

A WADHAM SCHOOL STUDENT PUBLICATION

THE QUILL



UNDEFEATED



Christy Martin—The First Lady of Boxing



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Introduction

Welcome to the third edition of the Quill.

As we move in 2022, our student journalists have been hard at work putting together another collection in interesting interview and thought provoking articles. In this months magazine you will find interviews with sports pioneer Christy Martin and historical detection Professor Sahar Saleem, reviews of books, films and the schools recent production of Matilda, as well as issues and stories our students feel passionate about.

Over the weeks and months ahead we are planning to feature a whole range of stories and articles which reflect the interest and issues which matter to our young people.

If you want more information please contact myself at the school.

Happy Reading

Peter Hopwood - Editor-in-chief



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New Year, Same Problem

By Kathryn Hatchett

It sounds so familiar, the constant message that weight loss is an important part of society, one which makes people far worthier humans than if they did not participate, and sadly, this message although present all-year round is far more apparent around the New Year.

Every New Year it is tradition to set goals, or resolutions that mostly centre on improving a certain skill or aspect of life, the most common ones within the UK are losing weight and improving diet, coupled with the knowledge that most resolutions only last 36 days the question is; why bother changing ourselves to meet outside expectations?

The media is a heavy influence on why these are the most common resolutions when January 1st rolls round, every day we are bombarded, often subconsciously, with the 'ideal' body whether on Instagram and other social media sites or through mainstream TV, especially advertisements. While watching TV today, there were four different weight loss adverts in a few minute ad-break, a large percentage of the content aired between the two parts of the show. Understandably, many companies encourage healthy eating and weight loss to improve general health and quality of life, however those struggling with mental health problems suffer from constantly being reminded of something they try hard to erase.

For those with mental health problems, the festive period is often a struggle with big gatherings often being intimidating and off-putting, but even after the celebrations end the onslaught of struggle does not. People suffering with eating disorders or those who are vulnerable to suffering from them are put through torment watching TV and consistently being told that weight loss is something that is good, something praised, something to be proud of, which can trigger thoughts, no matter how suppressed or in control to target them encouraging old habits to return. Similar things can be said of those with anxiety, those with social anxiety may find this expectation of weight loss something they feel inclined to take on because society wishes them to, only adding to their burden, alongside this those with depression who may struggle with their relationship with food already will feel even less motivated to try and eat if a smaller frame is 'desired' by wider opinion, or at least the opinion of the media. This is dangerous, suffering from a mental illness is hard without feeling surrounded by people endorsing the brain's often irrational, but persistent behaviour.

The website for the Centre of Discovery: Eating Disorder Treatment claims that New Year sees a high increase in relapses as people put too much pressure on their eating habits, often encouraged to do so by peers, family, close friends and the media even if they do not realise it themselves. Nicole Griswold puts it together well on Women's Health:

"When I was in the midst of anorexia, New Year's became just one more excuse to punish myself and set unrealistic and unhealthy goals," says Griswold, an Eating Recovery Center alum from Bellevue, Washington. "By the time it came around after the food-centric holidays, I felt exhausted, overwhelmed, and angry—and the constant weight-loss ads and social media posts from friends and family shouting, 'This is the year my diet will work!' always made me feel like I needed to be 'better' at my eating disorder."

Many have been suggesting that for this reason and others it is time to ditch the resolution mentality, especially now with an increase in mental health problems across the country it seems like a perfect time to reset ourselves to consider the possible impact of often off-handed comments and to take each year as it comes instead of worrying about trying to change who we are, perhaps there should be more time spent on the real person, finding out who you truly are without all the changes society suggests are made. Figures show that the pandemic has spiralled the youth mental health crisis with females or those previously suffering with mental health problems (prior to the pandemic) being worse off now with anxiety, loneliness, eating disorders and depression all being

on the rise, with a likely connection to the lockdowns.

Everyone has mental health, a point that is not raised enough, just as everybody has physical well-being everyone has mental wellbeing and it is important to care for it just as you would a physical injury, for example a cut on the hand from walking into a bramble, likely would be cleaned and allowed to heal, in terms of mental health relaxation and switching off from the world allows the brain to do the same thing, sleep being an important part of this.

How can you maintain your mental health?

Be kind to yourself, if you are tired allow yourself to accept the tiredness and get some extra sleep. If you're struggling with negative thoughts imagine saying them to a friend, if your brain is being negative and telling you 'you aren't worth it' or 'you don't deserve it', think would I say that to my best friend. The answer will probably be no, this helps rationalise those thoughts.

Talk to yourself, it might sound strange but addressing your feelings out loud as if they are a physical thing can really help set out what they are targeting, even imagine them as a person if you like.

Take time out, society applauds hard work and dedication, but sometimes a break is needed, a bath with relaxing music (leave your phone somewhere else), a walk (again don't go on your phone unless it's an emergency), read a book, anything you find that helps remove your brain from the situation to help clear your mind allowing you to tackle the situation more effectively.

Try things if one technique doesn't help, try something else there are so many suggestions around from breathing techniques, to activities to try and even various types of therapy including equine-assisted and art therapy. Whatever works for you is right to do even if it isn't one of the more thought-of techniques.

Ask for help. There are levels to this, friends and family are great to talk to, but it is important that if your mental health is affecting your day-to-day life negatively then it may be worth visiting a doctor who can help refer you in the right direction.

