ascending! You can create joy by yourself, and then it spreads, like a paper chain, slowly it gets longer and longer, as joy spreads around, and people add the paper to the chain, making it impossibly long. That is just enough.

Joy is what brings everyone together. It is the happiness that you get when you do something great like achieving something or having fun with your friends and family. Joy can be received and given. When you give joy to someone, then they will give joy to someone else, and so on, creating an infinite link. Joy is unstoppable and there are thousands of things that give people joy, such as playing with your sisters and brothers or doing the things that you really like.

Joy makes you inseparable from other people. Joy is a superhero that is really powerful! It makes other people feel better when they are feeling depressed. Joy is miraculous and it is a feeling of pleasure and delightfulness. It is brilliant in its own way and it is another way of being kind and considerate. I love to give joy, and to feel it. My body reacts to joy, and I always find that, when I spread joy, it bounces back, like someone on a trampoline.

Written by **Lottie, Krisha & Rebecca** – Upper II (Year 5)





Happiness

I offered to write about happiness, but those of you who know me, know I haven't had the happiest of years. My Dad died last year, and it hit me like a bomb. So I guess it's strange that the girl whose Dad died is writing about happiness. But, as this year has progressed, I have, surprisingly, found it. I have also somewhat found part of myself that vanished when my Dad died.

If I have learnt anything over this year, it is that you can see anything you want to if you look hard enough. And in my case, at the beginning, all I could see was confusion and anger. I was angry at the world and at my Dad. Why did this have to happen to me? I felt I couldn't be helped by anyone or anything. But eventually something changed, I don't know exactly when, or why. I started to see the world differently. I gained back my confidence, I started experimenting with how I presented myself, with what I wore, with how I acted. I started listening to people instead of just

absentmindedly brushing off what they said. I started to enjoy life again and live instead of just being.

I think what sparked my change of view was a mixture of things. Partly due to my friends who kept on asking me how I was, or how my day had been. After my Dad died a phrase that everyone asked me was "How are you?" I never understood why until recently. At the time it becomes tedious to answer, somewhat annoying. You want to say "How do you think?" but you don't. It was frustrating. I hated that people I was so close to couldn't talk to me. It was all people said for a while. But looking back, people wanted to be there for me, but didn't know how to act. Whether that was because they were scared of upsetting me or if they just didn't know how to handle death. Either way, time has changed how I view the question. And through the year it has reminded me that even though my Dad has gone, there are still people around me.

Being in lockdown at the time, I was completely isolated and I could sense the hole in my house where my Dad used to be too much. I had online school as somewhat of a distraction, but in the mornings, when normally I would make my Dad a cup of coffee, I only had mine to make. Small things like this made, and still make me miss him the most. One of my friends told me to "miss him in a good way," this phrase has been bouncing around my mind since she told me all those months ago. I ignored it at the time thinking that I would never be able to miss in a good way. But as time has passed I have learnt how to. Instead of wishing you could have something again, you feel grateful that you ever had it.

Other than that, my family helped me change, especially my Mum. I could see that she thought she was losing me too, and I didn't want her to feel that way at all. But also, I could imagine my Dad telling me that it's always alright to be upset, but that life does go on.

That I should grasp life by the horns for as long as I could, and wring every moment I could out of it, like he did.

I was very fortunate to have a Dad like mine, and my happiness comes from him. From the lessons he taught me. From the eyes that we share. From his voice that I hear, urging me on in what I do. But, I have learnt that happiness doesn't usually appear out of nowhere. If you look hard enough you will find it everywhere, in the small and in the big things.

I don't write this for people to feel sorry for me. I write it to remind others, and myself of hope and time. Over time you begin to heal, never fully, but nearly. You learn how to live with grief, and how to miss in a good way. How to have hope for tomorrow. And to trust the process. Everyone eventually, and sadly, loses someone, so just know from someone who already has, that it does gradually get better.

Written by **Savia** – Lower V (Year 10)



What does **joy** look like in the brain?

What is Joy? Should we define joy and if so, what does it really mean? 'A feeling of great pleasure and happiness' is how a dictionary defines it, but that's not the only definition. Some may call it an emotional state and others something created from success or satisfaction. How would you describe joy?

A personal view

For me, the question is a tricky one, and something I've never really thought about. If I were to imagine, I would think of joy and happiness as a burst of warm colours spreading through the brain like a splatter of paint. It would be something sticky and mellow: hard to get rid of and incredibly smooth and pleasant.

The science behind it

Now, what do scientists believe joy looks like? Firstly, you need to know that there are four chemicals that

drive these positive emotions: dopamine, oxytocin, serotonin and endorphins. You can easily remember this by using an acronym: D.O.S.E! Here's a small description of the main two chemicals released:

1. **Dopamine – a neurotransmitter that sends messages between nerve cells and is part of our ability to think and plan**
2. **Serotonin – a hormone and neurotransmitter that stabilizes our mood and happiness**

Joy is found to be a biochemical experience triggered by a neurotransmitter. It originates from the limbic cortex and another area of the brain called the precuneus. These systems are in control of our emotions, behaviour and memory.

Joy is when positive emotions are present and negative emotions are absent. It can be split into two components: a balance of emotions and life

satisfaction. The philosopher Aristotle made a distinction between the two types of joy: hedonia and eudaimonia. When described as a hedonia, it's associated with trying to strive for pleasure, comfort and enjoyment. Whereas, when described as an eudaimonia, joy is derived from searching for value, purpose and meaning. It is because of these psychological thoughts and chemicals released that we feel this blissful and fuzzy emotion everyday.

In conclusion, joy in the brain is believed to be caused by a mixture of hormones and chemicals. It is still heavily debated by scientists and philosophers and even now there isn't a clear answer. It's down to our own interpretation of what joy is to answer the question "What does joy look like in the brain?"

Written by **Cara** – Lower IV (Year 8)



Junior gallery



Junior gallery





The Joy of winning vs The Joy of taking part

86% of parents in a survey did not approve of their children having non-competitive sports days as they don't teach anything to children: after all, life is competitive. Other parents think that sports days need to be fun because children will remember any positive or negative experience that might put them off sports in the future.

Some people just see sports day as a competition to prove who is best at different athletics events or overall. But many believe there should be much more focus on healthy exercise and being in a team – everyone should be congratulated for trying and playing their part. This means that the logical action

would be to award medals to all participants. However, lots of children often regard “taking part medals” as lacking value as they have not had to try their best to earn them.

Taking part in sports benefits many social, mental and physical aspects of daily life: you can gain confidence, improve body systems (eg. cardiovascular strength) and communication skills. However, when expected to take part, people who lack goals in reaching their best may be reluctant for fear losing and prefer the idea of personal improvement without the public humiliation. Then again, this is why parents often prefer the idea of competitive sports days; because winning is made worth it when you have experience with losing too.

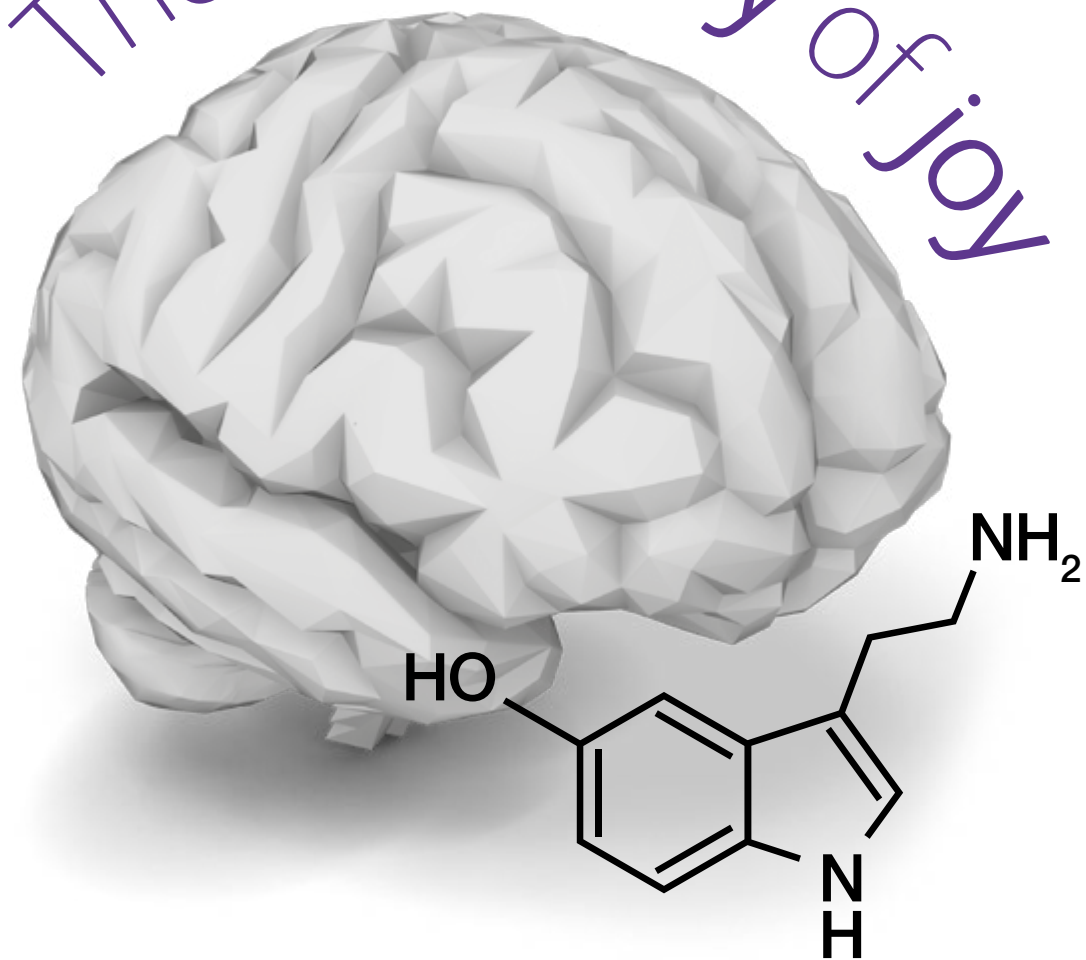
Some people have greater motivation to win, while others have a desire to take part and help their team. In our personal experience, there has always been more emphasis on taking part. However we like to think that we are competing for a place to provide extra motivation in the situation. In ordinary life, it's not often that people take sides too strongly, but in comparison, throughout different sports, enthusiasm for your side is key for motivation to perform to your best ability.

