



By the pupils, for the pupils  
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and all of our guest writers.**

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# In the News

Britons seem to have a distinctive love for tabloid journalism: a classic example is The Sun. It is infamous for its sensationalised news stories, and is the UK's best-selling newspaper, with an average of 1.4 million copies a day sold in January 2019. Their main selling point is that they emphasise gossip columns about celebrities and their private lives. The now defunct News of the World (which was the sister paper of The Sun) was involved in a huge phone hacking scandal, because they were in pursuit of stories. They hacked phones belonging to celebrities, politicians, murdered children, deceased soldiers and terrorist victims. This eventually led to arrests and convictions of News of the World staff, including its managing editor.

The former billionaire owner of News of the World, Rupert Murdoch, admitted a cover-up had happened to disguise the incident. A separate incident regarding privacy has occurred, only this time with the Duke and Duchess of Sussex.

Speaking for an ITV documentary, Meghan says she underestimated how destructive British tabloids are. She said her friends told her 'the British tabloids will destroy [her] life' if she married Prince Harry, and so they advised against the marriage. She also said she had no idea of what she would face with the tabloids. In the build-up to Meghan's wedding, the Mail on Sunday revealed many embarrassing stories about Meghan. Her father, Thomas Markle, gave them this information and also staged



paparazzi photos.

In response to this, Meghan wrote a letter to her father to beg him to stop fuelling the media with stories about her. He gave the letter to the Mail on Sunday and extracts of the letter appeared on the front page of the newspaper, which was labelled a 'world exclusive'. The letter is clearly heartfelt and meant to be private. She pleads him to 'stop ... if you [Thomas Markle] love me [Meghan]'. She also 'pleaded with [him] to stop reading the tabloids', because she was getting attacked from everyone, including her half-sister. She called the tabloid columns' content 'vicious lies' and said she 'crumbled inside'. In the documentary, she says she was 'naïve' in telling her friends that she wouldn't be in the tabloids.

She is now suing the Mail on Sunday for breaching Copyright Law, and the royals have gone to no short extent for hiring

professionals. They have even disregarded Royal protocol by hiring a very protective firm and external PRs and even refusing to give photos of their baby to tabloids as a result. So, was it right for Meghan to sue them, or is it simply a matter of freedom of the press?

By Neal Kulkarni



# Hong Kong Poem

Protests among protests happen  
every day,  
But there's one that really caught my  
attention.

The fight for freedom in Hong Kong.  
These are no normal protests,  
Not the peaceful just walking around  
kind

These are violent, out of control ones.  
Water cannons, pepper sprays,  
flaming bricks are thrown at each  
other,  
Lasers pointed in each other's eyes.  
Tens upon hundreds hurt, mortified -  
some even dead.

I lived in Hong Kong.  
It was a wonderful place.  
But now, it's a disaster.  
I'm scared. Scared for my family,  
friends and everyone who lives there.

'Police are trying to stop this.' So they  
say.  
So police are supposed to barge into  
train stations and shopping malls?

Not before saying so, no,

When hundreds of innocents are still  
in there.

Policemen arrest and hit people  
because they wear black.

They knock down doors and cars  
because they're the police.

'We promise to stop this,' they say,  
But will they really? Are they doing  
anything?

Protesters throw anything they can  
into police offices and government  
towers.

They hit innocents and block the way  
of ambulances.

They block roads, shopping malls,  
and even schools.

Just because they want to fight for  
freedom.

Now the law's taken back can't they  
stop?

I want to visit Hong Kong in its full  
might and glory.

But every night I ask myself this:  
Will Hong Kong ever really go back  
to normal?

By Charlotte Man

# House Drama

House Drama, as many of you will know, is the popular House competition that occurs every two years on a rota with House Music. It is where students come together to represent their House by creating a fun, feel-good performance from scratch. This year, we were all delighted by performances of 'Beauty and the Beast' (Masters) which was performed in poetical language; 'Big Bad and Little Red' (Vice Chancellors) which followed the story of the Big Bad Wolf in court, accused of both eating Grandma and making a mess on her carpet; 'Alice in Wonderland' (Judges) which included not one but two performers of Alice, giving the effect of her being shrunk, and last but not least, a performance from Dukes about VSCO aliens!

