

more.

more than news, more than school.

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STM's Next Biggest Thing: A Newspaper for Students by Students

ST THOMAS MORE'S OFFICIAL NEWSPAPER

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Leigh-on-Sea's Eroding Shoreline: When Will the Cliff Edge Reach Residents' Doors?



Poppy Chambers
Fashion & Environment

Since the 13th century, Leigh-on-Sea has been defined by its historic fishing heritage and a bustling high street full of independent shops and cafes. This coastal charm helped it secure the title of the 11th happiest place to live in the UK, according to Rightmove's 2023 survey.

This desirability comes at a cost, however, with property values, especially around Leigh station, averaging at £715,000. Yet in just 30 years, Leigh may not exist as we know it.

Our contributions to climate change is causing the Thames to rise at alarming rates, threatening both our coastlines and the homes perched above them.

By 2100, the Thames could rise by up to one meter. The question is: Will our current sea defences be able to withstand such a change?

In December 2013, a major storm surge - the biggest in 60 years - caused widespread flooding along the East Coast. In Leigh, water breached major defences in the Old Town area, forcing emergency precautions.

Homes are now at imminent risk. Major construction began this year near Marine Parade and Belton hills, aiming to stabilize the vulnerable London Clay cliffs, which are highly prone to landslides and surface water flooding during heavy rain.

'Its terrifying - every storm feels like it takes a piece of our garden,' says Chalkwell resident Sarah Smith.

Southend Council has already spent millions on sea defences, but experts warn it may not be enough if extreme weather continues to worsen. Cracks are beginning to appear in homes, constantly abused by the relentless tides and shifting coastline.

Some areas are retreating by 30 to 60 centimetres per year, which sounds small, until you realise that equates to meters of land lost within a decade. Shockingly, many residents don't even realise their lifestyle may be accelerating the problem.



At Belton hills in 2022, Trees and shrubbery were torn out over fears the hillside could be collapsing.

So what can be done to stop Leigh from slipping into the sea? Engineers argue that stronger sea walls, modernised drainage systems and reinforced cliff bases are essential to slow the rate of erosion. Some even suggest installing additional offshore barriers to break the force of incoming waves before they hit the cliffs.

In contrast, environmentalists warn that hard engineering alone isn't enough. They favour "soft" solutions, such as planting deep-rooted vegetation to strengthen the cliff face and replenishing beaches with sand and shingle, which absorbs wave energy reaches land. These measures may be less dramatic, but they work with nature rather than against it.

But saving Leigh's cliffs isn't just the council's responsibility. Residents must play their part too. Simple changes, like installing proper garden drainage, avoiding paving over lawns, and supporting sustainable local planning can prevent excess rainwater saturating the fragile London Clay beneath their homes.

Ultimately, Leigh's future will depend on whether science, government and community action can come together before it's too late. The coastline is changing inevitably - the question now is whether we choose to manage it or wait for disaster.

Authenticity vs Sincerity Signalling: PR or Genuine?

Oliver Cooney
Fashion & Culture



What is culture? To us, it's about power and perception. Beyond the glamour and glitz, this section explores how celebrity culture, from mainstream figures to influencers, shapes our world. We'll look at the biggest cultural moments, from marketing to activism, and ask a key question: Is it real, or is it performance? Our goal is to analyse the scandals and successes not for entertainment, but to evaluate their true impact on authenticity, sincerity, and the world we live in.

At first, this might sound abstract, but it's key to understanding celebrity behaviour online. Authenticity means being true to one's inner self, consistency between public and private life. An authentic celebrity remains passionate about the issues they claim to care about even when the cameras are off.

Sincerity, however, is action-based. To be sincere is to act in line with one's genuine feelings. But sincerity can be complicated, is the action self-driven, or influenced by how it might benefit public image?

Sincerity Signalling is basically the performance of good intent. It makes audiences question whether someone's actions stem from genuine belief or public image management.

For example, a celebrity posting about climate change while frequently using private jets demonstrates hypocrisy, saying one thing while doing another. This exposes how easily sincerity becomes performative, leading to public backlash and scandal.

Our case study focuses on Leonardo DiCaprio and his climate activism, or rather, the contradictions within it.