Please remember that if you are affected by any of the issues raised in this article there are many places willing to help you, such as the links below. This advice comes from research, real-life stories and the suggestions originate from therapists, but please seek professional medical support if you need to.

For more information on mental health problems, including eating disorders please visit:

Childline - Free counselling service for children and young people, helping them with any issue they may face.

<https://www.childline.org.uk/>

Call free on: 0800 1111

Chat online: 121 counsellor chat

Somerset and Wessex Eating Disorder Association

<https://www.swedauk.org/>

Phone: 01749 34 33 44

Email: support@swedauk.org

Young Minds

<https://www.youngminds.org.uk/>

Text YM to 85258

INTERVIEW

SPORTS PIONEER

CHRISTY MARTIN

Foreword by P Hopwood & Interview by T McGhee

In the world of professional boxing the name Christy Martin is often linked with that of a trailblazer, who fought as hard inside the ring as out of it, a woman who impressed Mike Tyson at the height of his stardom and someone who brought female boxing into the mainstream. She was the first woman to be televised live on U.S. national television, named pound-for-pound best female boxer by the World Boxing Council, and in 1996 won the biggest title in the history of Women's Boxing. Taylor McGhee sat down with this living legend of the squared circle and asked her to reflect on her life and career.



1. How did you get into boxing?

I started boxing in WV at a tough man/tough woman contest. I have no real idea why I wanted to try boxing other than people told me I couldn't do it.



2. What was the fight that you think really pushed you into the mainstream of the sporting world?

The fight versus Deidre Gogharty was the fight that changed the world's opinion of women's boxing. It was on the undercard of Tyson vs Bruno II March of 1996.

3. During your boxing career, were there any fights where you knew you couldn't win or were extremely

doubtful on the fight ahead? How did you deal with that?

I thought I was the best of my time. I questioned myself before every fight, but I never took a fight that I didn't think I would win.



4. After winning the Super Welterweight belt, did it change your attitude or outlook to training or competitions?

I always trained to my best. I was so proud to put the WBC belt around my waist I never wanted to lose it.

5. In your first few years of boxing, you made a massive splash. What were your favourite moments that you reminisce on to this day?

- 1) signing w Don King
- 2) cover of Sports Illustrated
- 3) Grand Marshall for IBHOF in NY

6. What is the story behind your nickname, "The coal-miner's daughter."

My dad truly is a coal miner. Jimmy Lennon, Jr named me.

7. You had a massive interest in basketball as a child. Do you still wonder about what would've taken place if you carried on with your career? And do you still follow basketball? Do you have a favourite team or do you follow a particular team?

I loved playing basketball. Still love to shoot some bball. I like to watch college basketball.

8. How do you feel to be considered one of the biggest names in women's boxing?

I am honored. As I have gotten older I realize I did help change the view of women's boxing.

9. Were there any fights that you regret taking or not taking? Why?

Of course, I wish Lucia Rijker had not pulled out of our fight. I have no regrets from my career.

10. Did you have any motivations towards your fights?

My motivation was I didn't want to let anyone that supported me down. I wanted to always be a winner.

11. What was your ultimate goal during your boxing career and do you think you achieved that?

I wanted to be a champion, so yes I achieved that. I loved my job



12. If you could have fought any boxer from throughout history who would you fight and why?

As for females go I fought everyone at my time.

13. What could be done to get more women and girls into boxing?

To get more females in boxing promoters have to give opportunities to build careers, not just one fight here and there.

14. Do you still train, if so what training do you complete?

I miss training, but I am busy trying to be a promoter. I walk/jog some but not as much as I would like.

**15. Why did you decide to move into the role of boxing promotor?**

That was my way of staying involved in the boxing business.

16. When you're not promoting boxing, what do you enjoy doing in your free time?

I love the beach, so any time I can get to FI I do. I work with my non profit for Domestic Violence Awareness speaking at events.

17. What do you think is the biggest misconception people have about boxing in general and womens boxing specifically?

That it is violent. Boxing is so much skill, people do not realize.

18. If you could redo your career would you change anything?

The only thing I would change is I would do it longer. I had a stroke in 2011 then fought/lost to Mia. I wish after a stroke I would not have tried to fight.