I asked a member of the evening audience about which was their

favourite performance and why:

"All of the performances had some great comedy moments. We loved Tweedle Dee and Tweedle Dum, conjuring a smile with their obsession of handshakes - but the laughs didn't stop there. Attempting to set up a television in the woods attracted the hilarious attention of some extra-terrestrial VSCO girls, I also thought the way that Mr. Lumber Jack Hood invited all of the three little pigs to look at his axe was very funny. In my opinion, the comic commentary of the merchant's horse in 'Beauty and the Beast' stole the show."

The judges said that all of the performances were of a high standard, but there could only be one winner. In terms of scores, there was a very small



gap between that of the House in first place and that of the last. The winners of Leicester Grammar School's bi-annual House Drama were Judges! They gave us a well-rehearsed, comical performance including Agnieszka Cygan as the White Rabbit, Millie Warrilow as Alice (small), Kate McCallister as Alice (large), Emily Boddy as The Caterpillar, and Will House as the Queen of Hearts.

By Will Dalby



# How Moral is doing the Right Thing?

Is doing the right thing always selfless? Are we always driven by moral factors when doing the right thing? Today we see many examples in the media of the people doing the right thing, but are they all intrinsically good?

It seems that the main reason people are driven to do the right thing is to fuel their ego or because they feel like they must. For example, when a person gives money to charity, more often than not they are doing it to feel and look good to others. If this was not the case, why do we always see those who give to charity boasting about what they have done on social media? We have all heard of celebrities doing things for charity or to help others out. Take Kanye West and Kim Kardashian who gave

victims of the California forest fires money on 'The Ellen Show'. Surely doing such a thing so publicly makes them appear more concerned about their public image than actually helping out? This seems a lot less commendable than people who have a lot less money than them and donate privately just because they want to.

The recent publicity of issues such as global warming, plastic in the oceans, et cetera, has sparked a sudden emphasis on changing our lifestyles to help the environment. Supermarkets no longer stock plastic straws, restaurants such as Nandos only offer paper straws and the price of plastic bags has gone up to prevent use. Are these things being done because the company



care for the environment, or are they more concerned with public image and pressure from consumers and media? Pressure from media and environmental activists makes people feel obliged to commit to helping the environment, and so is it really coming from their own conscience?

Greta Thunberg is an example of an environmental activist who dedicates her time to spreading the message on climate change and encouraging others to support her movement. Thunberg seems to have no selfish motives for her work; the extent she goes to in order to bring the issue to everyone's attention makes it seem unlikely that she is only doing this for self-gain. Although, the Ancient philosopher Augustine of Hippo and his supporters argue that all humans are inherently corrupted and only

do good because of selfish reasons, surely this is made redundant in Thunberg's case as the media is full of speculation over whether she even profits from her activism work. This debate over whether Thunberg is paid shows that the media assumes she would be financially awarded for her campaigning. But why is it so shocking for someone to actually be acting selflessly, and not for any personal gain when doing something for a good cause?

Another question you could raise is whether the intention behind doing the right thing even matters. Take the charity example that we mentioned before – whatever your motivation was to donate, you are ultimately still helping others. And so, is it better to be selfish and give to charity or stay true to yourself and not? Deontological ethical theories such as Emmanuel

Kant's categorical imperative states the intention behind the action is the only thing which matters, and so he would argue giving to charity should only be done with good intentions or else it is immoral. But, consequentialist theories such as Situation Ethics would say giving to charity no matter the intention is moral because it is a loving act. Although selfless motives are somewhat important, we shouldn't criticise people doing moral things with selfish motives as it would mean less good is done.

In conclusion, although doing the right thing isn't always completely moral because people are driven by their self-interest, we should not put so much emphasis on the intention and should mainly consider consequences. Our focus should be how people can benefit from our actions as that is what ultimately decides whether the action is moral.