In the late 1990s, DiCaprio founded the Leonardo DiCaprio Foundation (LDF), dedicated to protecting the earth's wild places. He met with figures such as the then US Vice President Al Gore to discuss global warming, framing himself as a passionate environmentalist. In 2007, he produced and narrated the documentary 'The 11th Hour', examining the planet's environmental crisis.

Yet, DiCaprio's actions often contradict his message. In 2016, the same year *Before the Flood* was released, he reportedly took an 8,000 mile private jet round trip to collect a clean-water award, returning to Cannes the next day. Critics have also noted his frequent private jet use and luxury yacht holidays, even during climate crises like the LA wildfires when he evacuated via private jet.

These contradictions reveal "Sincerity Signalling", activism that appears genuine but conflicts with reality. DiCaprio's case shows how celebrity advocacy can blur the line between true dedication and image-making.



DiCaprio in 2014 addressing the United Nations General Assembly as Messenger of Peace.



Excellence is a choice, so if you want to achieve it, it won't come easily. To those reading this, the first thing you need to understand is the importance of consistency. Revising every day for one to two hours is not sustainable because things are always bound to come up, and eventually, you'll be burnt out and won't do any revision at all.

Instead, my gospel to succeeding academically is to make sure that I revise well before a unit test. Even if you don't revise every day across the term, if you create resources and consistently revise about two weeks before the unit test, your chances of success will be strongly improved.

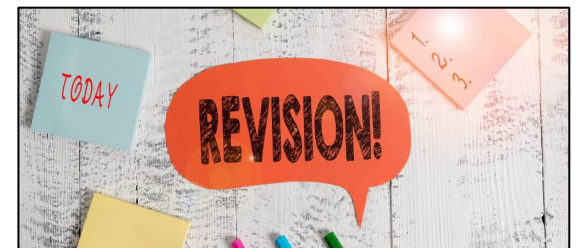
Ace Your Exams: Tips from a Straight-A Student

This way, you're prepared for the test, and by the time you're sitting the real exam, you have resources prepared for each topic.

In sixth form, it is crucial to make a folder for each subject. In each folder, you should have two sections for each topic – one for revision materials for that topic and the other for tests done in class. If you consistently do this, you'll save yourself so much time when it comes to the real exam.

The final tip I'd give to those approaching exams is to work smarter not harder. For example, rather than manually making revision cards, opt for remade revision cards on Quizlet.

You can also use AI to help to condense your notes, but don't use it to write an essay for you – it doesn't help in the long run!



Inside the School Council: What is Next for our School?



Key points of discussion during the autumn term meeting were the merit system and trips. Form captains in years 11-13 expressed that the merit system is largely phased out for older years, and teachers don't push it as much as they do for younger students. The school council concluded that this was due to a lack of incentive. We proposed an idea, being that if students earn a certain number of merits, they should be rewarded with an end of year school trip. This could be to a theme Park, as a positive way to recognise those who have excelled at school.

We also discussed the lack of trips in the younger years. Some students mentioned that many trips were abroad and suggested that there should be an increase in local, affordable options. There was also a sentiment that non-curriculum-based trips should be part of a rewards system to encourage teamwork and other interpersonal skills.

There are also plans behind the scenes from the school council, including fundraising for extra goals on the Astro, celebrating culture day, and seeing a return to subject ambassadors – students who excel in a subject and represent it.

If you have ideas or changes you'd like to make within the school, make sure to relay them to your Form Leader, who can help implement!



HAVE YOU SMELT SOMETHING THATS NOT RIGHT?



If you've smelt something that's just not right, file a report at reception or contact the nearest on duty member of staff.

Snell it
Say it
Sorted.

Vandalism, defacing and or destruction of school property can amount to criminal damage. Treat our school with respect, we're all better off for it. By reporting any incident, we can locate anyone damaging school property.

What is the School Council?

The St Thomas More School Council is the School's only student elected, student ran body. Its primary purpose is to give a voice to every single student through their elected representative. The Council has existed in many forms throughout the history of St Thomas More, Mr Hardiman having been a member himself when he was a student! The Council meets every half-term to discuss key issues, typically along the lines of canteen prices, school hygiene and event planning. The Council offers students important transferable skills in leadership, public speaking, representation and democracy.

Does it really make a difference?

