



Page 2

## Corteiz.

The next huge brand  
Find out all about their rise to fame.

Page 4

## Meet the Team.

The Norwood Voices.  
Profiles of all our intrepid journalists.

Page 3

## Activism in Art.

Vivienne Sharkey investigates.  
How artists & designers use their fame to influence.

« SPACE EXPLORATION

# Black Holes

By Arlo Smith 7MON

There are a multitude of Black Hole portrayals in science fiction. Many examples include: *Interstellar*, *Star Trek*, *Battlestar Galactica*, *Treasure Island*, *Superman* and more. I'm sure you all know of Black Holes, but very few of you will actually know what they do in our galaxies.

Black Holes are the densest objects in space. They are so dense that even light can't escape them. There are three main types of Black Holes. For example, there are Stellar Black Holes which are the most common type found, Supermassive Black Holes, which are millions, if not billions, of times as massive as the Sun - astronomers believe that supermassive black holes lie at the centre of virtually all large galaxies, even our own Milky Way. There are also Primordial black holes: these are the smallest of Black Holes and range from an atom's size to a mountain's mass.

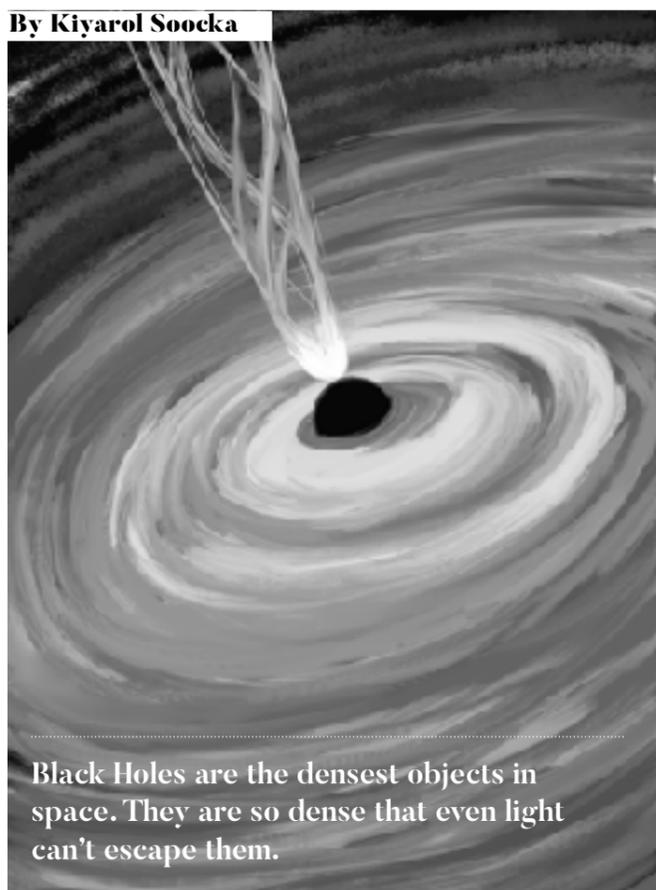
There are many theories about Black Holes, such as wormholes. This theory created by Einstein, represents two Black Holes connected to each other and if you go in one, you would come out the other, at immense speed.

Black Holes warp time around because time slows near a Black Hole due to the extremely strong gravitational field of the black hole. According to the theory of general relativity, this phenomenon is due to the gravity of the Black Hole curving spacetime in a way that affects all measurements of time and space near the Black hole.

You may have heard Black Holes are bad, however the collisions of Black Holes and neutron stars help spread heavier elements, such as gold and platinum. These elements make up our Earth, and our own selves.

Therefore, Black Holes are very significant to our galaxies, and to ourselves.

By Kiyarol Soocka



Black Holes are the densest objects in space. They are so dense that even light can't escape them.



« THE BIG ISSUE

# Wildlife. Where Has It Gone?

By Anastazia Pina Pereira

By Cailen North 7MON

The world is a beautiful place. Many plants and crops are grown daily, but more are cut down daily. Devastatingly, more than 8 football pitches of trees are cut down every minute!

When you compare this earth to the size of the sun, it is miniscule and 65% of this world is made up of water. 15% of it is not suitable for life. That leaves us with 20% of the world being habitable for wildlife. That isn't a lot of space, so we must cherish what we have and fill it up with the most beautiful plants or the tallest trees. We must be leaders like Greta Thunberg is and stand up for what we have left.