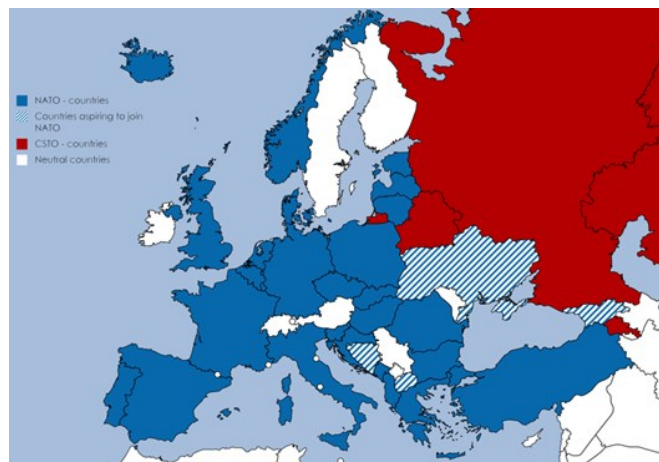
GLOBAL NEWS

Russia's Motives for outright War in Ukraine

By Toby Swan

Defence and NATO

- ◆ In Russia NATO (The North Atlantic Treaty Organisation) has been viewed as a threat by the government in Moscow since its first creation in 1949.
- ◆ When it was created, at the start of the cold war, the Warsaw Pact was also signed by the Soviet Union and almost all of the rest of the countries East of Germany
- ◆ But in the fall of the Soviet Union the Warsaw Pact was officially disbanded and since then NATO has been expanding Eastward. NATO is now on Russia's doorstep and more countries are trying to join NATO to this day.
- ◆ To combat the expansion of this deadly alliance the Russian government formed their own alliance, called the CSTO (or Collective Security Treaty Organisation)
- ◆ In the current positions of the two alliances if you look at the map you can see Belarus, Russia's longest and most faithful ally almost fully surrounded by NATO countries, especially if Ukraine joins.
- ◆ Furthermore, Ukraine has many old Soviet infrastructure and geography that fuels Russia's economy, such as the oil and gas pipelines crossing the country and a major shipping route along a river running through Eastern Ukraine and eventually coming into Moscow.



Modern Military Alliances in Europe

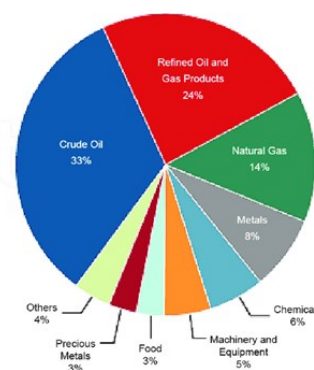
NATO also consists of the USA and Canada and the CSTO also has Kazakhstan, Kyrgyzstan, and Tajikistan outside of Europe and this map

Oil and the dying Russian Economy

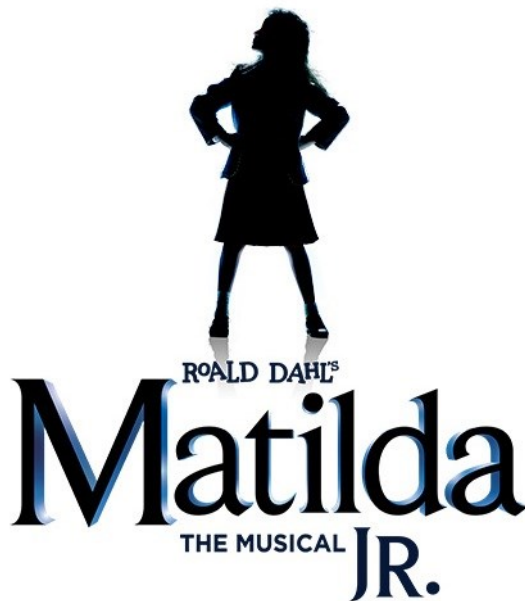
Since the collapse of the Soviet Union in 1991 Russia's economy has been falling, but it wants to become even bigger in the fossil fuel industry. Currently the 2nd biggest exporter of oil and the biggest in gas. Its fossil fuel exports now make up almost 50% of the government's budget and 30% of Russian ENTIRE GDP!

Because of this Russia is extremely reliant on these exports, as you can see in the graph left almost ¾ of their exports are fossil fuels. The vast majority of this (especially the gas) is sold to the EU with around 35% of EU gas coming from Russia alone.

Therefore if their steady trade with the EU is halted it will bring down the Russian economy for sure. And the most likely place? Ukraine.



ITS SHOWTIME



Wadham School Production

Notes from the Director

I have loved Roald Dahl's books since I was a child, reading his books with a torch so that I wasn't caught reading after my bed time (my parents have since told me that they knew all along – I obviously wasn't as good at subterfuge as Roald Dahl!). When Matilda the Musical was announced I was so excited – the perfect combination of Roald Dahl and my favourite comic so, since 2012, I have been waiting for Matilda the Musical to become available for performance in schools.

The last few years have been really challenging for everyone, but in particular the Performing Arts have

been hit very hard, with limitations on gatherings and Covid ripping through casts causing cancellations. With this in mind, I tentatively started to look at putting on a production of the recently available Matilda the Musical Jr in this academic year, when I started to put feelers out about it, the response was brilliant, staff and students were really keen to be involved and supportive of the idea, especially because it was THIS iconic musical but also because we have been unable to produce any theatre since the first lockdown. The team was built – (I am really privileged to have a superb creative team of staff and students for this show) but we knew it was going to be more difficult than ever to make this production happen.

We took some precautions – casting understudies in some of the main roles, just in case we had an issue with Covid, this has turned out to be a stroke of genius as rehearsals became both hilarious and, in some cases remarkably creepy (Roald Dahl would have been proud). We have had significant issues with Covid (and one case of tonsillitis) that has meant that throughout this process we have not had a full cast at any rehearsal – not even the read through! Our cast have been amazing, they have helped each other to catch up from missed rehearsals, filled in for each other and I hope, had a great time. This energy and commitment, throughout a genuinely tough rehearsal process, you will be able to see in the final result – even if there are last minute changes due to Covid issues! Despite, or perhaps because of the issues that we have had, I am enormously proud of this production. I would like to thank the cast, crew, staff and parents involved in every aspect of this production but I would also like to thank you, the audience – without you there is no show.

Jenna Middleton

Matilda the musical jr - This was the school musical of 2021-2 and after a long and arduous process with Covid we were finally able to put on a show for us and the audience and everyone in the community who got involved. The musical practises started in late October and after many absences and late night rehearsals leaving everyone tired but ecstatic it went spectacularly. There was a large mix of emotions on opening night, many nerves, excitement and a whole lot of adrenaline we were happy to get the first show over after so many rehearsals.