Written by **Emma & Charlotte** – Lower V (Year 10)





The chemistry of joy



Joy is something that is felt by everyone. You may feel it when you're talking to your friends or when you're doing your favourite hobby. It seems so simple, you do something you like and you feel joy. However, it is in fact quite complex and it is controlled by a series of chemical reactions. Therefore, as A level students studying chemistry, we decided to research and explore the link between chemistry and joy through the hormones that initiate the reactions to enable us to feel happy.

One of the most popular hormones that is associated with joy and happiness is serotonin. In fact, to help treat depression, SSRIs or selective serotonin re-uptake inhibitors are prescribed. These drugs help prevent serotonin from being reabsorbed by the cells that release them. This helps increase the level of serotonin that is transported through the body.

Serotonin's chemical name is 5-hydroxytryptamine as it is derived from an amino acid called tryptophan. Therefore, a diet high in protein, particularly tryptophan, can help increase serotonin levels.

The chemical is produced and released in the brain, digestive system, skin and blood cells and it also functions as a neurotransmitter. There are multiple serotonin receptors in the body which can help explain why serotonin is produced in so many different places and why it has a variety of functions. Serotonin can help regulate mood, digestion, sleep, memory and learning. It is also linked to stress. Doing things which you enjoy, such as listening to music, causes you to feel less stressed and this increases serotonin levels.



The receptors will have a specific shape so that the serotonin molecule can bind to them.

As serotonin affects so many different aspects of our lives, the optimum level of it in our body can help us feel calm and happy as our quality of life is increased by its presence. Therefore, even though the molecule may not directly cause joy, its diverse functions help us live our lives in a carefree way, which causes us to feel less stressed and happier!

Dopamine is a type of neurotransmitter. Your body makes it, and your nervous system uses it to send messages between nerve cells. Dopamine plays a role in how we feel pleasure. It's a big part of our unique human ability to think and plan. It helps us strive, focus, and find things interesting.

To make dopamine, an amino acid called tyrosine changes into precursor dopa, a compound found in nervous tissue, and then into dopamine. It's produced in three parts of the brain: the substantia nigra, ventral tegmental area and hypothalamus of the brain. To increase your dopamine levels, eat foods rich in tyrosine such as cheese, meats, fish, dairy, soy, and seeds.

This "feel good hormone" is involved in reward-related incentive learning, and it modulates behavioural choices, especially reward-seeking behaviours.

Written by **Bhaavya & Haniya** – Lower VI (Year 12)





Emotions of music



The joy of music is all around us. It follows us everywhere we go. There is a joy that only music can bring. The joy of discovering new notes, new rhythm and a new beat. When you hear those aspects coming together and forming something that can fill the darkest of corners with joy and light, it creates a spark inside you that fills you with life.

Finding a new piece of music is like finding a new planet where you are free to do anything, everything and go anywhere. When writing a piece of music there are no limits to what you can and can't do. The box of rules and guidelines is made to be broken and extended and there is no harm in going outside it. You can be as free as a bird in the neverending sky when creating music. The beat you drum out on the table is music; the tune you hum in the shower is music; even when you tap out a rhythm on your keyboard while typing – that is music.

Most of us are making music everyday without realising it and there is music in all aspects of everyday life as long as you just open your ears. Music brings joy and joy comes with music. I can't imagine a world without music. It would be like a person with no soul.

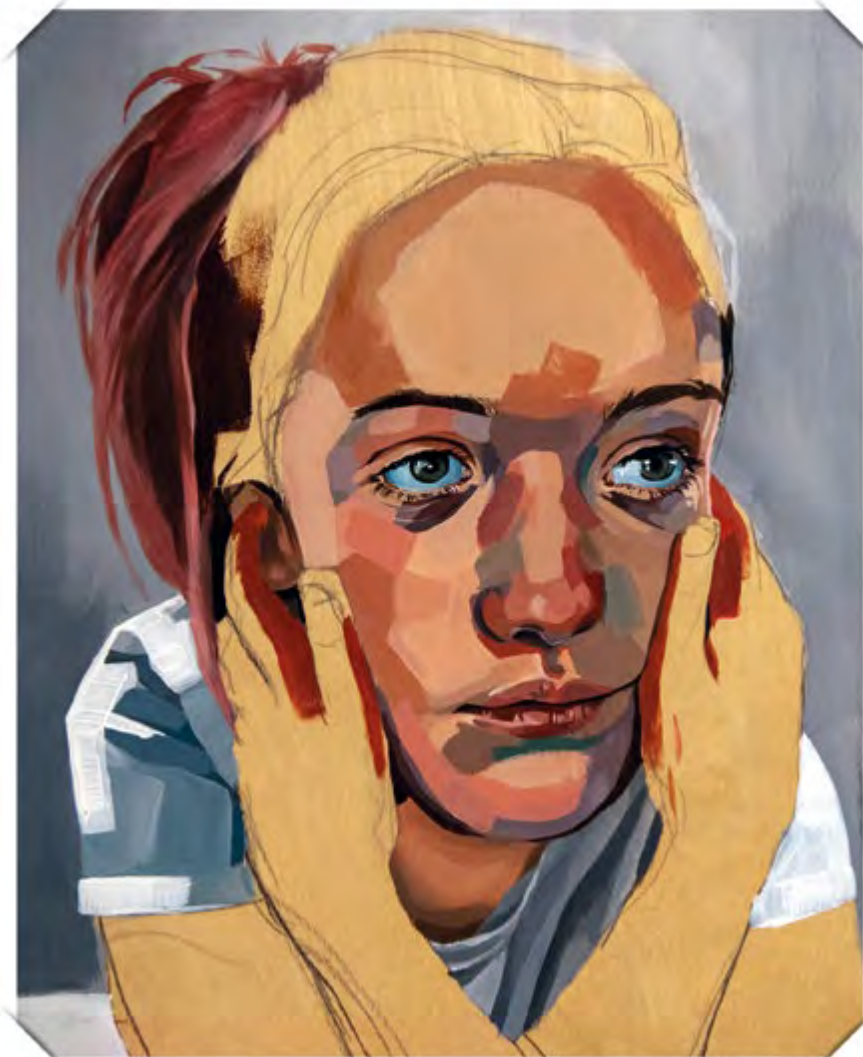
This Universal Language can create enough joy to light the sun. Music is understood by everybody as the mood of sound and therefore can be enjoyed around the world even where you don't speak the same language. Music displays an emotion to all that could be joy, sadness or happiness. The joy of music is all around us and shall stay that way as long as you allow your ears to hear it.

Written by **Emily** – Upper III (Year 7)





Senior gallery



Senior gallery





The World's a **big** place, right?



The single most important thing that lockdown has taught me is that to picture myself as a very small part of a very big World and Universe gives me perspective on life. No

matter how bad things might seem, there is always someone somewhere who needs our help.

Lockdown and the COVID-19 pandemic made the World and life as we know it come to a standstill. Travel to far-flung places became impossible and even travel within England was severely limited at times.

The pandemic's lasting impression on me is that whilst we have to accept these physical restrictions and limitations there is no reason why our minds and souls cannot still journey to all corners of the World – whether that travel be through enjoying David Attenborough's documentaries set in rainforests or deep down in the oceans, or by immersing ourselves in novels set all around the World.

Che Guevara travelled throughout America on a motorcycle and I recently shared his adventures when I read his book titled *The Motorcycle Diaries*. He travelled as a student and later as a doctor and he came into close contact with poverty, hunger and disease. He

saw how lack of money gave rise to the inability to treat children facing disease and how hunger and punishment affected people's lives. He saw how the loss of children became seen by parents as “an unimportant accident” in the poorest communities of America. He said “...I began to realise at that time that there were things that were almost as important to me as becoming famous for making a significant contribution to medical science; I wanted to help those people.”

Travel opened Che Guevara's eyes. His experiences and travels taught him so much about the country and people he loved and gave him the passion to fight for their cause.

My parents have always said that the most enlightening thing they ever did in their lives was to take an extended period after university and to travel the World. They said it gave them a greater sense of who they were, of their strengths and weaknesses and of how they fit within not only their own smaller world at home, but also within the World as a whole. It gave them dreams and aspirations and a love for exploration. It gave them an insight into different cultures and appreciation and respect for different ways of life.

I have been so lucky to have had many journeys within my short life so far. I have swum with dolphins in Bali, snorkelled with brightly

coloured fish in the Red Sea and in Thailand. I have floated amongst majestic icebergs in Iceland; I have listened to the call to prayer whilst sipping mint tea (with lots of sugar) in Jemaa el Fnaa in Marrakesh's Medina Quarter (Old City). I have canoed down the rapids on the Dordogne in the South West of France for several days whilst camping under the stars each night. Each of my journeys has taught me much about the country I was in and the problems that each country faces. I have learned about the bombings in that same square in Marrakesh and the flash floods a couple of years ago in the Dordogne that swept away people's lives and livelihoods. I also learned much about myself within each of those journeys.

Each experience sparked within me a real sense of awe at our World and made me feel I am the master of my destiny, and that I can shape my World and my life into whatever I want it to be with infinite possibilities. With every journey I have taken, my life has crossed paths with people I would not otherwise have met and each of those encounters has provided me with opportunities: such as making friends with Balinese children who came to swim in our pool and make chocolate fudge cake with us and who in turn showed us their family's fishing boat and the catch they brought in each day, which they relied on to survive.