Temperature influences how badly pesticides affect bees' behaviour, suggesting uncertain impacts under climate change. The findings indicate that future extreme temperature events under climate change could increase the impact of pesticides on bee populations and their pollination services. This could also result in bees' lives becoming endangered. Bees are perhaps Earth's most

essential pollinators. A recent study shows that if bees die out, we would only have four years left until we die out.

Personally, I don't want our beautiful world to go before I even have the chance to experience it. Within 50 years, half of our wildlife may disappear. Not just that, tens of thousands of species could become extinct. So, before you do so much as buy a plastic bag at your local shop or chuck a plastic bottle on the floor, think about how you are slowly decreasing the life of the environment.

We must cherish what we have and fill it up with the most beautiful plants or the tallest trees. We must be leaders like Greta Thunberg is and stand up for what we have left.



By Willow Snowdon

# Sports Update



# Football

Chloe Smith 7MICH

Everyone loves sport, it's undeniable. You're watching the FA Cup Final, sure your team doesn't win but it's still a great match. As a Crystal Palace fan myself, I am used to losing, but that doesn't stop me from loving football.

As soon as you realise you like it, you can't lose interest! It's such a great sport and I could talk about it all day, but specifically, I would like to talk about a palace legend... Wilfred Zaha.

If you don't support Palace, you may not know him, but I assure you, if you read this article, you'll understand how amazing he really is. Zaha has been playing for Palace

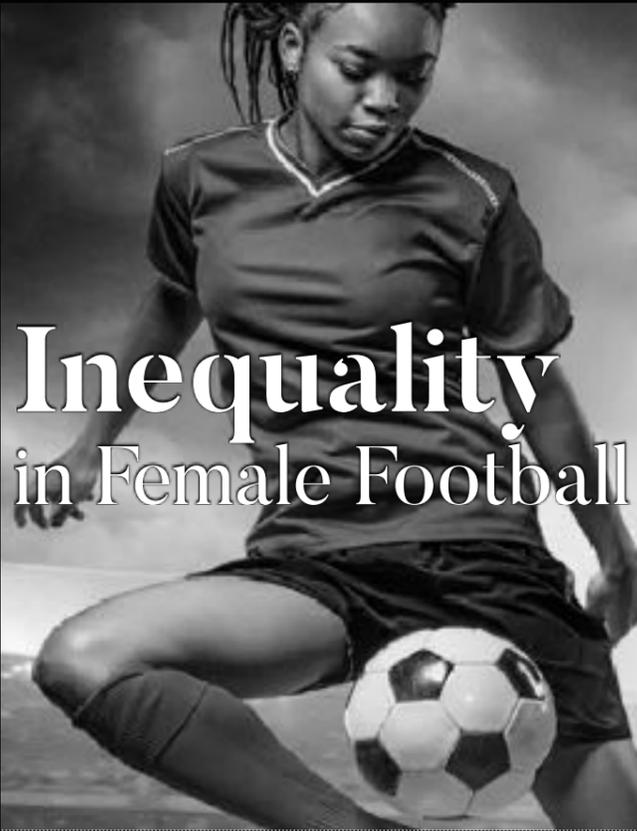
for 12-13 years. Over that time, he has taken us to great places in football. He is also always giving to charity. During Coronavirus, he let doctors who were travelling away from home, stay in temporary houses so they wouldn't have to pay for a hotel. Zaha is truly an amazing person and I really look up to him.

Football is a sport which has really helped me and people I know. It gives you confidence and you can express your feelings through playing it. It has made me less nervous about things and it is really a good way to hang out with your friends.

Zaha has helped me and many others. He is truly a football legend.

Football is a sport which has really helped me and people I know. It gives you confidence and you can express your feelings through playing it.

By Muhammad Amir



# Inequality in Female Football

By Willow Snowdon 8KAU

Female footballers all over the world have been under-appreciated throughout history and get nowhere near enough attention. This needs to stop now.

Until 2018, professional football players weren't entitled to maternity leave. Like most industries, a lot of professional sports expect women to behave the same as men. This means that before 5 years ago female football players were expected not to be pregnant and have a family whilst in the career. This is unacceptable and inequality in women's football must be addressed as soon as possible. Just imagine how great it would be if we could have systems that allow women to do as they please instead of always being in the shadow of men, having no freedom.

