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« OPINION

# The impact of Self isolation.

Eli-Azriel Ayoola

**Self-isolation.** A topic that has come to light in 2020/21. While it may seem fun at first, many will start to see adverse effects in the long term - especially students. Humans thrive on relationships and although school is mostly seen as a place to master subjects, it is also a place for mastering life, relationships and socialising.

School provides us an opportunity to learn and laugh; study, revise, run and allows us to build bonds outside the school building. This is a huge reason why being away from it can be so detrimental to mental health. Then, there is the onset of remote learning. While remote learning might be useful to keep up with the curriculum, it does not compensate for the need of social interaction from students.

Of course, without good health, social interactions are meaningless, but happiness is just as much about health as anything else. While self-isolation can save lives, it does not take a genius to see how damaging self-isolation can be.

While self-isolation is supposed to isolate humans to stop a virus from spreading, it also can isolate people from society and the general world. More must be done to make sure the impact of isolation is put into the spotlight, and the right support is put in place to combat the adverse effects.



« COVID 19 UPDATE

# Nipah: Virus Alert.

Noor Sabra

**Triumph against COVID-19 looks like it is in sight. However, could this trigger a potentially lethal virus in the upcoming future?**

Scientists are already warning the public of an upcoming global health crisis that may be on the horizon, and it's even deadlier than the pandemic that we are facing now.

The Nipah virus was originally discovered in 1999 in Malaysia, it is stated that it originates from fruit bats and could be transmitted from animals to humans. Symptoms include: severe brain swelling, vomiting, seizures and acute respiratory infection, according to the World Health Organization (WHO).

Those afflicted by the Nipah disease, which has a mortality rate of 70% and has no vaccine, can also be sent into a coma. Due to its potential to spark an epidemic, the WHO has made it one of the 16 pathogens as a top priority for research and development. Nipah has killed 260 people in Malaysia, Bangladesh and India since 1998, and has previously spread to Singapore.

**Experts urge that if we don't take this seriously, we may be in for a rude awakening in the near future.**

« TECHNOLOGY

# Screens.

Screens. When you're finished with them you just switch them off... or not. You spend hours staring and scrolling and you just can't stop.

Amelie Lubac and Pearl Rock

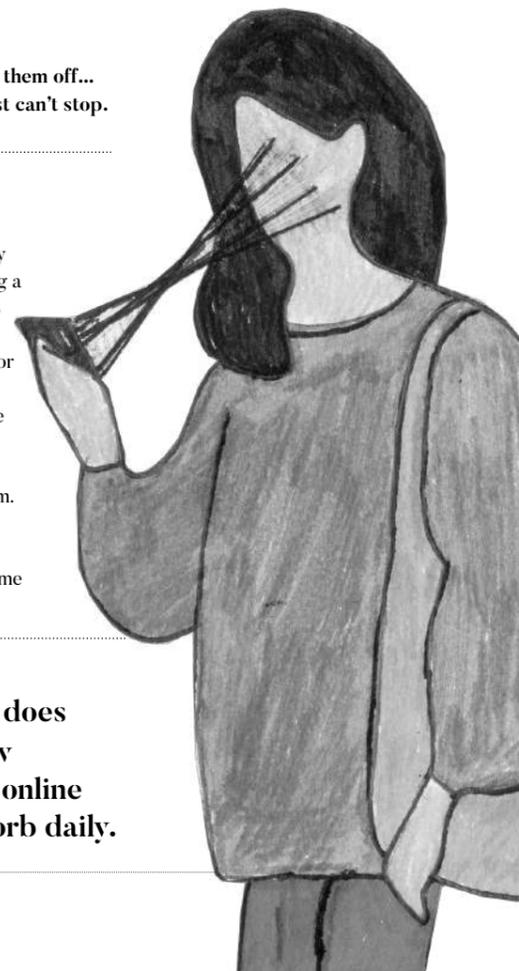
When you sit down after a long day of work or school and go on your phone, it can definitely allow you to escape and make you feel calm and relaxed, but, how long do we actually spend on social media and does this happen all of the time?

Not all things you see on social media are positive, in fact most of the things are negative. For example, fake news. Almost all people have seen a piece of news online which has frightened them. This can have a spiral effect and lead to negative thoughts and behaviour.

Another example of negativity online is the unrealistic standards related to body image. People are constantly exposed to images of models and influencers who use an array of apps to edit and distort the way they look. This results in unrealistic comparisons made by a range of different people and can cause people to have low self-esteem or confidence.