Sometimes it seems important to realise that every cloud does have a silver lining and that out of adversity comes opportunity. Lockdown has meant

that people have spent more time exploring our own country rather than travelling further afield. This half term my family and I travelled to one of the outer of the Inner Hebridean Islands in Scotland called Tiree. This island is only 10 miles long and 6 miles wide and has no trees. It is stunningly beautiful in its wildness and simplicity. Telecommunication signals were tricky and we completely left technology behind for a few days. I rode bareback on the beach with the wind rushing through my hair and surfed the waves of the ocean on an island nicknamed “Hawaii of the North”. Spending time with people who had the time to talk to me and who showed a very real interest in my family and me made me see how, even at home there is so much to be learned about our World and our own way of life. There is much to be appreciated in every single voyage we make.

My wishlist of adventures is enormous. I want to trek the Inca Trail to Machu Picchu; to scuba dive with turtles in Honduras; to climb Mount Everest in the Himalayas; to gaze at the Taj Mahal; trek with the monkeys to Angkor Wat; see the cherry blossoms in Japan in the springtime; trek to find the Silverback Gorillas in Rwanda and take a revolutionary ride across South America following the wheel tracks of Che Guevara in the Andes. I know that each and every one of the journeys I make in my life will in its own way change my course in life, open my eyes to the joys that the World has to offer and fuel the fire inside me to make a difference to our World in some significant way.

We can all trailblaze in real life and when life is restricted we can trailblaze in our imaginations. Books and plays, the theatre and the internet as well as facetime family and friends abroad all provide a joyous, eye-opening experience. What matters is not how we get that joyous experience but what we choose to do with it and how we allow it to open our eyes and minds.

Written by **Aurelia** – Upper III (Year 7)

“I now know, by an almost fatalistic conformity with the facts, that my destiny is to travel...”

Ernesto “Che” Guevara: *The Motorcycle Diaries; notes on a Latin American journey.*





Exercise: feeling better

One of the immediate effects of taking part in exercise is feeling a sense of joy. This sensation is stimulated by the hormones released by the body. When the body experiences physical stress, hormones, specifically endorphins and serotonin, are released. The nervous system releases endorphins to reduce pain or stress. Researchers have found that after physical activity there are higher levels of endorphins in the body than before. Endorphins can also stimulate the release of dopamine, a chemical which induces the feeling of pleasure. This causes the sense of euphoria that can be felt after exercise. The levels of serotonin in the brain can also be increased by doing exercise. This stabilises your mood and also makes you feel a sense of happiness.

Exercise gives individuals the opportunity to cooperate with other people, helping to reduce stress and make a person feel at ease. This form of social interaction, through exercise, also stimulates the feeling of joy. Although this feeling of happiness may only be an immediate effect of exercise, physical activity can have many positive long-term effects on mental health, all of which will help you to feel more joy throughout life!

Written by **Chloe** — Lower V (Year 10)





The new culture rollercoaster

Learning about new cultures is like a rollercoaster - exhilarating and exciting. Learning a new language is like a bridge that connects you to people from all walks of life. Learning about new cultures helps to open your mind to new perspectives as you discover: exotic cuisines, different lifestyles, music, films, work, history, literature, to name just a few.

I have been learning French since Year 1 at The Abbey. Even if it was reciting the alphabet in French, as the first language I learnt at school it always brought a smile to my face. Learning small things about a different culture was always an engaging experience. As I continue learning French for my GCSE, I can enjoy the experience of using my knowledge in a practical setting. The Abbey gave me chances like this on our watersports trip to Bordeaux. I remember the joy of successfully ordering an ice cream in French like it was yesterday!

My first Spanish lesson was in Year 4. I haven't taken Spanish since, but I

remember that experience fondly. Learning how French and Spanish were alike and different was a new concept for me at the time. My friends attended a flamenco dance class at school in Upper IV (Year 9), and I remember seeing the smiles on their faces when perfecting their dance with castanets. I went to Barcelona for my Easter holiday in Lower IV (Year 8), and remember exercising my Spanish vocabulary which at the time mostly consisted of hola, gracias, and por favor. When visiting Montserrat, I was able to decipher the main engraving on the cathedral at the top of the peak.

There was a sense of pride that I felt in being able to understand something in a different language - without Google translate of course. On the same trip I was

lucky enough to go on a hot-air balloon ride (luckily I didn't discover a new fear of heights) and just as we took off above the houses in a small village in Catalonia, we saw some people on their balcony and were able to wish them 'Good day' in Catalan. We said, "Bon dia!" up from the balloon as our pilot taught us about the term and the dialect.

The final language I have studied at The Abbey is German. I did German for two years in Lower IV and Upper IV and loved learning a new language from scratch;

one that is substantially different from French and Spanish. I visited Munich in the time I was learning German at school, and the Christmas market was so busy and alive with warm scents of

cinnamon and orange. There was such a range of items from Christmas ornaments made from

different spices (aniseed, cloves, star anise) to glass garden decorations. Back at school, near Christmas our teacher would ask us to leave our shoes outside the door before our lesson, and by the end of the lesson there would be chocolate in our shoes left by Nikolaus. This little action didn't just teach us about the culture, but also showed us the joy that children in Germany feel when they wake up on Christmas morning.

As I reflect on my journey with The Abbey, learning modern foreign languages, I see that the joy of discovery comes from meeting new people, and using your knowledge to aid you to make new friends. Personally, I there is something so fascinating about the first time your plane lands in a new country, and how the culture difference intrigues your curiosity so much that it's almost a little startling when you take your first step out from the airport. In a new place, surrounded by a familiar but also foreign atmosphere, is where I believe the joy of discovering new cultures lies.

Written by **Reeti** – Lower V (Year 10)



Breaking down the barriers



Written by **Kate** – Upper V (Year 11)

Nearly four billion people are able to converse in two or more languages: that is more than half of the world's population. It is clear that languages play a vital role in our lives, but what are the joys of this amazing skill, and why is it that we should all be learning another language?

The most evident benefit of speaking another language is communication: it breaks down cultural barriers. Politics would simply be non-existent: imagine trying to conduct complex negotiations between countries without an interpreter. The UN alone has six official languages, with some meetings requiring a staggering 14 interpreters. Bilingualism has a vital role in the running of the world.

Remember the last time you were on holiday and were desperately trying to buy your groceries from a local shop using a series of frantic hand motions. Well now imagine how much easier it would be if you could simply just ask, thereby avoiding the distress of both parties when desperately trying to decipher each other's gesticulation. You could reach out to others across the world – build a global mindset.

The practicalities of life would become so much easier: whether it be reading a menu

in a restaurant, or online shopping on a foreign website, just imagine how simple it would be if you had the understanding, rather than facing the dreaded horror of having to decrypt Google translate for the thousandth time.

There are some astonishing health benefits to foreign language learning too. A recent neurological study has found that the onset of dementia is delayed by an average of five years in those who speak more than one language. In yet another study of 600 stroke survivors, it has been found that the chances of recovery from brain injuries are much higher: suggesting learning another language has given people their lives back.

Research has proven that language learners have better wellbeing and prosperity: they are more self-assured, empathetic and creative. There may also be financial joys to be gained from being fluent in another language: on average, people who speak multiple languages earn 11% more than their monolingual peers. And although money cannot arguably 'buy' happiness, it can possibly help!

So, don't delay: the joys of learning another language await you and the world truly will be your oyster.



movement of the soul

The definition of movement varies from person to person; it means something different for everyone and each person finds joy in movement in different ways. I find joy in movement through sport, especially gymnastics, whereas other people may find joy in walking their dog.

Sport allows you to shift your focus and escape from reality into something perhaps less stressful or worrying and is good for mental health and wellbeing.

Sport (recreational or competitive) can cause its own stress but for some this motivates them to work harder.

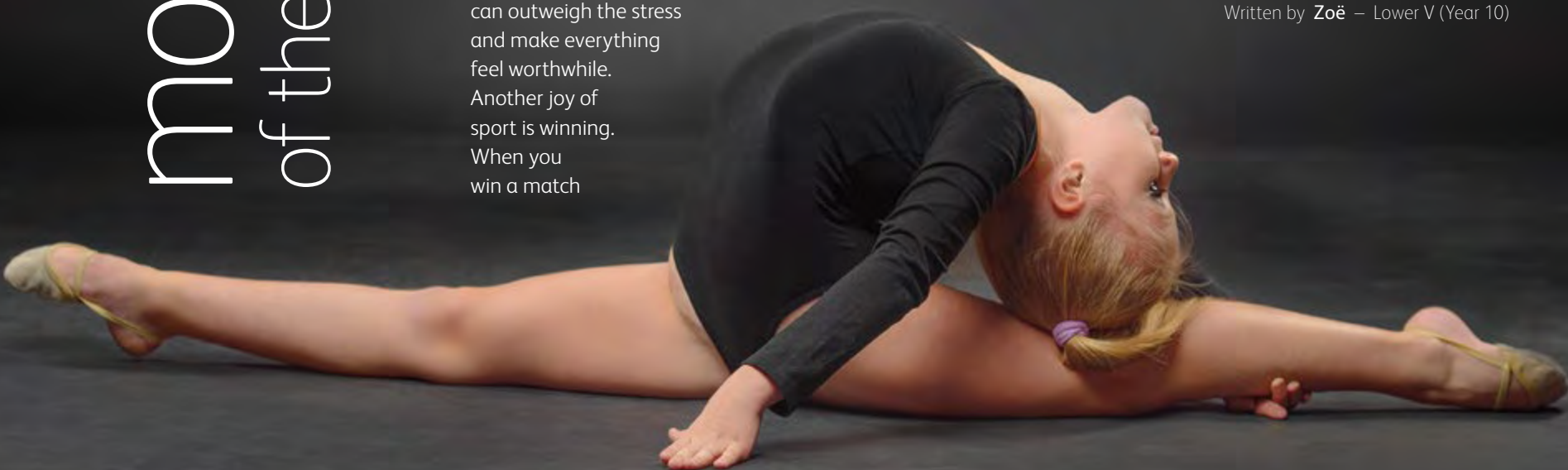
The sense of achievement can outweigh the stress and make everything feel worthwhile. Another joy of sport is winning. When you win a match

or a competition you feel a sense of accomplishment and that all of your hard work has paid off. Another joy in movement could be when you perform a good skill or perfect the routine you have been working on for a while.