Having said this, another outrageous fact is that only 2% of all female football players are mothers. In a recent research conducted by Dr Alex Culvin last year, players were quoted as saying they 'need longer contracts so we feel more secure. I shouldn't have to think I need to sign a four year contract because I want to have a baby, so I know they'll pay me'. This means that players worry about having a baby as they think they would not be paid whilst on maternity leave and their contract would be finished. No one should have to worry about this and it is completely unfair.

Moreover, for representing England both male and female footballers receive the same appearance fee, yet at club level, men's salaries are up to

100 times more than women's! Sexism about women's football has been active for a long long time but it mainly took an uprising just after WWI. This is because whilst the men were away at war, there was no one to play football but women, so they did. Female football became huge and everyone started to treat it the same as men's football, however when the soldiers came back from war, they didn't like how 'their' sport had been taken up by women and was getting lots of attention. A 2020 paper by Lisa Jenkel of the University of Groningen that press coverage of bans of women's football in the 1920s portrayed the sport as a threat to the "natural, biological order of the sexes" and on the "compatibility of women's football and contemporary gender norms.", so the FA banned women's football from its clubs' grounds but its view that football was 'quite unsuitable for females' changed towards the end of the 1960s. Eventually, the Women's FA (WFA) was formed in 1969 and within three years the first 'Women's FA Cup Final' and England Women's international had been played.

Finally, women started playing football around the same time as men did in England, however, originally men were the main players in the game. If women started at the same time as men, why should men get all the attention? In my opinion, I believe that women's football plays a huge part in getting equality for women and girls, and should not be held back because men don't feel they are getting enough attention because they definitely are.

# Meditating Mind

By Etana Hunter Mehta 7CAT

Finding ways to lift yourself up and make every day a great day is an important aspect of self-care and well-being. Here are some simple tips that can help teenagers feel more relaxed and destress:

1. Walk Whenever Possible: Instead of relying on public transport or driving everywhere, try walking to and from places as much as you can. Walking not only helps you stay active but also relaxes your mind, allowing you to clear your thoughts and enjoy the surroundings.
2. Splash Water on Your Face: Start your day on a positive note by splashing water on your face in the morning. It's a refreshing way to wake up and energise yourself, making gloomy Mondays feel more marvellous.
3. Take Memorable Walks in the Park: Spending time in nature has a calming effect on the mind. Take a leisurely walk in the park and consider bringing a book to read. This way, you can enjoy the peaceful environment while engaging in an enjoyable activity.
4. Make Your Bed: Developing the habit of making your bed in the

morning can bring a sense of order and tidiness to your room. It may seem like a small task, but it can have a positive impact on your mindset throughout the day.

5. Clean Your Room: Dedicate a few times a week to cleaning your room, keeping it tidy and organised. Coming home to a clean and inviting space can create a relaxing atmosphere where you can unwind and recharge after a long day at school.
6. Take Deep Breaths: When you feel stressed or overwhelmed, take a few moments to focus on your breath. Take slow, deep breaths, allowing the air to fill your lungs and then exhaling slowly. This simple technique can help you feel calmer and more centred.

Remember, these are just a few suggestions to incorporate into your routine. It's important to find activities and practices that work best for you and bring you joy. Taking care of your mental well-being is a continuous journey, so explore different techniques and make self-care a priority in your daily life.



By Astrid Alvarez Maglaque

# The Norwood Voice

« OUR TEAM



Aquila Myton



Ami Hayford-Nutsugah



Caileen North



Nico Buffone



Greisi Perez Maldonado



Vivienne Sharkey



Arlo Smith



Chloe Smith



Etana Hunter



Leo German



Soul Warburton



Willow Snowdon

« SELF CARE

# Mental Health Check

By Aquila Myton 7RIH

**Mental illness is a growing concern in today's world, affecting people of all ages, genders and backgrounds.**

Mental issues are a global issue that affects people in all corners of the world. However, the level of awareness, treatment and support for those with mental health conditions varies widely depending on the country and cultures.

Countries such as the United States and Canada have greater awareness of mental health issues and more extensive mental health care networks. However, access to treatment can still be limited due to factors such as cost, geography and social stigma.

Onika Tanya Maraj-Petty, known as Nicki Minaj, is a Trinidadian-born rapper, singer and songwriter. Who suffered from suicidal thoughts and depression:

"I kept having doors slammed in my face. I felt like nothing was working. I had moved out on my own, and here I was thinking I'd have to go home. It was just one dead end after another. At one point, I was, like, 'What would happen if I just didn't wake up?' That's how I felt. Like maybe I should just take my life?"