However, by using a device you have the ability to answer any question instantly. It's like having a whole miniature library in your grasp. You also have access to websites for study or entertainment. These are definitely beneficial for school and when you want to look more into your interests, but there is still the issue of fake news. Some popular websites, such as Wikipedia, allow people to upload their own ideas and edit popular articles on their platform. Sometimes this can be helpful as other people may have shared their experiences and some information they have found, but most of the time this can lead to bias or misleading information.

**It is clear that the internet is undoubtedly fantastic, but it does have its risks. I hope you now consider the time you spend online and the information you absorb daily.**



« THE BIG ISSUE

# Inside Amazon

Olivia De Almeida

We all know who Jeff Bezos is, right? Well, if I told you he is the CEO of Amazon and is the richest man in the world, you might have heard of him.

Now, you have probably used Amazon. In fact, you probably use it often! During lockdown more people have shopped from Amazon than from any other store. In fact, globally, \$11,000 a second is being spent at Amazon and it's CEO has increased his personal fortune by over \$24 billion. That alone is enough money to school every child in the U.S. for free. I haven't spent a penny at Amazon. I don't even have an Amazon account. I refuse to use it and I am going to tell you why.

CONTINUED PAGE 3



# Japanese Art.

## Introducing Japanese Culture through Manga

Otone Yee-King

**What is Manga? It's a Japanese graphic novel. Many might think that it's just a comic book like Spiderman or Beano, but in fact it's a peak into the rich Japanese culture.**

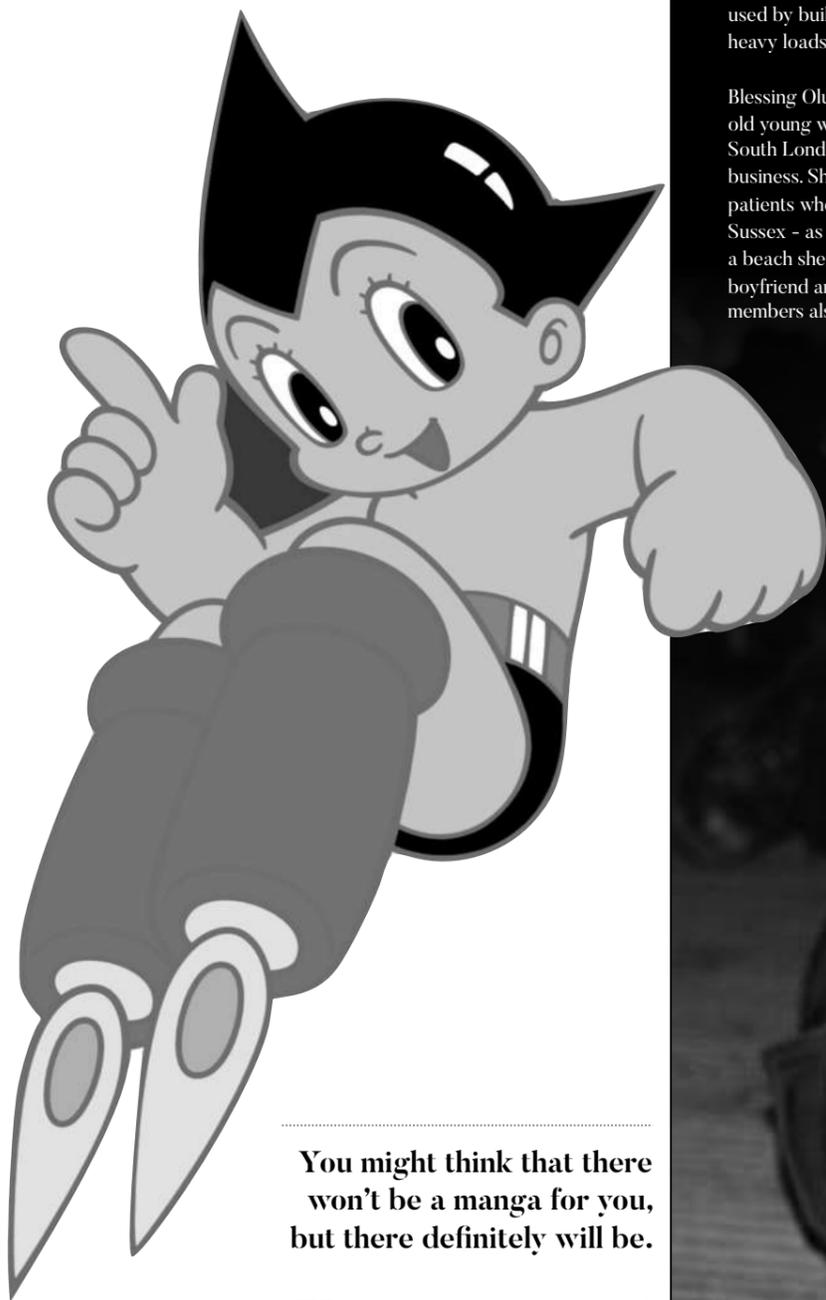
Manga originated in the twelfth century. It is even believed that manga is where the right-to-left reading style originated. New manga is being published all of the time. For example, there is a new and popular manga called Demon Slayer. So far in 2020, over 12 million copies of Demon Slayer have been sold. This surpasses the entire number of copies of manga sold in 2019.