Yes. The School Council, as with any elected body is what the members make it. It is our responsibility as students to elect someone who can be trusted to passionately represent our views to the wider school. The Council has the power to lead campaigns (such as the poster campaign from last year displayed on the left), that make meaningful impact to the school. Last year the council had a meeting with CaterLink (the school's former catering provider) to voice food-related issues directly to the people in-charge, showing that the school council is more than just a badge.



Fashion in the Corridors: more. News interviews RE's 2 best dressed teachers!

Known for her great style, Miss Rogers always manages to strike the perfect balance between classic and cool. Dressed in a striped Zara shirt layered with a Zara jumper, a chic Sisters & Seekers blazer, Pull & Bear trousers and H&M shoes, she shows how thoughtful styling and layering can elevate even the simplest outfit into something sophisticated and unique.

When it comes to fashion inspiration, Miss Rogers looks to influencers like Emily Rose Moloney, Grace Murphy, and Olivia Neill, who's style embodies a modern, effortless approach to fashion, that blends minimalism with edgy flair. As for her dream celebrity wardrobe swap? "Definitely Hailey Bieber," she says without hesitation.



Poppy Chambers
Fashion & Environment

When asked about her fashion do's and don'ts, Miss Rogers approach to fashion is refreshingly grounded. "Do wear something you feel comfortable and confident in, that feels like you," she says. "The best thing you can wear is your confidence." However, she warns against dressing to please others. "Don't try to wear what everyone else is wearing. When you have the freedom to dress how you like, use it — wear something that represents you rather than following the crowd."

If she could swap wardrobes with any teacher in the school, Miss Rogers was certain it would be Miss O'Connell's. "She's a lot more creative than me," she admits. She also admires her ability to pick out cool, individual pieces in charity shops. Stylish and authentic, Miss Rogers is proof that the best outfits start with self-confidence.

Oliver Cooney
Fashion & Culture



Renowned for his hip style, you've probably seen Mr Griffin in the corridors wearing a runway-worthy fit. True to form, his outfit of the day proved exactly why he's earned that stylish reputation.

Starting off strong, Mr Griffin sported black Clarks Wallabees with smart Dickies trousers, a crisp ASOS shirt and a sleek blue tie. To top it off, he wore his favourite black Supreme jacket, the perfect finishing touch to his signature look.

With such distinct style, we had to ask who inspires Mr Griffin. Without hesitation, he named Mark Gonzales, a professional skateboarder sponsored by Supreme with his own Adidas range. He also mentioned another Supreme skater, Kader Sylla, as a key influence. Both are known for their effortless streetwear and creativity, which clearly echo in Mr Griffin's own look.

When asked about his fashion dos and don'ts, Mr Griffin listed his top pet peeve, mixing shoe and sock brands. "Never Nike shoes with Adidas socks," he said. His other rules, skinny jeans need skinny shoes, baggy jeans need bigger ones. He gave a firm no to "full kits" and added, "Smart clothes for church", a nod to respect through attire.

When asked whose wardrobe he'd swap with, he chose Geography's Mr West, followed by RE's Mr Kwasnica. Like our female feature Miss Rogers, Mr Griffin's biggest 'ick' is people dressing the same. He ended with simple advice: "Wear what you're comfortable in, and be you."

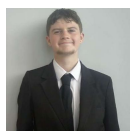
more, *Insight*

What influenced you to get into teaching?

“Teaching, for me, was not my first choice. I was training to be a professional footballer, then I got quite a bad knee injury, and so I thought about what I would enjoy doing, and I fell in love with geology, and later volcanology.”

However, after I got my degree in volcanology, I thought I was done with geology, until I was hospitalized for becoming quite seriously ill during my studies. Mr. Mason came to visit me and asked, “why don’t you come in to talk about your travels,” and so I came in for a week, which turned into a day, which later turned 22 years. Although I only came in through an accident, I only stayed because I fell in love with the idea of helping people and making a difference.”

Faith, Passion, and Teaching: Mr Hardiman Reflects on School Improvements, his Journey and Tips for Students



George Burgess
Insight

How do your Christian values influence your role as a deputy head teacher?

“This is quite interesting because I was brought up in this school as a cradle catholic, and it was only until university where I realized how much I missed the idea of catholic family. What I loved about the idea of Jesus is that he served others, he has always said “the greatest leader is the greatest server”, greatest server”, and that makes me believe that, if I am helping others as much as I can, then I’m at least doing a half decent job as a teacher.”