For some people sport can be a way of expressing themselves and becoming more confident and perhaps in turn getting better at their movement. Sport and movement brings a sense of community as you can meet lots of new people.

They can challenge you to work harder and help you to reach your goals.

Written by **Zoë** – Lower V (Year 10)





FOOD

A fallacy of glee

“One cannot think well, love well, sleep well, if one has not dined well.”

Virginia Woolf: *A Room of One's Own*

Though published almost a century ago, *A Room of One's Own* was correct. Through food and dining, humanity has found joy and love for millennia, but whether this joy is founded through taste, company or memory is uncertain. Could it be that food simply releases chemicals in our brains, making us more energetic and pleasing us? Or perhaps the food is obsolete, and the friends we dine with are what provoke joy and laughter? Maybe the memory of a day out, enjoying a picnic by a stream, creates a joyous longing for another relaxing day? Whatever the cause, there is no doubt that food can be joyous.

What is joy? Science tells us that joy is a chemical creation of

serotonin, a neurotransmitter that produces happy emotions. A key component of serotonin is niacin, which is produced using a component of proteins. When we eat, this component (tryptophan) floods the brain, allowing the synthesis of niacin and therefore serotonin. So, scientifically speaking, joy is only a chemical, meaning it is impossible to find it without eating – but is that always true? Yes, if we were alone in a dark room with no reason to feel happy, eating should improve our mood, but can this joy be found in other ways?

Many people find happiness through creation and friendship. Creativity and food have often been paired throughout history, trying to make a sparse meal into a banquet. This experimentation has led to many

of the foods we love, and the fun of experimentation is still present today, used to express emotions or simply to relax. One of the delights associated with summer and food is picking berries and fruits in the sunshine, and then using these creatively in crumbles and pies, which can be enjoyed with friends and family. This summer activity has been omnipresent throughout history. Between the 1870s and the 1950s Londoners who could not afford a holiday abroad travelled to Kent to pick hops in the fields. This opportunity to make food (or beer) stimulated joy, holiday and happiness in poorer Londoners, once again proving a connection between creation, company and delight. Gathering hazelnuts on Holy Cross Day (14 September) was also a holiday in England, before the First World War. Through the gathering



of this food, children found fun and respite, without having to consume the food, disregarding the scientific knowledge that joy can only come from food consumption. As a result, food has often been enjoyed more as a symbol of relaxation than for the virtue of taste. Having relaxed on these holidays, the memory provides more happiness and excitement in anticipation of another day, cementing in one's mind how joyous food is.

When food is readily available, however, gathering is less important. Eating healthily is a praisable habit, and knowing you eat healthily stimulates joy and pride through feeling morally satisfied. For some people, breaking the habit, eating “bad” food, can be another kind of fun. Breaking the rules is a treat well-established within human nature and this break from another chore (in this case healthy eating) can be a joyous relief. Eating healthily is often set up by parents and by eating unhealthily there can be a strange sense of rebellion, providing joy to some. For other people, however, healthy eating can become a job and a burden, and where healthy eating once

brought joy, the absence of unhealthy eating now brings it. This negates the natural joy in food as, in this case, the lack of food leads to happiness. Lacking food, can therefore lead to a lack of social purpose.

Food, it can be established, is a means to achieve other purposes leading to joy. Eid ul-Fitr is a festival at the end of Ramadan on which Muslims enjoy a delicious feast. On this day, Muslims come together as a family and thank Allah, thus creating much joy. Easter, also, is a time when families feast, relax and enjoy, through the means of food. So, in this case, food does not provide joy itself, merely provides a pathway for joy, as well as providing a purpose for families to relax. Without food, there wouldn't be as strong a means to gather and there would be less point in celebrating.

Food is incredible. On its own, it is neither good nor evil but the experiences one has had around food shape that perception. An argumentative meal might give the food a bitter taste, whereas a relaxing meal might enhance the taste.

Through food we find a purpose to gather, relax and talk, but where does the true joy of eating come from? A love of social interaction, or a love of flavour itself? Are they mutually exclusive, or are they naturally intertwined within each other?

Written by **Phoebe** – Lower V (Year 10)

“Food, it can be established, is a means to achieve other purposes leading to joy”.





To win? or to Take part?

Sports is a very good example of when this question could be executed. Let's say a running race, imagine, you are in a race running 600 metres. You are just about to finish, but suddenly you hear footsteps getting louder behind you. Before you know it, you're in second place. A couple of things could happen next. You could push with all your might and win the whole race. You could finish second place and be grateful you are on the podium. Or you could give up right there and let everyone else overtake you. I think we all know which one you would prefer, but if you didn't win, would you still be happy that you took part?

If you didn't get the top place on the podium, what would be the first thing that comes to mind? It most likely wouldn't be 'at least I took part', but that would be very good sportsmanship. You might get told by

a coach or parent, 'at least you tried', or 'good job for taking part'. But that might not convince you. You have to actually believe that you did do well by taking part. They are just encouraging you to think that way.

Personally, the joy of winning is better! The thought that you did it, and that you beat everyone else is amazing, but constantly winning probably gets boring after a while. Maybe you actually want to lose just to get a bit of variety in your sports life.

Written by **Yasmina** – Lower III





Junior gallery



Junior gallery





Is the pursuit of **happiness** our primary goal?

Whether you are a passionate philosophy student or you have been sitting staring out the window during a mindfulness assembly, I'm sure you have had the opportunity to contemplate complex questions like "what am I doing here?" or "what is the meaning of life?". Humans have always had a fascination for answering these questions and continue to this day to argue over what our primary goal in life should be. Many would say that even after thousands of years with focus on this debate, we are no closer to finding the answer than when we first started.

Before we dive into this complex debate, we must first establish what happiness is to understand whether it is worthwhile to pursue it. The Oxford English Dictionary defines happiness as the state of pleasurable contentment of mind; deep pleasure in or contentment with one's circumstances. From this explanation, it is clear that happiness is intangible and so we should instead focus on how happiness

can be achieved in response to our circumstances.

One way of establishing lasting happiness is by setting yourself targets for success and overcoming challenges. Aristotle argued that we all have a purpose in life, so it is important to maximise our potential in fulfilling this purpose, as this will enable us to flourish and in turn achieve happiness for ourselves and for others around us. Take a knife for example: a good knife is one that cuts things well and so a good person must be one that fulfils their purpose the best.

You may be asking yourself how do we find our purpose? Each person's purpose is unique, but a good place to start would be looking at what you are good at, what you enjoy, and anything that helps others. We are all gifted with different talents, so it is important to use them to the best of our ability. In fact, some would argue that you have a moral obligation to flourish because if you don't you are depriving the world

of your best self. Nonetheless, you must use your talents wisely and for the correct reasons, as famously quoted by Spider-Man's Uncle Ben: "with great power comes great responsibility". This quote, which can actually be traced back to the Biblical verse Luke 12:48, has the simple meaning that we all have a responsibility to seize opportunities not just for our own benefit but for the benefit of others.

On the other hand, the ancient Greek philosopher Epicurus would oppose Aristotle's view and warn of the great dangers of ambition and desire. Epicurus believed that happiness is achieved simply when pain is minimised, and we are at peace with ourselves. The purpose of life therefore is to achieve tranquillity of mind, or ataraxia. Epicurus believed that ambition leads to suffering because our desires will eventually exceed our capabilities and we will fail to meet our ever-increasing expectations. This endless drive for more success won't fulfil us in the long-term, so it may

instead cause us to doubt what our purpose is. We should instead find happiness in what we already possess, and "not spoil what you have by desiring what you do not have."

However, arguably if everyone took this approach, humanity would not have progressed to where we are now because each leap in development has been caused by the desire to improve what already exists. Also, ataraxia can be seen as selfish, as it may achieve personal happiness, but it certainly doesn't benefit others. Moreover, if we spend our lives trying to avoid failure, we may miss unexpected opportunities that provide us with a greater feeling of reward and a deeper level of happiness. In my experience, happiness occurs in the places that I least expect to find it. So, if I avoided its pursuit and focused only on the happiness naturally presented in my life, I would be missing out on life's fulfilment. Despite this, I support Epicurus in his warning of the dangers of consumerism and materialism because money can't buy

us happiness. The constant need for more, whether that be materialistic or a feeling like happiness, is dangerous and can lead you into a vicious circle of dissatisfaction. Therefore, whilst I think it is important to value what you already have, it is also important to not be afraid of failure, as success in unexpected situations provides happiness.

Psychological research by Mauss, I. B et al supports Epicurus' argument, as it highlights the danger of pursuing happiness outside of what you already have. Two studies support the hypothesis that pursuing happiness leads to increased unhappiness. In Study 1, female participants who valued happiness more (vs. less) reported lower happiness when under conditions of low, but not high, life stress. In Study 2, compared to a control group, female participants who were experimentally induced to value happiness reacted less positively to a happy, but not a sad, emotion induction. This research illustrates how happiness should not be an aim but instead left to occur naturally in our lives. The paradox is that the moment you start to see happiness as a goal, is the moment you become unhappy.

It would seem that the philosopher John Stuart Mill understood happiness best when he argued that ultimately whatever we decide to pursue (or not in the case of Epicurus), we do so because we know it will make us happy, so we have no choice but to pursue happiness. The pursuit of happiness is constantly occurring in our subconscious, so may not necessarily produce the negative effects described in the above study, which involves a conscious focus on the value of happiness. On top of this, some things we pursue make others happy, and this in turn makes us happy. For example, working in healthcare can be described as rewarding because the hard work that goes into helping a patient is rewarded by the patient's progress or gratitude for their treatment. This treatment has helped both the healthcare provider and patient, so supports the utilitarian viewpoint of what happiness should be, as it has achieved the greatest good for the greatest number of people.