Nicki Minaj is now managing her mental health and uses her platform to set a strong image for what women can accomplish and how to be open about your own mental health. This shows being famous or rich doesn't automatically make you happy, you may have all the friends in the world but feel lonely. It's not how the person looks but it's how they feel. Always check up on your family and friends. It's important they have someone they can trust and talk to in these stages of life.

« SOCIAL ISSUES

# The Truth about Social Media

By Greisi Perez Maldonado 7CAT

**You know what's really addictive? Social media! It's like a super cool magnet that attracts kids my age to apps like TikTok, Snapchat, and Instagram.**

Once we get on those apps, we can't seem to look away from our screens. It's like we're stuck in a virtual world, and that can make us forget about the real world around us.

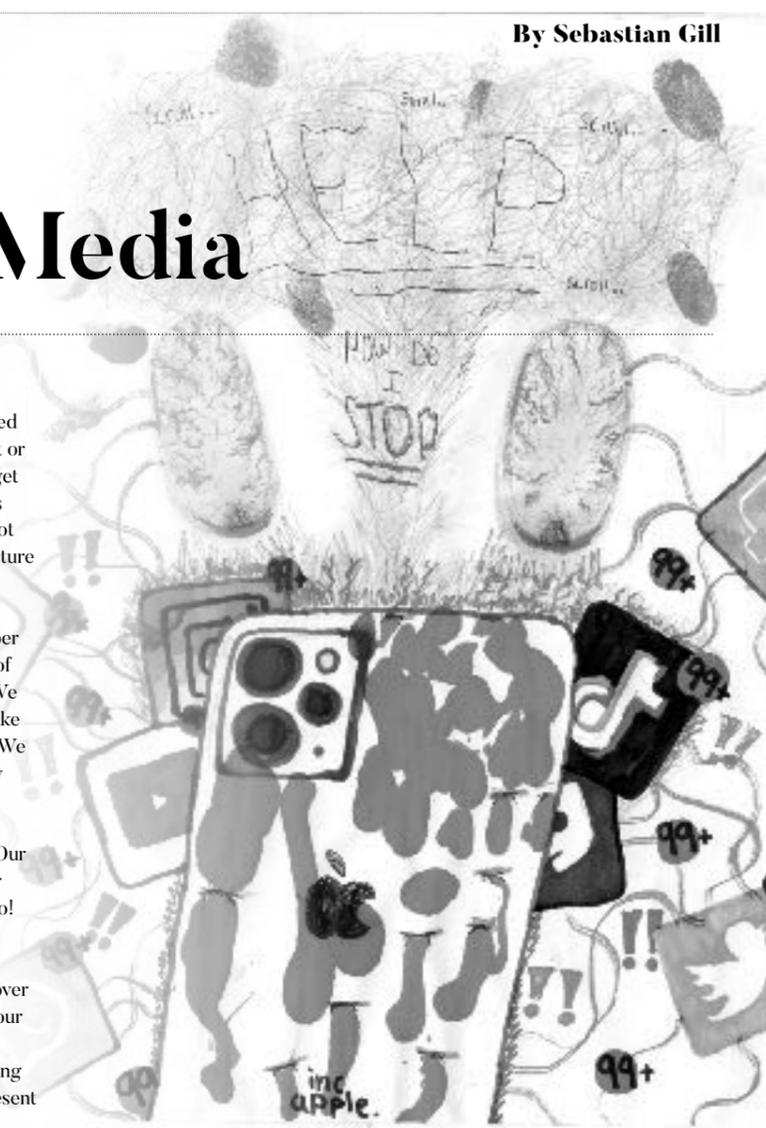
When we're too busy scrolling and liking, it's easy to ignore important stuff in our lives, like homework, spending time with friends, and being with our families. It's like we're missing out on all the fun things happening right in front of us because we're too busy looking at our phones.