Although fans know a lot about manga, there are some manga artists shrouded in mystery. Take the manga artist of Demon Slayer for instance: out of the 126 million people living in Japan some illustrators still remain as an enigma. As well as mysteries there

are also pieces of insider information, which are not widely shared or received. If you have manga at home, check your copies and if there is an SJ on the spine you have discovered a little secret.

SJ stands for Shonen Jump. Shonen Jump is a bi weekly Japanese manga magazine and each artist has around twenty pages to tell part of their manga. This is where hard core fans go to get the latest manga work. Popular manga artists would have more pages for their story, whereas less popular manga artists would have fewer pages.

You might think that there won't be a manga for you, but there definitely will be. If you like detectives and murder mysteries, I'd like to recommend Case Closed; if you are into adventure and friendship, Dragonball would be the perfect start, and if you prefer dark fantasy and martial arts Demon Slayer is a great choice!



You might think that there won't be a manga for you, but there definitely will be.

What are you waiting for?  
Go and find your manga!

# Women.

## Sarah Everard & Blessing Olusegun: Why women shouldn't have to risk trading their freedom for safety

Mellina Medjebour

### The tragic deaths of Sarah Everard and Blessing Olusegun

Sarah Everard was a 33 year old woman who worked as a marketing executive. She was on her way home from a friend's house, in Clapham, around 9pm on Wednesday 3rd March. She wore bright colours, spoke on the phone to her boyfriend to ensure her safety yet she did not make it safely home. She did everything women are advised to do, yet she was brutally murdered by a person who is meant to ensure the safety of the public - a police officer.

Wayne Couzens was charged and arrested for the kidnapping and murder of Sarah Everard on Friday 12th March. Sarah Everard's body was found in a Kent woodland, and was identified by her dental records. Everard's remains were found in a large bag similar to ones used by builders to transport heavy loads, a court heard.

Blessing Olusegun was a 21 year old young woman who was from South London and studied business. She was a carer for patients who had dementia in Sussex - as she was walking along a beach she had called her boyfriend and several family members also to ensure her safety.

Her body was discovered on a beach in East Sussex in September last year. She was alone, with nothing but a few of her belongings close by to her body. Her death has been deemed as "unexplained" by Sussex Police and a post-mortem has determined she died by drowning. But, with a large gap of time between when she was last spotted alive to the discovery of her body, much mystery remains around her death.

The fact that her case had not been spoken about for 6 months shows how disproportionate and unequal today's society is. Olusegun did not get the justice she needed and it poses the question, if Blessing Olusegun was a white woman would her case have received more attention? The racial injustice in today's society is something we should not fail to acknowledge especially within sexual harassments and murders.

According to a YouGov poll 97% of women aged between 18-24 have been sexually harassed

### Are women safe in today's society?

According to a YouGov poll 97% of women aged between 18-24 have been sexually harassed, while 80% of women of all ages said they had experienced sexual harassment in public spaces. The YouGov survey of more than 1,000 women, exposes a damning lack of faith in the UK authorities' desire and ability to deal with sexual harassment - 96% of respondents did not report incidents, with 45% saying it would not change anything. We should not neglect the fact that women have been fighting for many years for their rights and to be able to feel safe when going out alone. For centuries a woman's place in society was dictated by male prejudice and women were seen as the subservient gender.

Shockingly, the sexualisation of women has been normalised to the point where some young girls do not even know they are being sexually harassed. Overall, safety should be something we need to prioritise, but in particular women's safety. This does not mean that men do not experience sexual harassment or any sort of harassment, but it does mean that we need to speak upon the immediate problem that has

existed for centuries and continues to pervade society.

If you ever experience any form of sexual harassment it's important to speak about it. Sexual harassment is never acceptable and no matter the situation it's not your fault. If you ever wish to talk to someone, all teachers are there to help you and the safeguarding team are always there to listen. Otherwise, you could file a report to your local police force and if you are ever in danger you can always call 999. Remember, the aforementioned contacts are there to help, despite what the media shows.