We didn't feel that it went perfectly on opening night however it was still excellent and everyone deserves to be very proud of themselves. By the Friday night we had everything running smoothly and there were less nerves and a bit more excitement to get it over with, that's all to say it was fantastic and there were many tears shed after. Tears of happiness but also tears of sadness as it was all over. We met some amazing people, made some Amazing friends and definitely had enough sore throats for a lifetime but it was an amazing experience and I'm so glad that I could've been a part of it. It was truly brilliant. – Cast and Crew of Matilda Jr

By Emily Watson



Matilda Cast

Matilda - Alex Neacsu, Izzy Lawrence
 Mrs Wormwood – Nancy Pattisson
 Mr Wormwood – George Mannering, Kira Hole
 Michael Wormwood - Izaak Gregory, Anna Penny
 Miss Honey – Naomi Harris, Jess Cummins
 Miss Trunchbull – Emily Watson, AJ Purdy
 Bruce – Zoe Killick
 Lavender – Grace Welton
 Rodolpho – Rosy Hooper
 Amanda – Ruby Charles
 Escapologist – Freya Davis
 Acrobat – Layla Pike
 Mrs Phelps – Amy Frost
 Nigel – Evelyn Sumption-Smith
 Sergei – Rosemary Williams
 Russians – Zoe Killick, Freya Davis, Rhianna Fifield
 Alice – Rhianna Fifield
 Tommy – Lilia Jeffery
 Hortentia – Poppy Rich
 Cook – Kira hole/George Mannering/Nancy Pattisson
 Big Kid 1 – Sophia McKenzie
 Big Kid 2 – Izaak/Anna
 Big Kid 3 – Layla Pike
 Mechanic - Izaak/Anna
 Mums and Dads – George/Kira/Izaak/Amy/Jess

Crew

Izzy Fowler
 Rosy Hooper
 Will Ford
 Imogen Peters
 Poppy Mills
 Grace McEntee

Agata surdyka
 Maddie Maloney

Additional Roles

Director – Miss Middleton
 Assistant Director – Mr Date
 Designer – Miss Lemon
 Choreography – Lillie Woodhead and Jess Cummins
 Puppet Masters – Grace McEntee, Maddie Maloney and Tess Bryant
 Stage Managers – Rosy Hooper and Izzy Fowler
 Lighting and Sound – Josh Chant
 Lighting Assistant – Will Ford

Thank you from the cast

The cast and crew would like to thank Miss Pawling, Miss Parker and Miss lemon for make-up, and everyone who helped out with front of house and refreshments.

We would also like to thank Mr date for always bringing a smile to our faces, even with covid 19 and all the struggles, we could go home with smiles on our faces

A massive should also go to thanks to Josh Chant for the amazing lighting rig setup and sound, Miss hodge for backstage help, and a massive thanks to Miss Middleton for helping us all put this show together!

Will Ford



Environmental News

Tuvalu – An Inescapable Demise

By Charlton Bowery

Some countries are threatened by nuclear weapons or a regime that is proposed by people high up in the government.

These are escapable by some circumstances. But then there are countries that will not have any chances, they have an unescapable threat.

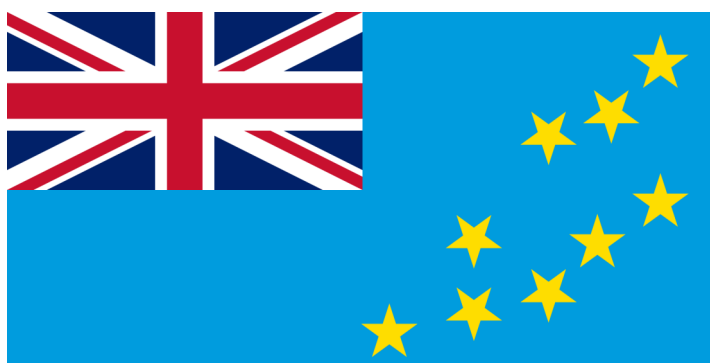
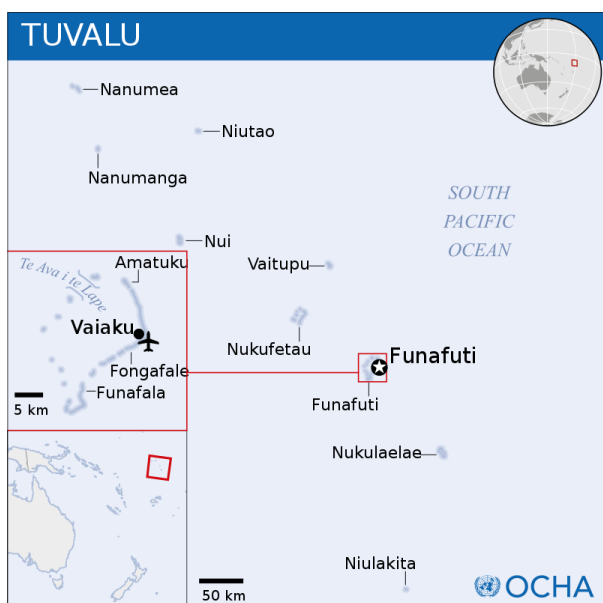
Tuvalu, an archipelago in the south-western Pacific, is one of those, and its threat is rising sea levels.