Another thing about social media is that it makes us crave attention. We want people to like and comment on our posts, so we feel good

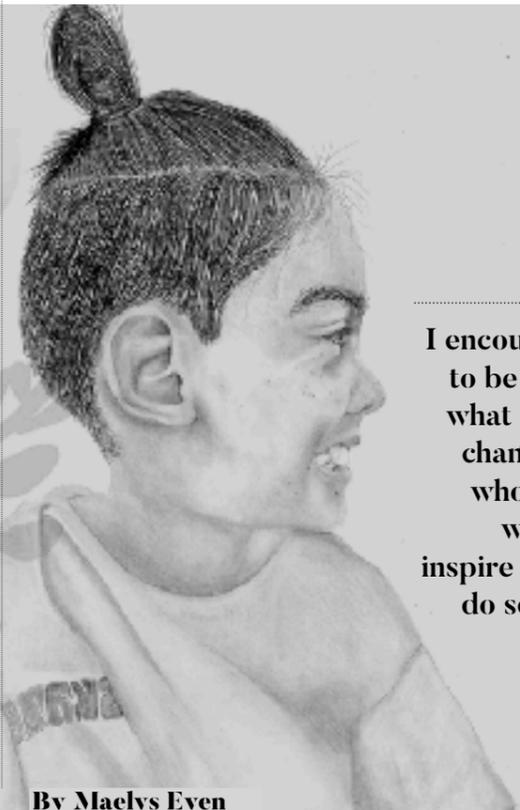
about ourselves. It's like we need their approval to feel important or special. But sometimes, we forget that the most important thing is how we feel about ourselves, not how many likes we get on a picture or a video.

It's important for us to remember that social media is just a part of our lives, not the whole thing. We shouldn't let it control us or make us forget about the real world. We should find a balance and know when it's time to put down the phone and focus on what's happening right in front of us. Our homework, our friends, and our family deserve our attention too!

So, let's enjoy social media in moderation and not let it take over our lives. Let's remember that our worth doesn't come from how many likes we get, but from being true to ourselves and being present in the real world.



**YOUR MENTAL HEALTH IS A PRIORITY**



**I encourage you to be proud of what you can't change about who you are, which may inspire others to do so as well.**

By Maelys Even

# Self-Expression To become more confident

By Ami Hayford-Nutsugah 8KAU

**I think that it is important to show who you are and be unapologetically yourself because it can help people get a sense of what you like and can help you become more confident.**

Self-expression is very ambiguous and can be interpreted in different forms like showing your feelings through speaking, writing, facial expressions, movements, clothing and possessions. Some say, it can help you reflect on your decisions, relationships, beliefs and thoughts and more.

As young people, we are perceived as too young to know who we are

and what we believe in, which is another reason why expressing your individuality is important; self-expression is very linked to appearance. For example, wearing brighter colours and patterns could show that you are a creative person and wearing darker colours could show that you like to look professional.

I encourage you to be proud of what you can't change about who you are, which may inspire others to do so as well. I think that it is necessary to take advantage of the fact that no two people are the same and not to let anyone tell you who you are.

« FASHION

By Soul Warburton 7MCH

# Is Corteiz the New Supreme?

**The word around the streets is that a big up and coming UK brand called 'Corteiz' will be the next huge brand and go-to for everyone's interest.**

For the last decade, we have seen 'Supreme' become huge and worldwide but in recent times, we have seen a huge downfall in the American based brand. This has created a huge opportunity for Corteiz in the streetwear market and has sparked interest in large corporations like 'Nike'. Back in 2016, Nike took Corteiz to court for having a name too similar to the shoe model 'Cortez'. This created tension between the two sports brands.

Earlier this year, Nike and Corteiz took the world by surprise by creating the collaboration 'Corteiz Air Max 95'. The marketing for the shoe was on another level.

First they released the 'Gutta Green' colourway and put the coordinates on their twitter, asking the world of London to meet at the most popular astro pitch. The goal was to hit the crossbar from far away, and if you succeeded, you would win the pair of shoes. One man managed to hit the crossbar and won £1000!

The second colourway released was the 'Pink Tings'. For me this was the nicest colourway because the radiant pink really popped on the all black shoe and made it one of my favourites. The marketing for this one was unbelievable! Clint -the owner of Corteiz- flew all the way to New York to sell the shoes and had people queuing for hours to get them, but once you had both pairs, wouldn't you want a third?

On April 11, the time had come for the last in the trilogy, 'Aegean Storm', with crisp dark blue on a dark grey shoe, now I think we all

know how crazy sports marketing is and this time it was mad! Clint had the French chasing and trying to find out where the next drop would be! It turns out they were being delivered on a bus! They were practically throwing shoes out the windows and selling them through the bus door!