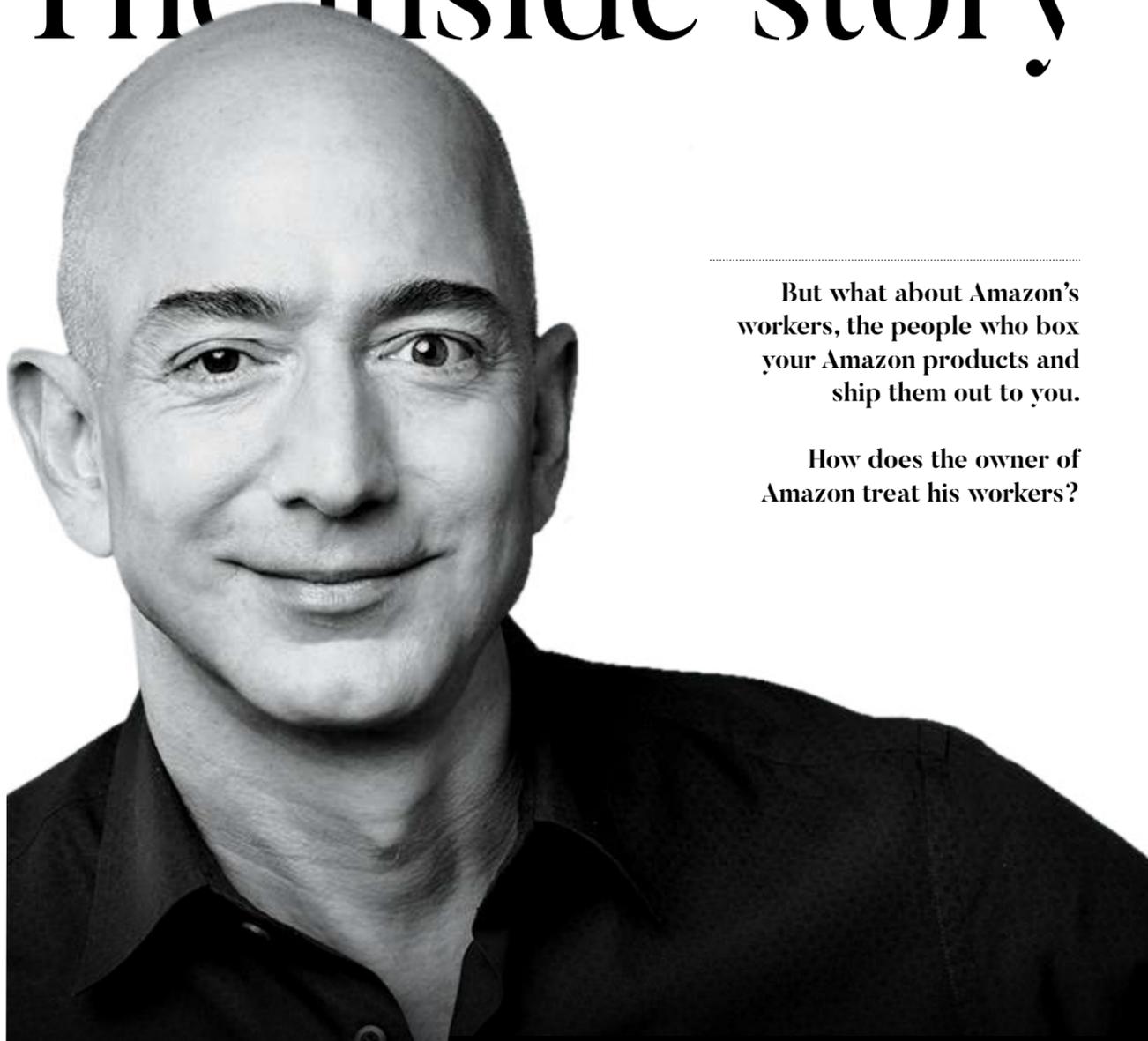
Finally, you can download an app called Sekura - it provides tools to better react in real-time when feeling insecure. You can mark dark streets, places to be avoided and help us create a safer public sphere for women and for all. Let's hope we finally see a day where we no longer have to feel afraid.

80% of women of all ages said they had experienced sexual harassment in public spaces



# Amazon

## The inside story



But what about Amazon's workers, the people who box your Amazon products and ship them out to you.

How does the owner of Amazon treat his workers?

### Who is Jeff Bezos?

I am going to start by introducing you to Jeff Bezos, a former hedge fund analyst. Jeff Preston Bezos (born January 12, 1964) is an American internet entrepreneur, media proprietor, and investor. He is well known as CEO of Amazon and has been the world's richest person since 2017.