Tuvalu's highest point is 4.6 metres, and a rise that could be anything from 20cm to 80cm in the next 100 years could so much as throw the archipelago into its demise. Rising sea levels are made by pollution which melts the ice caps due to increasing heat.

Now, the rise is 5mm per year but this could increase drastically as effects from climate change kick in. The current foreign minister, Simon Kofe, addressed COP26 while knee deep in water to highlight the rise in sea levels.

To keep Tuvalu above sea level, here are some tips that do not cost any money. Do not litter, recycle everything you can, and if you have a car, use it only when you absolutely need to.

Remember, Tuvalu's existence depends on you.



Environmental News



Entering the Gates of Hell – The Dangers of Fossil fuels

By Toby Swan

What are the ‘Gates of Hell’

The ‘gates of hell’ officially named ‘The Shining of Karakum’ is a giant burning crater of a natural gas deposit in the right in the middle of the Karakum desert, Turkmenistan.

It is now 70m wide and 20m deep!

The crater was created during a Soviet drilling accident in 1971. They hit a gas cavern and this caused the drilling rig to fall into the hole and the earth to collapse around it.

To stop the toxic fumes from escaping the Soviet decided to burn the gas off but when they ignited the deposit, they also ignited a colossal natural reservoir of highly flammable methane gas thus creating the ‘gates of hell’.

Nowadays, 51 years after the drilling accident that supposedly created them, the ‘gates of hell’ are a popular tourist attraction, especially at night.



However, the Turkmenistan government plans to close the burning crater because of fears of it being a national health hazard and also because of the loss of valuable natural resource the could be exported for a significant amount of money which could be used for “improving the wellbeing of our people.” The Turkmenistan President instructed officials the “find a solution to extinguish the fire” despite saying similar things in 2010 and nothing eventually being done.

The dangers of fossil fuels

Fossil Fuels account for 89% of global CO₂ emissions and carbon dioxide does a lot more damage than we think. For starters we have climate change which could be absolutely devastating if we do not take significant action, far more than has been promised. But further than that carbon dioxide is causing sea acidification, caused by the worldwide oceans absorbing about one quarter of the CO₂ we realise by burning fossil fuels and third of all CO₂.

This has caused the oceans to have a 30% increase in acidity which affects many sea creatures and plants because of their adaptations being designed for an alkaline home. A second danger to fossil fuels is the toxic chemicals and gases they realise into the air when burned, these include soot (fine particulate matter) and smog (ozone).

Both of these increase the risk of death from stroke, heart disease, lung cancer and respiratory illnesses among those exposed. A fourth danger of fossil fuels is oil spills and leaks, these come from ships (especially tankers), offshore oil platforms and pipelines, urban and field runoff and industrial discharges. In a report published in 1980 (quite outdated I know) the total input of oil into the oceans was estimated at 3,200,000 tonnes at this amount it is disastrous for the oceans.



INTERVIEW

SCANNING INTO THE PAST

WITH SALAR SALEEM



Foreword by P Hopwood and interview by I Gregory

The world of ancient Egypt has fascinated many for generations. Whilst archeologists have peeled away the world of pharaohs and kings the process has often destroyed the very artifacts being studied. Now the study of the past has been given a 21st century update. Recently scientists in Egypt 'digitally unwrap' 3,500-year-old mummy of Pharaoh Amenhotep I. This ancient mummy had remained a mystery as it was one of the few found which up to this point had been left unopened. This was a challenge which Salar Saleem, professor of radiology at the Faculty of Medicine at Cairo University and the radiologist of the Egyptian Mummy Project, decided to take on. Izaak Gregory caught up with the professor to pick her brain over how she came to be using a device normally found to looking at the living to looking at a person who last drew breath several thousand years ago.



1. What interested you in the study of Ancient Egypt and the people of the time?

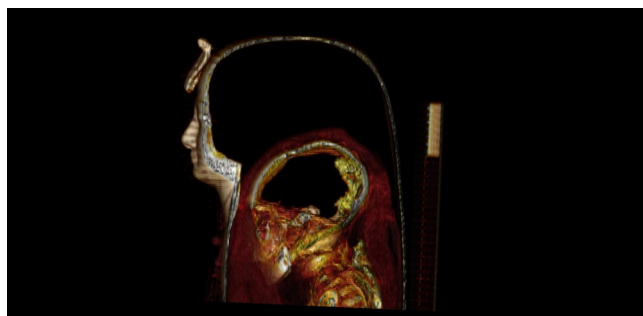
I am a clinical radiologist and my patients are people. I became interested in mummies and ancient Egypt when I witnessed CT scanning ancient Egyptian mummy when I was studying in Canada. I thought that being an Egyptian, I have to help in doing radiological investigations of my ancestors

2. Your speciality at Cairo University is paleoradiology. What is this?

I am a clinical professor of radiology specialized in imaging the brain and nervous system (neuro-radiology) as well as fetal imaging. In addition to my clinical work at the university, I work with the Ministry of Antiquities as a paleo radiologist to do radiological investigations on antiquities (ancient mummies, coffins, statues, and other objects)

3. How can CT scanning technology help make further advancements in the future?

CT scanning enables non-destructive examination of ancient objects and mummies. CT scan provides important information that helps in understanding the ancient Egyptian civilization. There is continuous advancement in technology which will be also reflected on CT scanning in the future. We expect advanced techniques that can provide precise data and beautiful images



4. Can you give a short explanation as to how CT scanning technology works?

A CT scanner emits a series of narrow radiation beams (x-ray) through the body while it moves through an arc called gantry. The gantry contains x-ray detectors that see the different levels of density of each cross section of the body. The detectors send the data of to the computer which put the data of the cross section together to build 3D cross sectional images and make a detailed picture of the scanned body to be displayed on the screen. It is similar to when you put slices of toast together, you get the whole loaf of bread



5. How significant is this discovery in the field of Egyptology?

Radiology provides scientific clues that help in understanding the ancient Egyptian civilization, refute wrong theories, rewrite history, and help in preserving antiquities and ancient human remains.