Now for all the sneaker heads, if you had all three it was like you had all the infinity stones, like you could take over the universe! So I guess this begs the question...is Corteiz the new Supreme?

**Earlier this year, Nike and Corteiz took the world by surprise by creating the collaboration 'Corteiz Air Max 95'. The marketing for the shoe was on another level.**



# Could Superheroes Exist?

By Leo German 7MCH

Superheroes are talked about a lot in today's society, but could they really exist? This question has been asked many times before and the short answer...yes. The real question is when?

To explore this, we must look back to what we already know; we have managed to grow ears on mice, we have managed to breed a dog that can detect a crime just by their sense of smell and have even managed to give houses feet...so we can't be that far off can we?

Maybe we just have to simplify some of the superheroes that already exist. Let's take Iron Man for example; he can fly, has enhanced strength and can shoot lasers! Crazy right? But when you think about it, we already

have jetpacks, tasers and robots that can make us stronger, so we can't be that far?

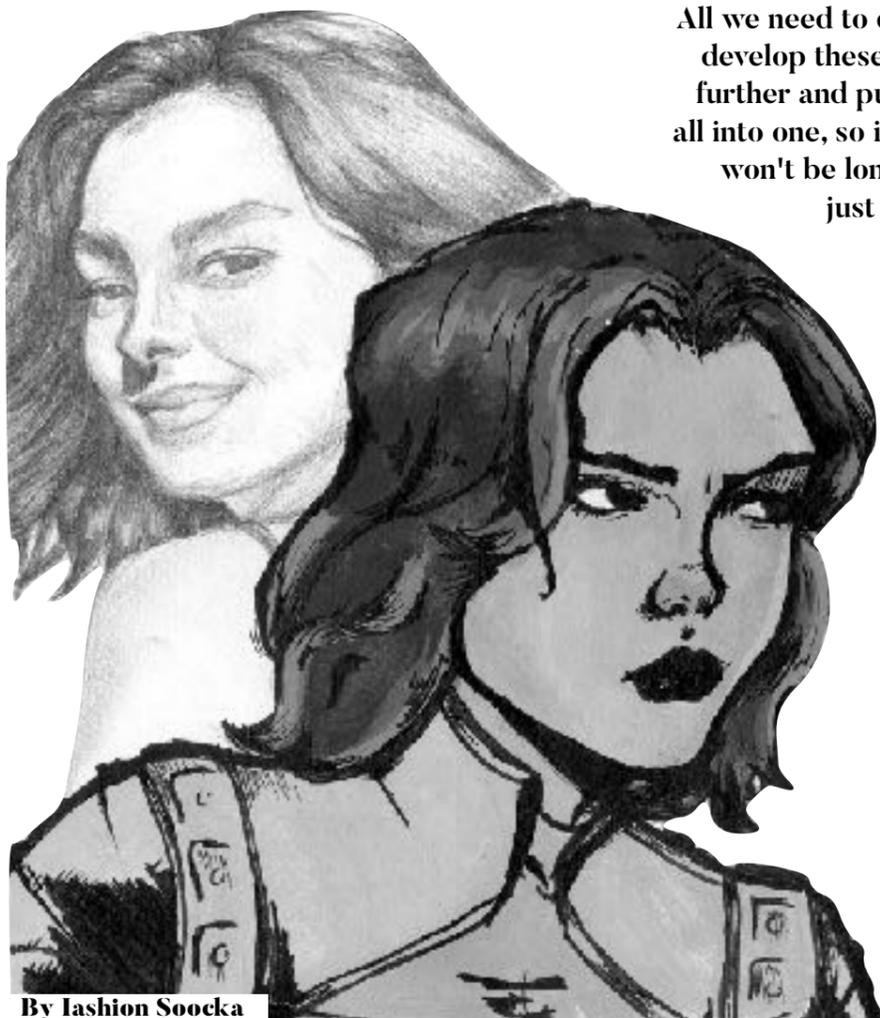
We have already developed cloning. Cloning refers to the process of creating genetically identical copies of an organism. While the article briefly mentions human cloning, it's important to note that human cloning, particularly for the purpose of creating superheroes, is still a highly controversial and ethically debated topic. The first human cloned was by Brigitte Boisselier on December 27, 2002. That was over ten years ago, imagine what we could do with today's technology!

This shows that our society is evolving, and if we can clone people, superheroes are definitely possible.