In conclusion, we must remember what uniquely makes us happy, as over time this can be clouded by daunting expectations that we have it in ourselves 'to make history' or 'become

the best possible versions of ourselves'. In a world powered by technology, it can be easy to forget how social people are, and that human beings thrive on each other's support. Therefore, it is important to make other people happy because this brings happiness to us as well. Especially in times like these, we are reminded that suffering is a call to action and that if we have the power to prevent people from suffering, we have a responsibility to do so to the best of our ability. We should make the most of what we have been given and the opportunities available to us but know that we are not defined by our successes or failures.

The pursuit of happiness is likely to lead to unhappiness. However, paradoxically, the pursuit of helping others is likely to lead to happiness even when you may fail to achieve all you set out to do.

Written by **Lizzie** – Lower VI (Year 12)





What does **joy** look like to me?

A poem By Livia – Upper I (Year 4)

How does joy look and sound?

Well, for kids it is a giggle
and for dogs their tails wiggle.

For chimpanzees their teeth are showing
and cats curl while making a loud purring.

Pirates when full of joy
jump up and down screaming ahoy!

And for me it is the smile on my friend's face
when we meet each other at my place.

We play, we cycle and cook
we watch, we paint and read a book.

We sing, we jump and dream
and beam with joy when eating ice cream!



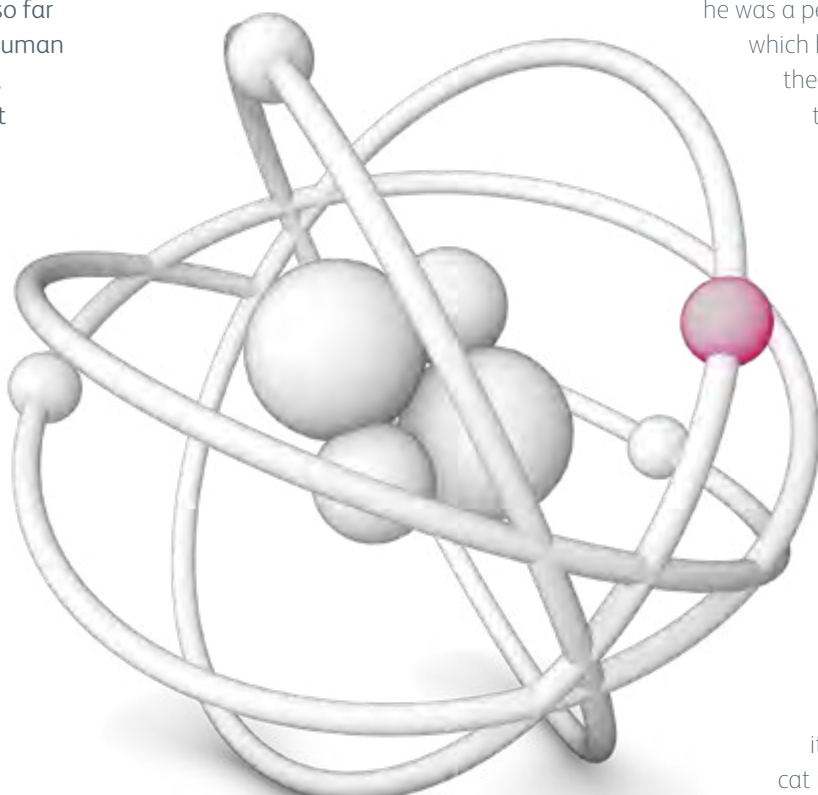


quantum physics hold the key to happiness & Joy?

It seems peculiar to suggest that a subject so far detached from the everyday reality of the human experience, particularly of one's psychology, could be integral in improving wellbeing, but Dr Chris Gilbert, writing for Psychology Today, suggests it can.

Dr Gilbert argues that the human mind is incapable of hyperfocusing on more than one emotion at one time. She explains that, while emotions are capable of coexisting, when one pays attention to any emotion one in particular, the others subside and become far less noticeable. From this logic, Gilbert goes on to highlight that this subconscious action could be utilised consciously to improve day to day happiness, by choosing to concentrate on positive emotions, even if they are naturally less prominent in the circumstances.

This is compared to Erwin Schrödinger's famous thought experiment, involving the brutal murder of his feline companion. Theoretically, having placed a cat in a box with a Geiger counter, radioactive material, a bottle of poison and a hammer, Schrödinger's hypothetical reality divided into two - one reality in which



he was a perpetrator of gross animal abuse, and one in which his pet remained unharmed, all balanced on the probability of radioactive decay. Schrödinger theorised that, until the box was opened and the state of the cat, previously uncertain, was confirmed, the animal could be said to be in a superposition, either alive or dead. This unleashed a scientific paradox - surely it was impossible for one thing to occupy two states, especially two such definite separations as life and death?

The Copenhagen Interpretation, though often subject to discourse, is considered to provide a solution to this: the wave function. $(|dead\rangle + |alive\rangle)/\sqrt{2}$. This states that the cat, upon opening the box, has a 50% chance of being alive, and a 50% chance of being dead. Though seemingly obvious, this equation clears up a lot of issues. Firstly, it erases any confusion about other states - the cat is alive or dead.

No loopholes, such as, the cat escaping from the box and undermining the whole experiment, though admittedly evading Schrödinger's cruel sacrifices for science and remaining arguably alive, but setting quantum physics back a few years. Through this, it clarifies that there

is no way for the cat to be in both of these positions. Although at first glance contradictory to the entire premise, with further analysis, this furthers the point of the argument; there has to be a way in which the cat is only either alive or dead: the splitting of realities. Once Schrödinger opens the box, the universe in which that version of him exists is defined. For example, upon opening the box, he finds he is in the alive cat universe, and unlikely to have his animals confiscated by the RSPCA, until he then publishes his theory.

So, how does this link back to psychology, and are Gilbert's claims reliable? There is a lot more conflict on the matter of when the cat shifts from a superposition (when the universe 'splits'), and far more experiments both contradicting and extending Schrödinger's theories, such as the double-slit diffraction paradox, which demonstrates the superposition and observation ideas visibly. However Gilbert focuses primarily on the basics of observational positioning - i.e. observing a circumstance forces it to assume one possibility. In the same way that Schrödinger and the Copenhagen Interpretation state that observing the state of the cat -

opening the box - forces it out of the superposition and into a definitive state - alive or dead - Gilbert claims that focusing on a positive emotion forces the others out of a superposition of coexistence, as the mind is only capable of paying attention to one emotion at a time. I would argue that, despite this idea technically functioning, it both misunderstands Schrödinger's proposals and is an unhealthy coping mechanism.

Although this may perhaps be a little too cynical, I would remind the author that firstly, observation is not the picking of a state to focus on, it is the act by which the circumstance is forced out of a superposition, which, by definition, cannot be predetermined. In addition to this, the very basis of the Copenhagen Interpretation and Schrödinger's experiment rests on the idea that the circumstances cannot coexist.

At first, Gilbert's proposition appears to agree with this; however, psychology dictates that emotions can coexist, despite some prevailing in some situations. Gilbert's suggestion of choosing a positive emotion to focus on does diminish the existence of negative emotions, but they don't

'disappear', as she states, contradicting her earlier point that 'we have inside of us at the same time [many emotions]'. These continual contradictions both undermine her argument and weaken the link to quantum physics. In connection with these criticisms, forcing traumatic feelings such as grief out of the mind is unhealthy in the long term.

Although useful for more inconsequential events causing negative emotions, such as stress or short-term sadness, the suggestion that this method is healthy for dealing with long-term, deep and scarring emotions such as grief could be damaging. This is a phenomenon commonly referred to as 'toxic positivity', in which one is coerced into suppressing negative feelings, resulting in build-up of tension and the counter-intentional increase of negative emotions.

In conclusion, the links between psychology and quantum physics are tenuous, and would better remain as an analogy, despite Dr Gilbert's arguments near the end of the article about the possibility of quantum physics' application in our neurons, which are irrelevant to the claims. In addition to this, suppression and

distraction, the technique that the author suggests, have been shown to be less effective on higher intensity emotions such as grief, in addition to being unhealthy in the long term. A rudimentary understanding of Schrödinger's thought experiment is helpful to understanding a long-established short-term positive distraction technique, but this author would argue that that is where the connection ends.

Written by **Grace** – Upper IV (Year 9)

“Dr Gilbert argues that the human mind is incapable of hyper-focusing on more than one emotion at one time”.





What is diversity?

We are all different in many ways. Some of us like cricket and some of us don't! With all these differences we still come together as a diverse community. I want to dive a little bit deeper into the meaning of diversity. It suggests in so many different meanings and ways but in conclusion I think that it means difference. Differences in things we like to do and who we are. Like our cultures, this school is mixed with people who have many different cultures and places where students come from and we do our best to celebrate them in many different forms. We even learn different languages from places around the world. Diversity is joy.

I find happiness in being a part of a diverse community

Written by **Fikayo** – Lower III (Year 6)





Written by **Izzy & Jodie** – Lower VI (Year 12)

FASHION

Fashion is a **joy** to be celebrated and the **joy** of developing craft skills versus mass manufacture

What is fashion? Well it's a variety of many different artistic elements. Fashion can be broken down into different levels, such as designing, developing, producing, selling, buying and styling. These levels all have their own stages as part of the full process of fashion.

Fashion can be celebrated in many different ways. It is a way to express one's true colours or to hide away from attention. The freedom you have with fashion and styling yourself makes the image you portray unique and personal to you and your values. To be specific, clothing can express people's personality, for example if someone has a specific show they watch they may be influenced by the styles on that show or series. Similarly they may choose to wear clothing that has slogans or pictures making clear that they are a fan of that specific show.