He was named the "richest man in modern history" after his net worth increased to \$150 billion in July 2018. According to Forbes, he is the first person in history to have a net worth exceeding \$200 billion to this day.

Amazon is an American company based in Seattle, Washington. It sells more than 12 million products online to over 197 million people around the world per month who are getting on their devices and visiting

Amazon.com, that's more people than the entire population of Russia.

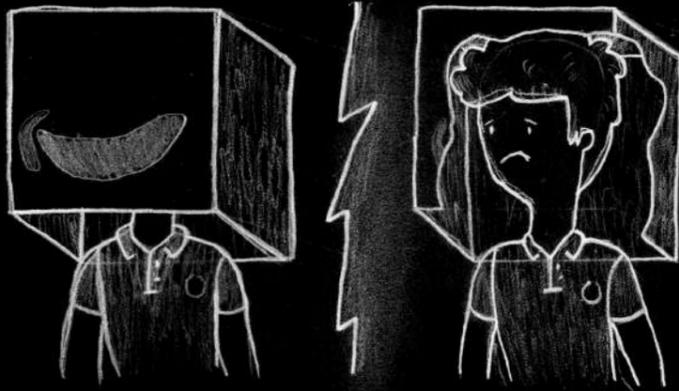
But what about Amazon's workers, the people who box your Amazon products and ship them out to you. How does the owner of Amazon treat his workers?

Reports of unsafe working conditions at Amazon warehouses have attracted widespread attention and many questions have been raised about whether or not Amazon is sacking whistle-blowers who are raising concerns about the lack of rights and protections for employees at the company. The Guardian newspaper has addressed this problem, they said that one of the employees wrote to management notifying them that six of her co-workers had tested positive for Covid-19 since 22 October, because "safe social distancing is not only being ignored but discouraged."

adding that "when we express our discomfort to management, we are yelled at about filling orders faster, or told that we can take a leave of absence without pay." She ended by noting "we work for a trillionaire." In Spain, Amazon is in a legal battle as it denies accusations of using private investigators to spy on workers.

An ex-worker claimed that they were treated like robots, "I felt as if the company wanted us to be robots—never stopping, never letting our minds wander off task. I felt an incredible amount of pressure to repress the human "failings" that made me less efficient than a machine".

So now you hopefully understand why I refuse to use Amazon. In the future, before you buy something from the company, think about the workers who work there,

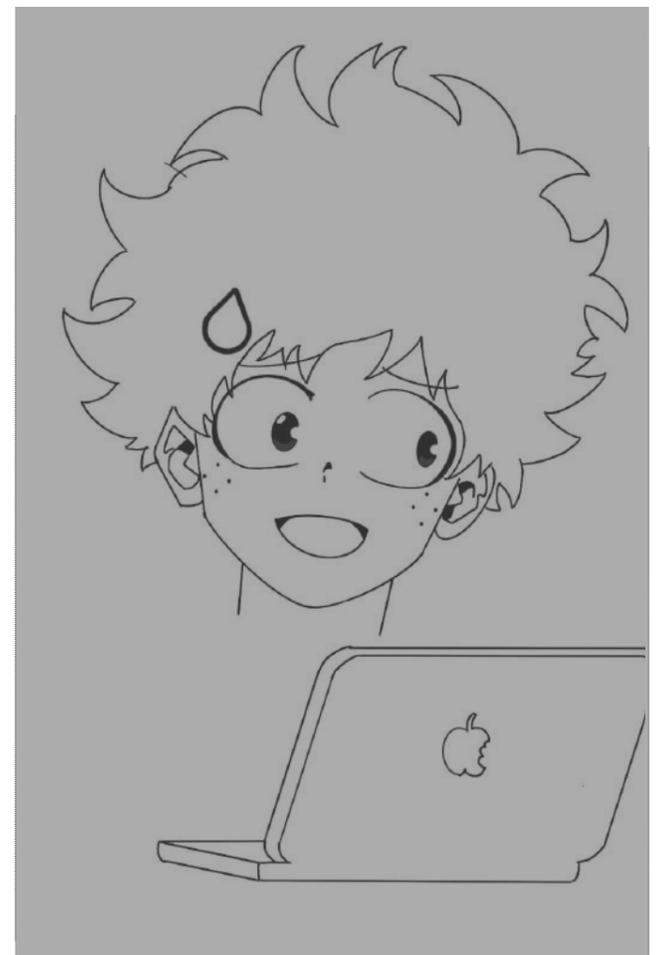


### Picture it. Norwood Doodles

Amy Ahmad-Lamb



Matilda Hartley



Sam Holden