What do you believe is the importance of catholic schools in our society?

“Someone once said to me “all schools prepare you for this life, while a catholic school prepares you for this life and the next” and that stayed with me, the idea that there is more than just this life. But also, the thing about catholic schools is that they were originally built to help the poor, instead of building churches they believed everyone should have an education. And I know it may not be what you expect but at one point it would have just been the rich that have an

education, and they believed that should not have been the case. But at the core of that is catholic values, and we as a school are in favour of developing the whole person, and I know it most definitely helped me develop not only my exam results, but also my spirituality.”

As a former student and teacher for 22 years at this school, what improvements have you seen?

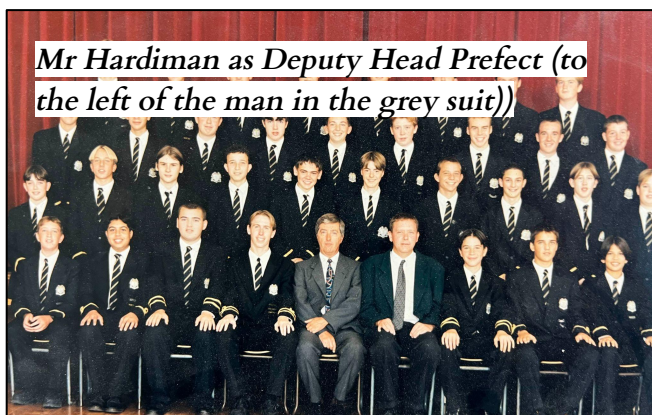
“The students are amazing. What I have seen is improvements in teaching. When I came here, even though it was a family feel, there was not the level of support as now. I think the teachers in this school go above and beyond for every student, whether that’s pupil progress mentors, whether that is the form tutors, I think we go a level beyond. And I also believe the students are amazing, I think the work they are doing now is harder, what we used to study at a-level is now GCSE, and we are trying to raise the standard all the time. But I think we as a school, while we do try and push academically, the teachers are amazing, we’re trying to work together as more of a team, and I think students can hopefully feel that more like they’re part of the team rather than just students.”

What advice would you like to leave some of our student leaders with?

“Make the most of every day. Life is challenging, school is challenging but try not to leave tomorrow what you can do today. You live everyday so every day is a chance to make a difference, every day is an opportunity to be your own person. To anyone reading, remember that you can only control two things, what you think, and what you do about it. I think a lot of people worry about what others think, but at the end of the day it is your life, so you must take control of it and make sure it is a good one.”



Mr Hardiman with his first Form Group.



Mr Hardiman as Deputy Head Prefect (to the left of the man in the grey suit)



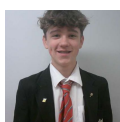
Mr Hardiman playing football (ft. Mr Kearney)

more, *Faith*

It's been an inspiring (and very busy!) start to the new school year. Between prayer, music, charity work, and a few soup lunches, our community spirit has been shining brighter than ever!

Each morning and afternoon, students and staff gather in the Chapel for group prayer - the perfect calm start (and end) to the school day. Whether you're a seasoned prayer pro or just looking for a peaceful moment before homework hits, everyone is welcome! This year saw the launch of The Caritas Team - our ultimate charity dream team! It combines last year's SVP, CAFOD, and Guardians of the Garden clubs into one super-powered lunchtime club. Led by our amazing Year 12 CAFOD Young Leaders (and some heroic staff), the team is already planning fundraisers

Faith, Friendship, and Fundraising: A Boomshakalaka Start to the Year at St Thomas More!



Aidan Griffin
Faith & Chaplaincy

and projects to support communities near and far. If you want to make a real difference - and maybe water a few plants while you're at it - come along!

On Wednesday 3rd September, Mr Kwasnica and Max, our lay chaplain, hosted two beautiful welcome liturgies for our newest students. The Year 7s learned about the Mass, while the Year 12s reflected on leadership and service - setting the tone for a year of faith and purpose.

Every week, different year groups gather for Mass, and we've already

celebrated important events - including our special St Vincent de Paul Feast Day Mass on September 18th. Student leaders from the Vincent house did an incredible job organising everything, reminding us that service and faith go hand in hand.