However, there have been significant advancements in the field of cloning since the first successful human cloning experiments in the early 2000s. Cloning technology has primarily been used for scientific research, therapeutic purposes, and the cloning of animals.

In the realm of animal cloning, scientists have successfully cloned a wide range of species, including sheep (Dolly the sheep being the first cloned mammal in 1996), cats, dogs, cows, and more. While cloning animals does not directly lead to the creation of superhuman abilities, it showcases our increasing understanding of genetics and the potential for manipulating genetic material.

**All we need to do is to develop these things further and put them all into one, so it really won't be long if we just try it...**



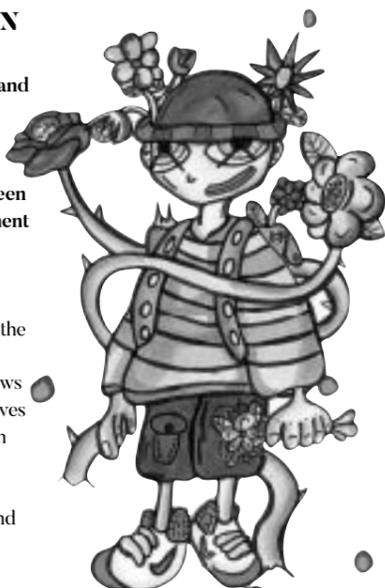
By Iashion Soocka

# Anime Grows

By Nico Buffone 7MON

While the Covid-19 pandemic and quarantine may have led to an increase in anime viewership during 2020, it is important to acknowledge that anime has been a significant part of entertainment culture for decades.

One iconic anime series that has captured the hearts of fans since the 1980s is Dragon Ball. Created by Akira Toriyama, Dragon Ball follows the adventures of Goku as he strives to become the strongest fighter in the universe. The series has expanded over the years, with Dragon Ball Z, Dragon Ball GT, and Dragon Ball Super captivating audiences with epic battles and engaging storylines. Dragon Ball remains one of the most influential and beloved anime franchises to date.