In addition, within fashion styles there are categories which different style of clothes fall under, such as the basic style, which is when an item or style is something a lot of people would wear and it tends to include simple block colours with little pattern. Or the

opposite to this is the edgy style, which is when an item or style is more out there and makes the wearer stand out in a crowd; this might consist of more bold colours and a variety of patterns. You can use these styles to show your personality as a shy person who may not wear something edgy because they may not want to stand out or they may use the unique style to express themselves as they find it harder to express it in other ways. Also from fashion a variety of jobs were created within the different stages, these different jobs allow people to enjoy working as they get to make or design pieces that are shared across the world and will give others the opportunity to express themselves when they style themselves.

Overall fashion is a joy to be celebrated because it is an alternative way for people to express themselves without needing to make it obvious. It also allows people to find themselves and feel unique and special in what they wear.

In addition, thinking more about the production side of fashion, what are the differences between craft and mass manufacture? Well craft skills means that people

design and make pieces of clothing or any accessories from their own imagination and create anything that may appeal to them. On the other hand, mass manufacturing is where one pattern is used to create many garments of the same style and potentially the same patterns and colours.

Developing craft skills to make your own garment can be a way to express yourself further as the garment you create can feature different aspects of your own personality. Learning craft skills can also become a hobby or something that people enjoy doing in their free time. When wearing this garment you can be unique from everyone else as fashion can mean different things to different people. People's identities and different personalities need to be celebrated and one way to do this is through fashion and the way they express themselves. When people have finished making craft garments or have learnt new skills they may also feel good, which also contributes to the sense of joy and they can feel a sense of enjoyment as well as achievement that they have created something of their own. This can lead to them making more clothes and creating their own style, which they

can celebrate as an individual and be proud to wear that collection of garments they have personally created. They can also show others what they have made by wearing their new clothing and style. This could also bring joy to other people by showing others that they too can be unique and have their own style.

Making your own clothing and accessories can also be good for the environment as mass manufacturing creates a lot of waste, whereas making individual garments means a considerably lower amount of waste is produced. This can also bring joy to people and allow people to feel that they have played their own part in helping to save the environment. This needs to be celebrated because people have the enjoyment of making something unique to them but also they are supporting a cause, such as helping the environment.

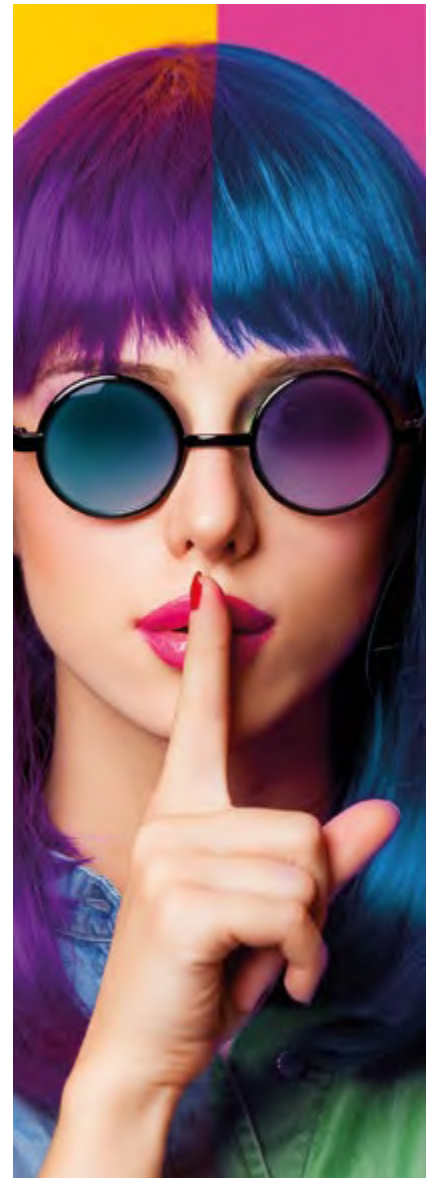
Mass manufacturing uses standard sizing and patterns that fit in with certain trends. This could be good for some people because they want to be able to fit in with others and be in trend with the popular styles at that point, but also having the relevant craft skills, people can be trend setters and create garments that are tailored to both their personality and their size. The standard sizing means that it is quicker to produce clothing made from mass manufacturing, but is not as unique as creating your own. People may prefer this as personal preference and choice should be celebrated as people should be able to wear what they want and what makes them confident and comfortable in their own body.

Mass manufacturing can be good and bring joy to people who lead busy lives as they do not have time to make their own garments and can quickly get clothing and accessories

to wear. People should not feel as though they are pressured to make their own clothing because in mass manufacturing a lot of styles are created that can be different from each other, which can also show a person's personality, without having to spend hours creating something that maybe they would only wear for certain occasions. In addition some people would not find that having craft skills or making their own clothes brought them joy and would also choose to wear something that is standard and not worry about what others thought of what they wear. Maybe for some people they can have other ways to express themselves.

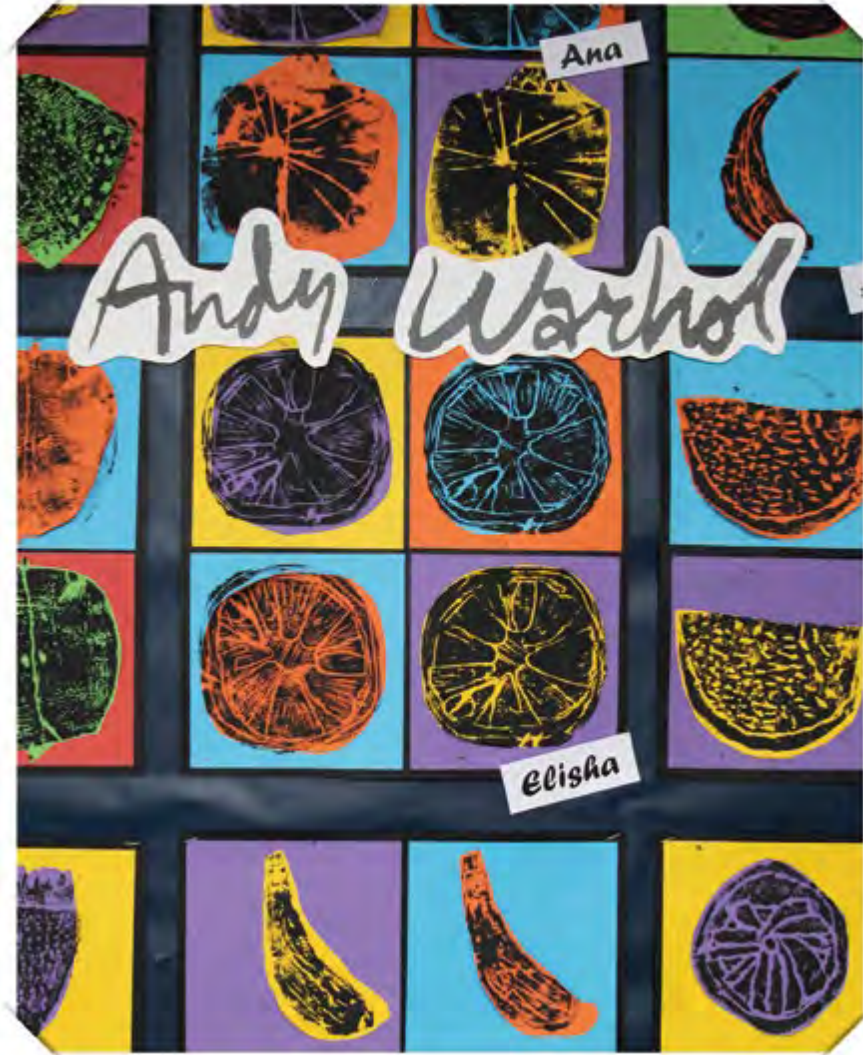
Overall both craft skills and mass manufacturing are part of the fashion process to be celebrated as they both create fashion styles that can be shared across the world for each individual's personality.

- Logical construction + manipulative skills + physical
- Aesthetics – expression
- We have to wear clothes! Unconscious choices when we wear clothes
- Some activities would be impossible without the correct clothing.
- Even the most mundane item has been designed or constructed by someone
- Jobs + industry
- Constructed into a 3D form - feat of engineering!
- Evolved over hundreds of years of design influences

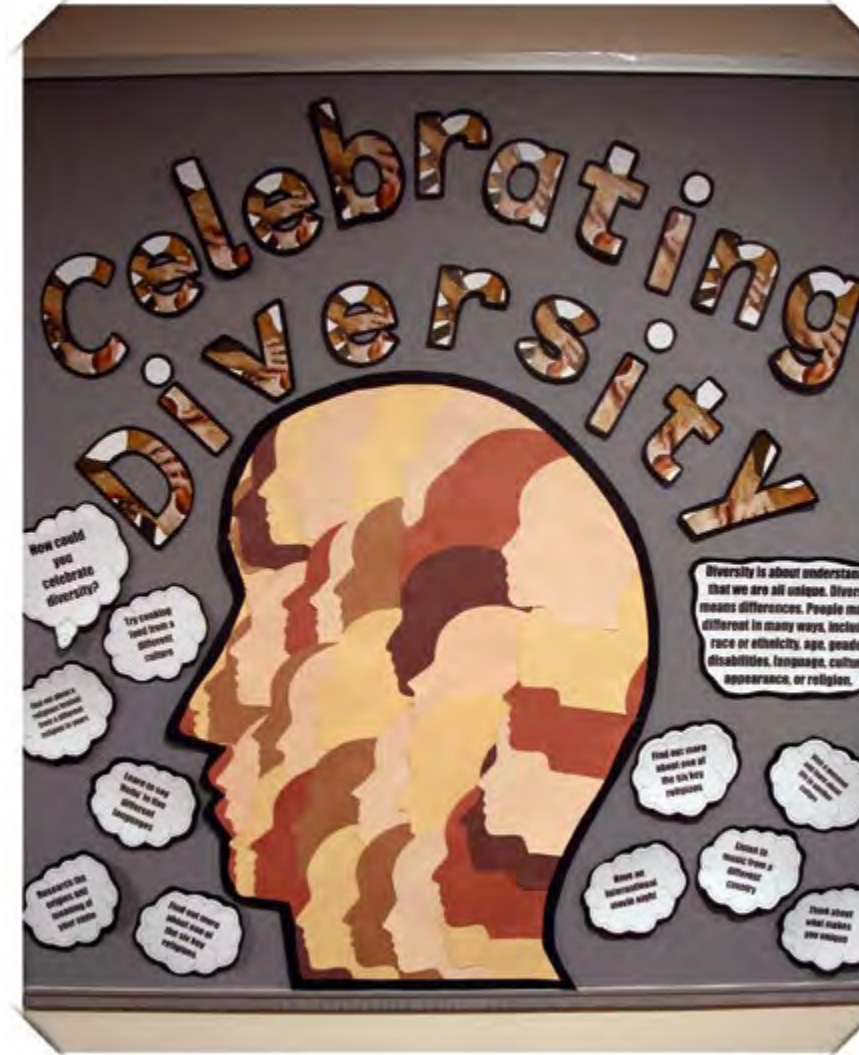




Junior gallery



Junior gallery





Features

When students provided their ideas, we set no limits. The articles that follow are more in-depth observations and thoughts.