6. How do you determine the age and other features of the mummy from the CT scans?

The anatomical features of the body can help determine the age of subadults and adults such as: teeth eruption, fusion of bones, the surface of the pubic symphysis, degeneration changes

7. What does Amenhotep's brain being left intact tell us of his position in regards to the other pharaohs?

In the early times of ancient Egyptian civilization, Amenhotep's I time, the brain was not being removed during mummification. So Amenhotep I received the standard royal method of mummification of his time

8. Does it tell us anything at all?

The Ancient embalmers aimed to achieve the best level of mummification to preserve the body for the afterlife. That's why they experimented to achieve this goal. Brain removal during mummification was an extra-mile the embalmers did to ensure preservation of the body.

9. What is your running theory on how Amenhotep died?

The bony skeleton and the remaining soft tissues after the process of mummification, do not show a cause for Amenhotep I's death.

10. You stated "Many royal mummies had bad teeth, but Amenhotep I had good teeth." Why is this?

Some royal mummies had good teeth too. May be related to individual teeth hygiene



11. Does this tell us anything of his importance?

Amenhotep I took care of his teeth, At the ancient Egyptian times, they had tooth brush and tooth paste.

12. Where does Egyptology go from here?

This study signifies the role of scientific investigations in understanding the ancient civilization and helps in preserving it

13. Where do you see your work going in the future?

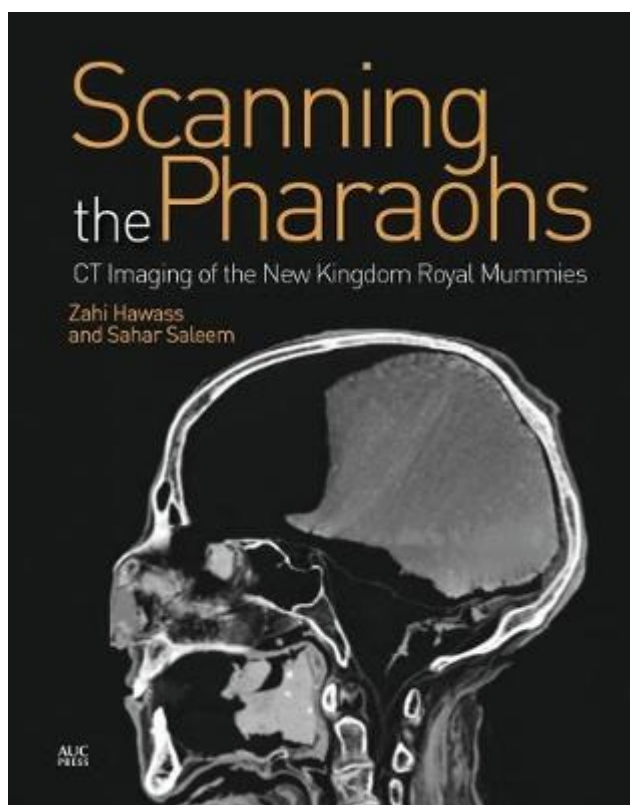
There are more mummies to be studied. The mummies are 'time capsule'.; CT scan can provide a wealth of information about the ancient civilization, natural history of diseases, diet, funerary practice, and more

14. What are some things which you wish people knew about Ancient Egypt which we normally get wrong?

Ancient Egyptians loved living and were not a death community. They liked to dress up in fashionable dresses, wore makeup and jewelry and celebrated feasts.

15. Which leaders or figures from history would you invite to a dinner party and why

Akhenaton. He was a poet and philosopher. Having dinner with such an intellectual person would be amusing



By Kathryn Hatchett

What is BookTok?

BookTok is a section within the social media app of TikTok, which is better known for its trends including dances and lip-syncing videos, however BookTok is a dedicated area where book lovers can discuss their monthly reads, talk about their favourite characters and authors, match music to books, and interact with authors about their series creating a bridge between the readers and writers allowing communication about what readers want to see more of. It is a welcoming and inclusive community open to all.