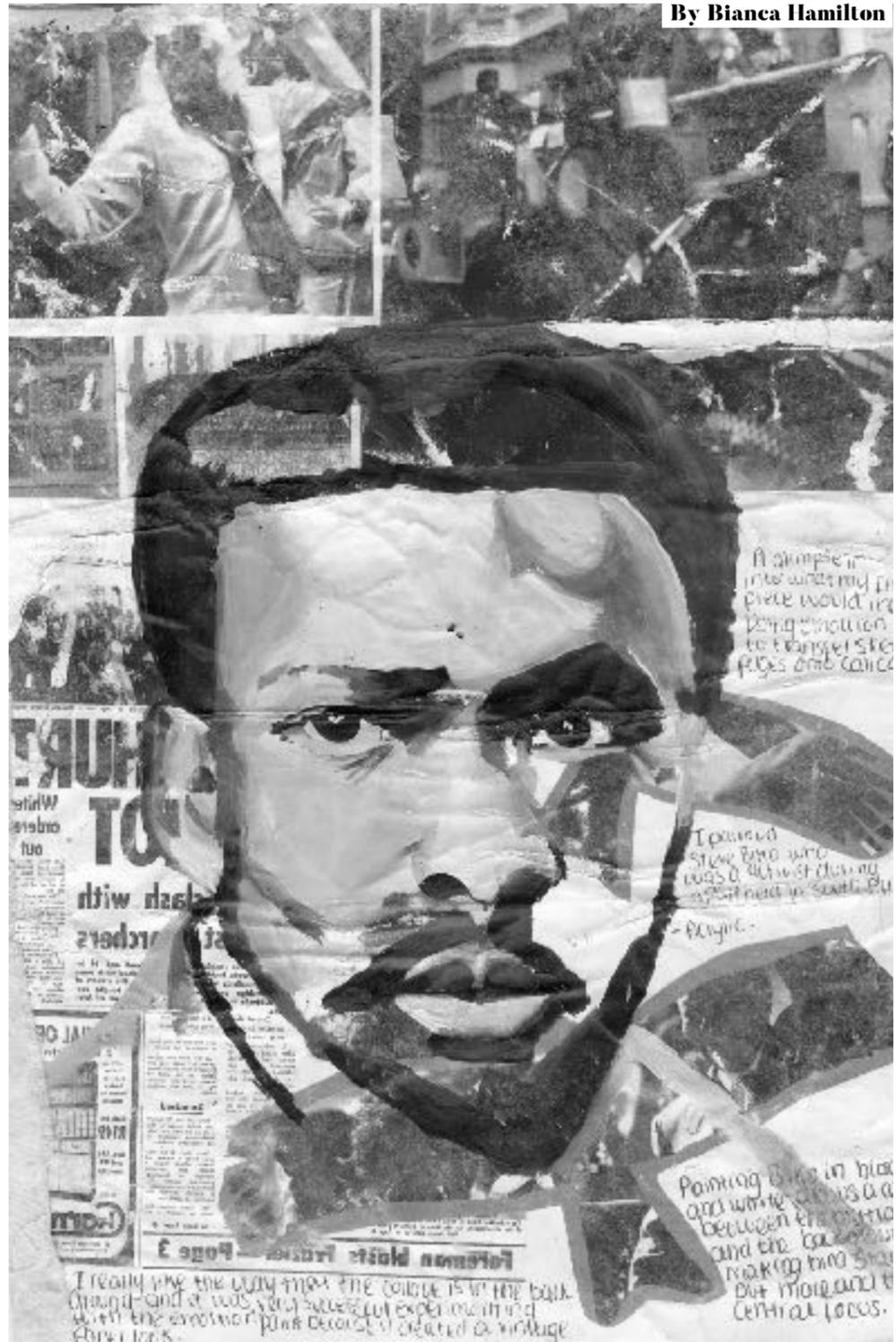


By Kenzo Jones

Another highly recommended anime is Bleach, which centres around a teenager named Ichigo who obtains supernatural powers from a Soul Reaper to protect his town from evil spirits. This action-packed series has garnered a dedicated fan base and has had a significant impact on the anime community.

It's worth noting that these recommendations only scratch the surface of the vast and diverse world of anime. There are numerous genres to explore, including romance, fantasy, science fiction, and more. Whether you're a fan of action-packed adventures or thought-provoking dramas, there is an anime out there for everyone.

In conclusion, anime has a rich history that spans several decades and has captivated audiences worldwide. It continues to evolve and bring forth captivating stories, memorable characters, and stunning animation. As the medium continues to thrive, it will undoubtedly entertain and inspire new generations, bringing exciting new adventures and experiences to our lives.



# Activism in Art

By Vivienne Sharkey 8KAU

Over the years, many artists and designers have used their fame to influence the media and the public about important social issues which should be better known.

Take Keith Haring for example. During the AIDS epidemic, many were left unheard and uncared for due to the misinformation and stigma over the disease. Having AIDS was seen as a disgrace but despite it being frowned upon, Haring took to New York subway stations to speedily graffiti important problems in a cartoon style for all to see. The message was clear and easy to understand, which was extremely different from the expensive and prestigious exhibitions they were used to. He got arrested several times but that never stopped him spreading awareness for the unheard.

Keith Haring then went on to start his own charity for victims of AIDS and supported them up until his untimely death in February 1990, caused by the disease. This grand act of kindness changed the world

despite it being seen as "only a scribble" and "illegal".

Another example of activists in art would be Banksy. This unknown street artist is constantly challenging the inequalities within the media and making bold statements through their artwork which sells for millions. Banksy has done several displays of activism in street art. An example of this would be "Love is in the Bin" which originally sold for £6 million in auction until shockingly being shredded in its picture frame. This act suddenly boosted its price up to £18 million, tripling its worth and creating a stir in the art world. Many see this as a protest against the commercialisation of art, arguing that paintings have a deeper meaning rather than just being for promotions and publicity. The mysterious graffiti artist not only raises their concerns, but also makes their voice heard.

Let's not forget about the power of social media itself as a platform for activism. In recent years, we've seen young people using social media to raise awareness and fight for

important causes. Hashtags like #BlackLivesMatter, #MeToo, and #ClimateStrike has gone viral, spreading messages of equality, justice, and environmental protection.

Through social media, teenagers and activists are able to share their stories, educate others, and mobilise for change. They use platforms like Instagram, Twitter, and TikTok to share powerful messages, organise protests and marches, and demand justice. They don't need to rely solely on traditional media outlets to get their voices heard.

So, whether it's through street art, charity work, or online activism, artists and young activists have shown us that we can use our voices and creativity to make a difference. We have the power to challenge the status quo, raise awareness about social issues, and push for a more inclusive and equitable world. It's inspiring to see how art and social media can come together to create real impact and change.

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