By Zenya Ram and Lily Green



# Samsung Tab S4 Review

Samsung's tablet series has always been an odd one. They have two main ranges, the "budget" range (Tab A series) and their "premium" range (Tab S series) which I will be reviewing in this article. With the Tab S4 now being two generations old, we can see that (in my opinion) the series has gone downhill, so let's look at the best (of a bad lot) S tablet.

The Tab S4 is quite bulky. It has 1cm wide bezel (on each side) and a 10.5" display. Combine this with its hefty 480g weight and it starts to look less like a tablet and more like a mini laptop.

With the Snapdragon 835 inside, this tablet can run all of your daily work-related apps (such as Word or Excel) and handle your media consumption, but could struggle to run some newer games since it is an older model.

As taking photos wasn't this tablet's main focus, Samsung therefore didn't put too much emphasis on

fitting a great camera on this device. Sure, it can take decent pictures but if you are looking for an excellent, lightweight device to take photos on, this isn't the tablet for you.

With only 64GB of storage, it isn't very good as a general work tablet. But, on the other hand, having the option to expand with up to 400GB of extra space is great and puts it above other work tablets.

The huge 7,300 mAh battery gives you lots of screen time and plenty of time to work on projects, jobs and writing articles!

The S Pen, which is included when you buy the tablet, is great for artists and workmen alike. It has a pressure sensitive tip (which is useful when drawing) and also very high accuracy. The best part is that it requires no charging ever, so you can just keep using it without interruptions.

By Jeremy Russ



# School Life Liabilities

Bullying is something that occurs anywhere and everywhere, and sadly it still happens here at LGS. We are very lucky to go to a school that has a strict anti-bullying policy and cares for its students' mental health and well-being. This policy can be found on the School website and explains how to recognise bullying and outlines what the School does to deal with it.

There is no legal definition of bullying. However, it can be defined as a behaviour that is repeated, intended to hurt someone either physically or emotionally and it is often aimed at certain groups: because of race, religion, gender, sexual orientation or a disability or special educational needs. There are also several forms of bullying – physical assault, teasing, making threats, name calling

and cyberbullying.

Bullying has always been an issue in society but now, in the 21st century, bullies have a whole range of options at their disposal. The internet allows people to anonymously insult and laugh at others for the way they look, speak or act. Most people would not insult someone to their face but social media has allowed these people to hide behind their phone screens and put other people down without being found out or told off. Around 5.43 million young people in the UK have experienced cyberbullying, with 1.26 million subjected to extreme cyberbullying on a daily basis. Nowadays most young people have phones and use them all the time for homework, socialising and leisure (games, music) which makes them easy

targets for cyberbullying. Some people may think that bullying someone is funny or just a joke, but it can have many negative impacts on a person. For some victims bullying is only the first stage of their pain. In many cases bullying can lead to low self-esteem, mental health issues, self-harm and even suicide. Studies have shown 83% said bullying had a negative impact on their self-esteem; 30% have gone on to self-harm; 10% of young people have attempted to commit suicide as a result of bullying. Bullies may think that calling someone fat, ugly or gay is a joke but for that person it could be life-changing in a very negative way.

A group of LGS pupils attended an 'Anti Bullying Ambassador Training Day' with 150 students from other schools on the 10th of October. They learnt about bullying, the impacts it can have, how to stay safe online and how to support others.

Bullying is an ever present and extremely pressing issue in the modern world. We should all be vigilant and work towards a bully-free society. Everyone at LGS should feel safe at school and the best way to tackle bullying is to speak out. Telling a teacher, family member or friend if you are being bullied is definitely the right thing to do. Do not suffer in silence. However, if you are not comfortable doing this there are many websites and helplines you can use, such as Childline, Bullying UK, EACH, Direct Gov. or Think U Know.

Remember: If you have nothing nice to say to or about someone then do not say anything at all.

By Keira Beatty



# Sustainable Swaps

An environmental crisis. A plastic problem. It seems hopeless; what can I really do? It won't make a difference, they won't listen, the companies need to change. The latter is true, but don't lose faith – it is the belief that you can't make a difference which stops you: the reality is you can.