Written by **Keyi** – Lower VI (Year 12)

The cost of the pandemic. Is anyone smiling now?

In the Chinese language, the word for “crisis” consists of two characters: one representing “danger”, and the other “opportunity”.

Looking back, the COVID-19 pandemic incurred a huge social cost in almost every single economy across the world. Since the first report of the virus in December 2019, what started as a health panic rapidly mutated into an economic crisis, plunging the world economy into the deepest recession since World War II. In economic terms, 166 out of 194 economies experienced negative growth in 2020, and the UK economy in particular contracted by a record 9.9% – a level that is much more severe than the previous global crisis in 2008. Long-term economic ‘scarring’ (structural damage done to the economy) is now almost inevitable.

As UK cases surged in early 2020, the health sector, one of the main pillars of our society, soon became overwhelmed with patients. The shortage of critical care beds, ventilators and personal protective equipment (PPE) further

exacerbated the situation, costing tens of thousands of lives. It was later revealed in subsequent investigations that the UK had one of the highest per capita death tolls among the advanced economies at the start of the crisis. Meanwhile, a completely different kind of demand-side shock (a sudden change in demand, a decrease in this case) was taking place in the remaining sectors of the economy: consumers fled from potential infection sites, such as cinemas, restaurants and shopping venues, due to fear of virus contraction, which then brought about job losses and supply-side contractions in these

industries. The subsequent travel restrictions and the national stay-at-home lockdowns further weakened economic activities, manifested in the largest quarterly dip of real GDP (-20.4%) since records began during the second quarter of 2020. Source: Office for National Statistics - GDP monthly estimates.

As it became apparent that the society was no longer able to withstand the threat of COVID-19, the government began to mobilise its monetary and fiscal weapons to counter the social impacts caused by the pandemic.



The monetary treatment plan followed the traditional procedure: the interest rate was first slashed to near-zero term to encourage lending activities. Quantitative easing (QE), which involves the creation of ‘electronic’ money, was then prescribed to pump liquidity into the economy - complementing the dip in interest rate. If all this is still not enough, during the first quarter of 2021, the Monetary Policy Committee of the Bank of England was even willing to venture into negative interest rates if the economy remained unreassuring. At the same time, the government embarked on massive fiscal stimulus, the most notable example being the furlough scheme, to sustain aggregate demand, hence preventing a sickly high unemployment rate. However, this led to the side-effect of significantly rising national debt: according to the Office for Budget Responsibility (OBR), the government’s fiscal watchdog, borrowing was expected to rise to £355bn the 2020-2021 financial year, and at the time of writing, national debt per capita stood at £41,960 per capita - a cost that is likely to be passed

onto future generations through tax adjustment.

Furthermore, the pandemic is also igniting different sorts of inequalities within national borders. Firstly, as schools closed down during the peak of the crisis, educational inequality jumped up as those who have no access to internet infrastructure, two-thirds of children worldwide according to UNICEF, lost hours of learning, and remote-learning quality varied across different regions.

As children stayed out of school, extra childcare was shifted onto the shoulders of the mothers, who normally take care of the children in the household. According to the consultants McKinsey, women are 30% more likely than men to have considered either quitting or slowing down their careers during the pandemic; and among those who persevered remote-working, only 41% of working mothers felt positive about their well-being, compared to 71% of working fathers. In the US alone, more than 2 million women exited the labour force in 2020. Quitting a job that requires skills and training means that reentering the job market after

the pandemic could be tricky, as skills may decay over time. As a result, the pandemic may further widen gender inequality in the workplace. Finally, the pandemic could deepen the inequality between different workers.

For instance, white-collar workers were more able to adapt to an online business model during the pandemic, whereas jobs that require physical presence, such as blue-collar and ‘essential’ jobs, may not be so flexible. Therefore, the former may benefit from an improvement in productivity as working shifts online, but the latter would face higher job insecurity and may experience heavier loss of income as working from home may not be an available option.

By considering these social costs of the pandemic, you may ask: is anyone still smiling now? Just like the old saying goes: “In the midst of chaos, there is also opportunity” so I think my answer would still be “yes” - one of the lessons the pandemic has taught us, indeed, is how to smile using our eyebrows.

One of the positive opportunities brought by the pandemic is the improvement in the environment

- so if you are an environmentalist, you can smile now! As companies adopted remote-working during the pandemic, air pollution began to diminish in city economies thanks to the absence of the commute. In addition, decline in international travel reduced CO2 emissions from planes, further contributing to the rise in air quality. When humans reintegrated themselves into the once human-concentrated areas, such as pedestrian streets and city-centre parks. The public was also shocked by the improvement of the environment in various tourist sites - remember the photo of an ever-so-clear Venice canal that went viral on social media platforms?

The second group of “smilers” would be interventionists. During the pandemic, unprecedented government interventions have taken place compared to previous crises. For instance, the UK Conservative party, a party traditionally oriented to the free-market, pursued massive left-wing policies, ranging from furlough schemes to tax cuts, in order to contain the economic shock. As a result, the pandemic brought about a paradigm shift in economic policy: people are

waking up to the fact that in times of crisis, there could and should be more government interventions. If the government pushes hard enough, things may be achieved more efficiently. Take the example of the vaccine: something that used to take a decade to develop has been successfully invented in less than twelve months this time. Therefore, the pandemic has demonstrated that when facing future crises, such as climate change, government interventions should play an important role. Lastly, innovators may be smiling now. Crises prompt us to think outside the box, and in fact, a time of crisis is one of the biggest drivers of innovation. Did you know that stainless steel and vegetarian sausages were invented during World War I? Indeed, there were a plethora of innovations during the pandemic. For instance, never before has hand sanitisers been produced at breweries and distilleries. In the health sector, doctors adapted “breathing machines normally used for a sleeping disorder” to aid the recovery from COVID-19. And do you know what my favourite COVID-19 innovation is? Face masks that come with a transparent window to help us display our smile!



Written by **Jemimah** – Lower IV (Year 8)

What did people in the past do to **enjoy** themselves?

When we sit down to watch the most recent hit Netflix show, what would people in the past have done? When booking your holiday to Spain do you ever contemplate where you might be heading off to if this had been the Victorian era? Or when entering your nearest town store do you ever think about what it could have looked like 200 years ago?

As our world has evolved so have people's ideas and ways of enjoying themselves.

Going away or going out to the seaside or fair was a huge part of people's lives: using the railways. The first railway was built in 1804 and they quickly became an affordable form of transport for many people with many different classes of travel. They were used everyday but also for holiday and leisure.

The railways were used to connect people and places. Some places became holiday resorts for example Blackpool and Brighton. These trips

could also be more accessible to the working class for day trips away from their factory lives. The speed of transport by rail meant that they did not have to spend as much time trying to get there. In 1871 official holidays – Easter, the first Monday in August and Boxing Day – bank holidays meaning that banks and offices were closed; since then other establishments have also chosen to close.

In addition to the Banking Act in 1871 people with ill health were also encouraged to visit the seaside giving the opportunity to increase business. The population would visit the seaside to take in the healthy and fresh air. With this new demand for the coast, people began to increase the size of towns and add piers out into the sea.

When visiting the seaside people were given the option of many different popular amusement and activities: Punch and Judy, which originated from the 1660s; the eating of ice cream; and the eating of fish and chips, something still recognised as a main

part of English culture. Despite all this the seaside did have some downfalls. Not everyone at this time could swim so many just paddled. Other, more wealthy people rented wooden huts (called bathing machines), which could be pulled out into the sea by a horse. Wealthier people could also enjoy the luxury of being able to stay for a week in a hotel or guest house. The less wealthy didn't own a swimming costume either and consequently probably rented them.

One of main sources of transport today, cars haven't always been mainstream. The first car was invented in 1886. Gas-powered and with only three wheels, it was quite different to the car we see and use today. Since then cars became petrol or diesel and had a wheel added. They were mostly used for leisure but originally doctors mainly used them for work. In 1904 there were around 23,000 cars in use across Britain and 100,000 by 1910. Nowadays there are 31.7m cars in Britain. In 1900 cars cost around \$1,000 (around \$28,000 now) but by 1924 it was \$265 (\$4,000). The

dramatic change in price was mainly due to mass production and greater want.

Other forms of joy and amusement include toys. In fact the name 'toy' dates from the 16th century. Though at that time it could be used to refer to anything from a button to play things. But the idea of a toy has evolved over time from it being a play thing for adults to its more modern day meaning 'an object for a child to play with'.

Some of the earliest known toys were clay shaped into marbles and balls and small round stones. Marbles were even found in the tomb of a child's grave, located in Egypt from around 4000BC. People in the medieval times played with yo-yos made from wood and other types of cup and ball games.