Booktok Creators

AK Mulford (@akmulfordauthor)

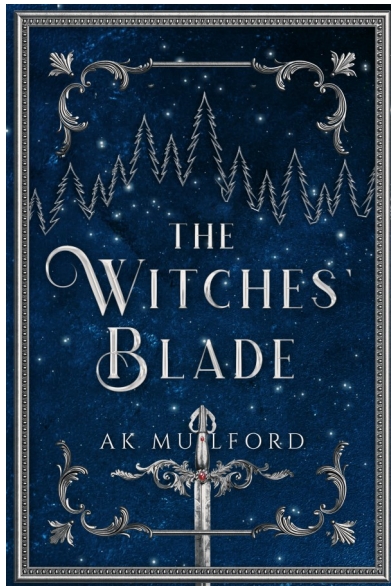
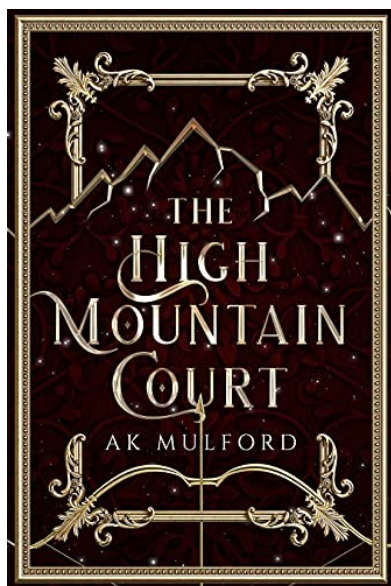
This account is an interesting insight into what it takes to write fantasy novels and with the help of BookTok the debut series *The Five Crowns of Okrith* has gone down a storm and more of the series is due to be out this year. In terms of videos that can be found on this account most of it revolves around the writing process and interpretations of the characters that they have created as well as talking to fans about their theories and opinions. Compared to normal interaction with authors, which is often very minimal besides book signings, BookTok has opened up many opportunities for authors to bridge the gap between their writing and their fans creating many more chances for an inclusive community to be created where all that matters is books.



Books by AK Mulford:

The High Mountain Court

The Witches' Blade



AK Mulford aims to write inclusive novels including a varied cast of characters using the tagline 'epic fantasy with real women' and her books feature characters from the LGBTQ+ community, leading to her books representing modern day people and attitudes in an incredible fantasy world full of magic and intrigue.





Kaven (@kaven_books)

Kaven creates skits and content surrounding the *A Court of Thorns and Roses* series by Sarah J Maas impersonating the characters in hilarious and often exaggerated, but perfect ways, many of her videos have the power to leave you laughing. Alongside this, Kaven is also in the process of writing her own books and often reveals the emotional journey behind writing, similarly to AK Mulford her account is a safe space for all and allows people to talk about their favourite theories and predictions about both her books and the next in the *A Court of Thorns and Roses* series.

Popular BookTok Books

Red, White and Royal Blue – Casey McQuiston

Appropriate for age 15+

What is it about?

An LGBTQ+ romance between America's First Boy and the Prince of Wales, set in a recognisable world of politics and teen angst it follows the diplomatic journey of both young men as they try to survive in the high stress environment while hiding their emotions to stay out of the limelight.

What did I think?

This is a wholesome and wonderful love story that is full of political details that add something extra to the book as it allows the reader to learn something about American politics and the lives of the Royal family while enjoying a lovely story. It is also a story of standing up for who you are and what you believe in even when pressured to do otherwise, an inspiring story for anyone and I would thoroughly recommend it.

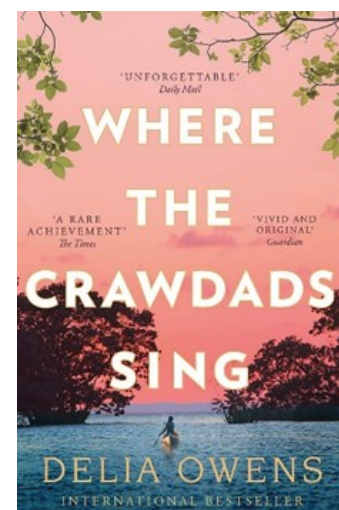


Where the Crawdads Sing – Delia Owens

Appropriate for age 14+

What is it about?

The 'Marsh Girl,' also known as Kya is named a suspect for the murder of popular Chase Andrews, but as the story is revealed everything is not a simple as it appears. While everyone has been thinking about how strange the 'Marsh Girl' is Kya has been collecting information on the wildlife of



the marshes, the story follows Kya's journey through gossip and racial prejudice towards love and acceptance as well as recognition.

What did I think?

I came into this book with no expectations as it was something far away from what I would usually pick, but it was of my best ever reads with beautiful descriptions of the marsh juxtaposed with the murder and mystery surrounding Kya; it was a book you really could not put down as the mystery was too intriguing to leave.

Throne of Glass (series) – Sarah J Maas

Appropriate for age 13+ until Empire of Storms at which point the age rating goes up to 16

What is it about?

An 18-year-old assassin has to fight in a countrywide competition to earn her freedom, but the competition brings up more challenges than just physical or skills-based ones. The story spirals into one of friendship and family perfectly setting the ball rolling for the other seven books (one of which is a prequel to *Throne of Glass*, which is the one described above).

What did I think?

This was a series of incredible depth; every storyline came together to be important in the end, and it is very difficult to write a summary as every little detail had meaning so I am being very careful not to give away any spoilers. The characters were all very lovable and this worked effectively in making the reader empathise for them as often I found myself crying and laughing with them. I would recommend this series to anyone who enjoys fantasy novels as it truly is unmissable, and many guides to pick a reading order can be found on BookTok as there are many opinions as to where the prequel should fit, and whether tandem reads are necessary for some of the later books.



WHAT'S WORTH A WATCH?