It can be hard to know where to start – beyond the obvious: water bottles and straws, which you probably didn't use that much anyway. With what I have learnt over the past year in my attempt to reduce my plastic footprint, I have compiled a list of more obscure but valuable changes you can make to your lifestyle. I'm not saying 'go vegan' - although, it's not as hard as it sounds – or to be 'zero waste', because there is no such thing; it's impossible to be perfect, but the small swaps

make a difference.

Note: Most of, if not all, the mentioned products can be found linked at the end of the article.

## Bathroom/everyday essentials

1. Shampoo Bars/soap
2. Soap nuts (yep, nuts to clean your clothes – it's how they get some detergents anyway)
3. Bamboo dental picks
4. Deodorant bar
5. Suncream tin/bar
6. Refillable makeup/makeup tins
7. Box rolls (kitchen/toilet rolls in cardboard boxes)
8. Beeswax/oil wraps
9. Powdered toothpaste

These are just a few of the available household alternatives. A quick google will show you there are homemade solutions, and (for more substantial



options) plastic free online shops. Links to websites like these can be found at the end of this article – they are stocked with plastic-free and sustainable alternatives.

However, one of the best approaches is to use refill stations. There aren't many around (in the Market Harborough indoor market there is a stall, you can always google 'zero-waste' or 'refill' shops) but they offer a great solution to the plastic problem. All you have to do is bring along an empty bottle, for example, and use their refill pump to top up on shampoo. The plastic pumps which these products come in are sent back to the stores to be refilled themselves – a plastic free loop. Nevertheless, keep note that bulk containers are no different to buying smaller bottles; many shops will stock the 'Faith in Nature' shampoos in these containers to refill but they don't get sent back to the factory. They are

thrown away when finished with: be cautious to check how sustainable they really are.

It's easy to forget just how much plastic and paper goes into schoolwork. It's not necessarily wasted paper, but there must be alternatives. Short of going completely digital and living on a laptop, there will always be an element of waste. However, pens with refillable cartridges are better than disposable ones. More sustainably, pens which use a piston to refill from an ink cartridge generate waste only from the ink bottles (which could be repurposed). Recycled pens are a slightly better alternative than plastic, but there will always be a point when they are thrown away and many have plastic compartments. Even pencils aren't a perfect solution, although there are brands which contain a seed at the end of pencil so that the unusable end can be planted. Paper wise, refillable notebooks and recycled paper are a far less energy

consuming and wasteful option than new paper. Perhaps choose notepads which don't have a plastic spine or ones which can be refilled so that the covers are never thrown away. Alternatively, you may already be doing this - stick with ring binders.

I think when it comes to stationary, the best approach to sustainability is how you use the products you buy. Do you leave large empty spaces on your paper? Do you use a different sheet of paper for a new lesson, even if it's the same topic? I know I do, and that needs to change. I'm going to try and rethink my approach to schoolwork, and maybe you can too.

There's been an increasing number of fast fashion brands making 'sustainable' claims: recycled clothes, compostable packaging, conscious collections. This is greenwashing – elusive claims to being sustainable when the truth is otherwise. Yes, even Zara is fast fashion – 'join life' or

not. The fact of the matter is, any large clothing company throws away billions of clothes a year. I get emails from ' & Other Stories ' with updates on new ranges every week. That means every week some of their clothes are 'out' and get burnt. These brands churn out more clothes than will ever be bought. The rise of fast fashion has brought along the expectation of lower prices and the need to buy new clothes; this is a very recent concept and makes fashion one of the most polluting industries in the world. It may surprise you that cotton is not sustainable; corduroy is the most water and energy consuming material to make. It's clear that polyesters are not the solution, but as natural as cotton sounds it had led to the drying up of lakes and rivers; so, what's the solution? The best option would be upcycling old materials – nothing new needs to be manufactured and there are enough waste clothes for this. However, it's not perfect and is a complex process.

Additionally, there's the problem that polyester microfibers are washed into waterways during washes (even bags to catch these only mean the plastic ends up in the bin). Rayon is one alternative; biodegradable and made from cellulose, it's comparatively better than other options. Again, it's a virgin material that must be sourced somehow – so if the cellulose is taken from a fast growing and replaceable crop, there is less of an impact than one which is grown on land burnt from a rainforest.