By the 18th century the earliest form of dolls are known, they are formed of wood. Quite a lot of the toys we are so used to today had their original models created in the 18th century: kites,

rocking horses and puzzles. Following on in the 19th century as technology advanced and other methods of production became available, many items could be made a lot more easily and quickly. Printing on paper became more straightforward and meant that jigsaw puzzles could be created for more people at a better price. These puzzles were also used for educational purposes as some versions had Kings and Queens (as well as other historical figures) printed on them. In the 1820s games such as dominoes and cards became popular.

Playing cards are thought to have been originally created in the 9th century when the Tang Dynasty made them via their woodblock printing method. They became commonplace around the 1820s, though the pictures for King, Queen and Jack were most probably added between 1840 – 1864. Now some of the most popular card games are Poker and Rummy. In the modern age of technology card games are easily accessible, therefore increasing their popularity. But before this, cards were easy to carry wherever needed due to their pocket size nature and the fact it was unnecessary to bring anything else to play but the cards.

The games people played in the 19th century were predominantly made from ivory or bone as they were quite ornate pieces. During the 1840s, as the rail networks grew massively, toy trains were introduced. Some 30 years later education was evaluated and changed to include more physical objects, this included the use of abacuses. By the 1890s the industrial revolution was at its height and the mass production of toys came with it, this meant that the designs of these toys were also affected.

As time went on toys became more elaborate and were affected by the changing environment and equipment being introduced. An example of this was the launch of toy cars in the early 1900s. During World War I the toy industry quickly made a selection of toys relating to the conflict happening in the world. With the rise of cartoons following the first war, more toys that reflected characters could be found but the toy industry saw a huge shift in circumstances at the start of World War II. Factories were converted to make weapons and many workers were sent to fight the war. To replace factory-produced toys, people made them at home and mostly out of paper.

As time moved on people started to have other things to do in their free time.

The first radio broadcast came in 1906 on Christmas Eve and by 1930 there were 5 million radio sets in the UK.



As time went on more people started to own radios and they were one of the only forms of news during World War II when many people still didn't have their own television sets.

The first successful demonstration of the television happened in September of 1927 but it wasn't until the coronation of Queen Elizabeth II many people had them. In 1953 100,000 television sets were purchased. On the day around 20 million people watched.

Between 1949 and 1969 the number of households in the US with a TV rose from 1 million to 44 million. Meanwhile the number of stations changed from just 69 to over 500.

Another important event on television was in 1969 when Neil Armstrong walked on the moon and 53 million households tuned in with approximately 650 million viewers.

Forms of entertainment and enjoyment have evolved over time and come in many different forms, including holidays and travel as well as games and television. All play a part in what we do at home today in our free time.





Written by **Helena** – Upper V (Year 11)

The joy and power of the written word to evoke change

The written word is the underlying force of change in our world, silently shaping our lives from cradle to grave.

From Austen to Orwell, Darwin to Descartes, the power of the written word to expand our horizons, socially, politically, emotionally, spiritually and intellectually, is undeniable. However, its influence extends beyond this - the written word can ignite a zeal in humanity. Whether it be in a text from your friend or in the books you read as a child, the induced elation we experience on sight is a universal, even innate reaction, triggering a multitude of positive effects. 'Words create worlds' - Rabbi Abraham Joshua Heschel

Initially attributed to philosophers including Heschel and Wittgenstein, paradoxically, the brevity yet distinctly profound nature of this phrase highlights writing's momentous impact. In just a few short syllables, this statement reveals to us the power of our written words, a power so prodigious it can create abundant life from nothing. Although alluding ostensibly to the physical impacts

and changes our writing can have – improving healthcare, changing social norms, encouraging diversity – to me this phrase speaks of the creativity and vision works of fiction incite in young and old minds alike. From an early age, the prevalence of exciting, new



literature invites us into farfetched, fantastical realms, sparking a form of untamed excitement, capable of eradicating negative thoughts and giving fresh vigor to life. The books we read as children shape our lives and help to define us as people via the morals and lessons these stories preach. By constructing established ideals and conceptualising our societal and

personal understanding, these lessons prevail throughout our lives, becoming woven into our psyche, culture and world view. In this way, the written word has the power to influence our thoughts and behaviours, instigating internal and external pragmatic change

in our lives and the lives of those around us. A well recognised example of this would be 'The Tortoise and the Hare', one of Aesop's more prominent fables. Although primarily teaching the old adage 'slow and steady wins the race', one can also construe lessons of positive triumph over perceived failure or inadequacy, strength in one's own power of conviction and determination

and the sense of accomplishment in running one's own journey irrespective of competition and external pressures. In short, stories can enhance the clarity of our ethical and religious reflection, leading to more accepting, tolerant viewpoints as a consequence of being faced with an infinite range of characters, cultures and crises that we may not otherwise come into contact with. The dichotomy of such simplistic language evoking such complex effects, highlights the nurturing force of the written word, exemplifying how it is a catalyst for the process of personal change.

Unlike academic writing, literature operates without a conscious mandate, creating an empathic link between reader, writer, characters, and ideas that are being presented. This subsequently broadens our views and forms an awareness of different personalities and cultures, different sides to a moral dilemma and the range of consequences that may follow. Our early exposure to such diverse worlds forms a crucial part in our development, aiding both our creative

dispositions, liberal thought process and imagination. Imagination itself is the key to innovation, colouring our entire existence and influencing everything we do, think about and create. It leads to elaborate theories, dreams and inventions in all professions, from the realms of academia to engineering and the arts, thus demonstrating the encompassing way in which the written word governs our world. Whether you find yourself lost in Hardy's rambling countryside or fighting on the front line with Wilfred Owen, this pure form of encapsulated escape is a cathartic balm for the soul, helping to alleviate our worries and provide an enjoyable distraction from the sometimes harsh reality of modern life. In a finite number of pages, a story will open, evolve and close, forming a striking juxtaposition with the chaotic, unstructured and infinite progression of real life and allowing us to emancipate ourselves from the confines of contemporary life and its pressures with may challenge the rational mind.

In a wide world of continual change, there are also a multitude of interpersonal effects that prevail upon society as a whole. Literature, in its very essence, dismantles established beliefs and realities, where knowledge provides

a force with which to question the scope of society's fundamental truths. The influence of common literature i.e. novels, in society is evident in both cultural and academic discussion, with conversations around class, race, and gender often prominent in writings surrounding these issues.

In essence, literary works play a paramount role in informing social ideologies, functioning as a basic springboard from which to create or disassemble arguments and theories. *The Second Sex* (Beauvoir, 1949) explores, from a critical perspective, how women have evolved to occupy the subordinate position in a society that man defines, questioning and chronicling the origins of this pervasive, prohibitive reality. The primary thesis of this text is that men fundamentally oppress women by characterizing them as the Other, a caricature whereby woman is everything man is not but that which he is dependent on so he may be who he is. Beauvoir, with this in mind, confronts human history from a feminine perspective, transgressing what would have been the orthodox, homogenous opinion of the time. Today, this meticulously researched masterpiece is recognised as a pillar of feminist thought and

twentieth century philosophy. Also Its influence is profound, helping to distinguish between the terms gender and sex; acting as one of the initial bases underpinning developing gender equality debates; and inspiring subsequent feminist arguments against psychoanalysis, including those of Betty Friedan's *The Feminine Mystique*, (1963), Kate Millet's *Sexual Politics*, (1969) and Germaine Greer's *The Female Eunuch*, (1970).

By comparison, *Playing in the Dark: Whiteness and the Literary Imagination*, (Morrison, 1992), examines literary constructs of race and more specifically the way in which 'whiteness' defines itself through 'blackness,' and vice versa. In common literature, black people are usually presented through the lens of white perception, rather than the other way round and this novel argues that race has become a metaphor, a way of referring to forces, events, forms of social decay, economic division and human panic. Having motivated a generation of ethnic studies, scholars and students to make whiteness visible, 'Playing in the Dark' has portended substantial change, making it critically apparent that whiteness must not continue to go unacknowledged and unexamined as a social norm. With this

in mind, it is undoubtable that these written texts are central to feminist and racial literary theory, promoting seismic change in understanding and challenging social norms, to combat bias and prejudice and tackle such key issues in society.

'Without knowing the force of words, it is impossible to know more' - Confucius

The written word has the power to inspire positive change in the individual and in wider society, with this prevalent influence visible in mankind since the dawn of time. Dating back to 3400 BC when our ancestors first developed writing systems, the social, religious, political and personal effects are still visible, illustrating the immediacy of this medium's archaic strength. The written word holds the infinite ability to instill personal enlightenment and enrichment, affecting from a wider perspective, the behaviour of the population with its teachings. It has the capacity to unify and to rectify society's wrongdoings, to spread messages of hope and happiness with the touch of a button. In all consideration, the written word is a form of joy in itself, its subsequent power emanating from this reality.





The Abbey Journey

William Shakespeare wrote in Troilus and Cressida: “Things won are done, joy’s soul lies in the doing”.

At The Abbey, our students choose a dynamic school life based on growth and fulfilment, coming at it with courage and ambition.

They learn early of the perils of perfectionism and instead, strive to learn and evolve, rather than merely acquire and achieve..

Life here is busy. Before-school training, lessons and lunchtime clubs, after-school activities, homework. We need to savour it as we experience it.

I remember vividly my mother telling me when my two daughters were in our Junior School that one day I would miss the fingerprints on the windows.

We look to the future all the time, but let’s celebrate every instant of the present. As a recent hike up Mount Snowdon highlighted to me, it is the journey that matters most, not the destination.

So let’s take this moment to celebrate our present. Every contributor to this publication, who has shared their passion for living and learning. Every student’s

voice in our school, which shapes our thinking and develops our learning community. The sheer confidence and purpose that enlivens each classroom, playing field, concert hall, drama and art studio at The Abbey.

We hope you have enjoyed sharing some of our students’ experiences and thoughts through these pages, which demonstrate the thirst for knowledge in our young learners, and the pleasure they take in acquiring it. Because joy’s soul lies in the doing.

Nisha Kaura, Head of The Abbey Junior School





Senior gallery





theabbey.co.uk