By Zoe Killick

Known as 'the gateway to South America', Colombia is a beautiful country located just below Panama in the heart of the Amazon rainforest. From the towering Andes Mountains to the lush, dense forests and tropical beaches, this country is packed with a huge spectrum of environments and wildlife. Wild and wonderful creatures, including jaguars, spectacled bears and pink Amazon

River dolphins, roam free there- with such a vast and colourful range of flora and fauna, it's clear to see why 14% of the entire world's biodiversity can be found in Colombia alone. Its people are also very diverse- many different cultures, including native, African and European, blend together to make Colombia an incredible place filled with unique traditions, religions and ways of life found nowhere else in the world. Everything in Colombia



is wired to inspire- and recently, this country became the inspiration for the newest Disney movie which has already become so popular and well-loved- Encanto.

Centring around the magically-gifted Madrigal family and their home in the Colombian mountains, Encanto is the story of 15-year-old Mirabel (the only child in the family who didn't receive a magical gift) and her quest to become accepted by her loved ones and save the miracle they have been blessed with. Along the way, she embarks on a huge adventure, encounters magic and uncovers secrets about her family's past that she never knew, alongside lovable characters, beautiful visuals and ground-breaking

songs that bring Colombia's magic to life.

When they set out to make Encanto, directors Byron Howard, Jared Bush and their team wanted to create a movie about family where everyone felt represented and could relate to its message through its story and songs. And with its vibrant array of music, cultures, people and wildlife, musical director Lin-Manuel Miranda (creator of world-renowned musical Hamilton) knew exactly where this movie could be set- Colombia. But before they could begin making these wonderful ideas into a full feature-length film, Encanto's team would need to dig deeper *under the surface* and research everything they needed to know, so way back in 2016 they travelled to Colombia for an



inspirational trip. Here, they explored cities and towns, discovered Colombia's environment and natural landmarks, such as the Cocora Valley, and met the people of Colombia, asking them what they wanted to see in a movie all about their home country. A memorable moment came when the filmmakers showed one of their tour guides Alejandra Espinosa, an expert in all things Colombian culture, their early sketches of the family they were creating, which included the father as the central figure. "You have it all wrong!" she told them. "You can't tell the story of a patriarchy in Colombia; women are in charge here." This single comment changed the whole course of the family's design and perhaps is why there are so many powerful female characters in *Encanto*, including Mirabel's sisters Isabela and Luisa, and the head of the house Abuela.


Everything you see in *Encanto*, from the setting and characters to the food and costumes, is all inspired by the real-life magic of Colombia. Casita, the amazing magical house where the Madrigal family live, is based on typical Colombian houses. With its tiled roofing and open-air plaza inside, Casita has the look and feel of a house that could be found in the real world- except for the fact that it's a little more magical! The mountains, trees and vegetation in the town surrounding Casita are all based on real Colombian elements too, taking inspiration from the plains, the Amazon Rainforest and the Andes mountains, a part of which are all found in Colombia. In *Encanto*, Mirabel's adorable 5-year-old cousin Antonio receives the gift to talk to animals, and his new companions such as his jaguar, capybara and toucan friends are all animals that are a thriving part of Colombia's wildlife. Even the smallest details didn't go unnoticed by the filmmakers. Isabela, whose gift is the ability to create flowers and plants, wears a beautiful dress lined with all sorts of flowers, but especially the cattleya trianae orchid, which is Colombia's national flower. And what about that kid who is constantly drinking coffee? Known to the *Encanto* team as 'Pumped Juancho', this boy's love of coffee is inspired by the large amount of the drink produced and drunk in Colombia- even children drink it there! Finally, *Encanto*'s songs, including *The Family Madrigal*, *Surface Pressure* and, of course, *We Don't Talk About Bruno*, feature elements of traditional Colombian music, instruments and rhythms mixed with Lin- Manuel Miranda's trademark hip-hop style beats, along with awesome vocals by Stephanie Beatriz, Diane Guerrero, Adassa, Rhenzy Feliz and the rest of *Encanto*'s voice cast, who all have a connection to Colombia.

Directors Byron Howard and Jared Bush had a vision for what they wanted their movie to become- a heart-warming story of family, acceptance, magic and love. *Encanto* is all of that and more, becoming one of the most popular Disney Films ever in its first few months of release, and meaning so much to everyone who meets its awesome characters, hears its songs and discovers the enchantment and wonder it brings. And we owe it all to the country that ignited this spark of movie magic. So, we may not be able to talk about Bruno, but we can certainly talk about Colombia, the incredible country that inspired *Encanto*- now that's some real magic.



REBUS FOR YOU !

Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

1. FACE	2. EGG EGG HAM
3. BUR	4 THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS...
5. TEEF FEET TEEF	6. FAMILY  SHEEP
7. po FISH nd	8. ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE
9. TIME a b d e f g h i j k l m n o p q r s t u v w x y z	10. DAYSALLWORK

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Answers
1-Red in the face. 2-Green eggs and ham. 3-Backrub. 4-All thumbs. 5-Two left feet. 6-Black sheep of the family. 7-Big fish in a small pond. 8-Tennis shoes. 9-Long time no see. 10-All in a day's work





...to everyone who has helped put this edition of The Quill together.

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Emily Watson . Toby Swan . Zoe Killick

Kathryn Hatchett . Izaak Gregory

The Quill is a magazine for Wadham students and is open to anyone. We want writers, artists, reporters, photographers, reviewers, critics, etc from all across the school.

If you'd like to get involved in our next edition please speak to Mr Hopwood or Miss Davidson