The best option is to buy second-hand. Thrift stores, charity shops and second-hand shops will all stock old items of clothing. Before you turn your nose up, it's worth noting that they're not just places you might find your grandma. Thrift stores have some really nice clothes, even High Street brands, and they're at good prices. By buying second-hand you save clothes that would otherwise go to waste, and lower demand

for production of new items. Clothing rentals are another option. They do what they say on the tin and are perfect for a one-off event, such as a wedding, prom, a party. Renting clothes has all the benefits of thrift shopping, with the added bonus that if you want something different to wear only a couple of times you can do so and then send it back once you're done, because it's renting. It stops the throw-away nature of buying and wearing clothes once.

There are alternatives for new clothes - 'Reformation' doesn't use polyesters or cotton – but you'll find these are never truly the best options. Buying from truly sustainable brands is expensive – in fact, it's the prices clothes would be without fast fashion – except we've gotten so used to cheap brands that anything higher seems unreasonable. The reality is, sustainable shopping is cheaper in the long run – the aim isn't just about what you buy, but how long you make it last – a good



brand won't need replacing. I'm a hypocrite, but we all need to fall out of this vicious cycle of a new year/term meaning the need for new clothes. It's okay to wear items that are old; it's okay to be seen in the same outfit on Instagram or at a party more than once; it's okay to buy second-hand; it's okay to not follow the latest trend. In fact, it's more than okay – it makes you more fashionable than the rest of us, because you're on trend with the future.

Food waste generates 3.3bn tonnes of carbon dioxide a year. If food waste were a country, that would make it the third largest greenhouse gas emitter after China and the US. Undoubtedly, there is probably food waste in your household. It may be small, perhaps just the leftover dips and slice of bread; in others it can be excessive waste (especially with fussy eaters): either way it's worth making a change. More importantly, it is possible to throw away no food.

There are stores which do have non-plastic foods and drinks. Your local Sainsburys will have loose veg, a meat counter, deli and bakery – opt for those options. Beyond the supermarkets, there are other places that are plastic free: local veg markets; a milkman; local bakeries; butchers and fishmongers.

I'm not an expert, but there are ways to store and use foods so they last longer and nothing goes to waste: thinking about what meals will be the week ahead can prevent overbuying; composting vegetable leftovers so they don't decompose in landfill, releasing methane; eating the broccoli stems; making more homemade foods than pre-packaged meals and breads. I don't have space to talk about everything here: if you want to look into it further, I recommend following 'Max la Manna' on Instagram for zero-waste tips.

'More Plants Less Waste' by Max la Manna is a zero-food waste,

plant-based cookbook. Not only are the recipes written with the intention of using up food that is normally wasted, there are also sections of changes you can make at home.

Ladies, let's avoid the taboo here, I'm writing an article on sustainable swaps so I might as well tell you what you can use regarding period products. It's immensely wasteful using the conventional products, but they're convenient so what else can be used? There are 'green' alternatives to the traditional items; Change to Green and Smartliners have sustainable-ish tampons/pads - I say 'ish' here as there is still an element of waste, but it takes just 5 years to decompose as opposed to the 500 years of the High Street products. The best products can be reused. As unappealing as that sounds, it appeals to the Earth a great deal more than anything else. Firstly, menstrual cups. They only need a rinse and can be worn for a full day (less worry than usual) – Organi-Cup is a popular brand. If you're worried about

effectiveness then period pants can be used alongside, they tend to be dark and act as a last resort barrier. If you're not a fan of the first product, then washable pads may be the solution. They're well proofed for the job and need only a washing machine before reuse. All of these are not only less wasteful, they're also significantly cheaper in the long run so it's worth considering.

What are the benefits?

Beyond the environment, money! So much money can be saved by ditching plastic. There's no need to buy a KeepCup or Ethique's shampoo bars – there are far cheaper alternatives that work just as well. In the long run, avoiding plastic means no need to keep buying single-use: beeswax wraps can be used indefinitely; conscious clothes shopping stops excessive buying; reducing food waste reduces money waste. There's no need to be perfect – any small change you make has a greater impact than you can realise.

By Georgina Holmes