Our Sixth Form have had a busy term too! They've attended CAFOD Young Leader and BCYS assemblies, a CAFOD Training Day in London, and the Brentwood Student Leadership Conference, where they met Bishop Alan Williams and learned how to put faith into action.

Even a "simple lunch" can make a big difference! On October 2nd, students swapped their normal meals for soup and a roll, standing in solidarity with those facing poverty. Along with a non-uniform day, the school raised an incredible £1244.66 - who knew soup could be so powerful?

A group of students represented our school at Brentwood Cathedral for the Jubilee Youth Mass - a moving event that included a keynote speech, beautiful music, and the relics of Blessed Carlo Acutis for public veneration.

The faith celebrations continued with our Year 7 Welcome Mass on October 16th (with families invited), and the Sixth Form Welcome Mass on October 23rd - where their new classroom-crosses were blessed. To top it all off, Fr Graham Smith led Benediction that same evening, bringing a special blessing to everyone present.

Between form fundraisers, Caritas projects, and our CAFOD efforts, we've raised a heartwarming £1698.03 already this year - and we're just getting started!

St Thomas More isn't just a school - it's a community of prayer, service, and joy. Here's to more faith, fun, and fundraising as the year continues!

Faith at St Thomas More Doesn't Stop There!

- Adoration of the Blessed Sacrament is every Thursday after school - a peaceful time for reflection and prayer.
- Bible Study on Fridays is the perfect chance to dive deeper into Scripture (and maybe grab a biscuit or two).
- And of course, our Liturgical Band and Choir are rocking out for the Lord every Tuesday and Friday lunchtime - proof that faith and rocking it go hand in hand!

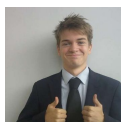


more, Conspiracy

Bigfoot/Sasquatch is a widely known cryptid from North America, more specifically the region between Canada and the US known as the Pacific Northwest. It is described as a large, bipedal, hairy humanoid ape based on eye-witness accounts and video footage. However, Bigfoot as an animal has not been recognised by science due to lack of sufficient evidence for its existence and is mostly regarded as folklore or a hoax in the scientific community. Although, there is an overwhelming amount of evidence to point to its legitimacy that science does not want you to know...

With over 10,000 bigfoot sightings recorded and over 100 reported every year, the sheer amount of people claiming to have seen bigfoot is staggering with only 3 possibilities as to explain them: Bigfoot is real,

Mist Over the Mountains: “A Figure Beyond Explanation”, Danny Delves into Big Foot



Danny Vanner
Conspiracy

and they have seen it, everyone is lying individually and no one has seen anything unexplainable, or they have misidentified what they have seen, mistaking their encounter with a bear or another large animal looking back at them, large rocks being thrown at their cars and houses, a bipedal animal running up the side of a mountain and loud bellowing and whooping

coming from the woods it becomes increasingly unlikely that these people are not all describing the same thing. It is not just limited to sightings too; there are many famous videos such as the Patterson-Gimlin film and the Paul Freeman footage that capture in relatively clear detail what these eyewitnesses describe. These films have been heavily scrutinised by scientists with the Patterson-Gimlin film (1967) being the second most analysed video of all time, and yet 58 years later, it continues to stump scientists completely, with no one genuinely being able to

disprove the video with any conventional explanation. It is not just limited to sightings too; there are many famous videos such as the Patterson-Gimlin film and the Paul Freeman footage that capture in relatively clear detail what these eyewitnesses describe. These films have been heavily scrutinised by scientists with the Patterson-Gimlin film (1967) being the second most analysed video of all time, and yet 58 years later, it continues to stump scientists completely, with no one genuinely being able to disprove the video with any conventional explanation.

The disprove the video with any conventional explanation. The video features an inhuman walking style, with the figure's feet coming up at a 90-degree angle, clear muscle movement in the legs and back, an unnatural gait, breasts and a hernia in its right leg as well as so much more than cannot be replicated in an ape suit today, let alone in 1967. I encourage you to engage in any video analysis of this film as well as the many other bigfoot films out there if this has interested y Bigfoot coined its infamous name through the tracks that are famously left in soft material like mud or snow. But a particular set of tracks is the most interesting. In 1969 a set of tracks were discovered in Bossburg, Washington. The large 16-inch-long and 9-inch-wide

footprints have been extensively analysed, out. With conclusions being made about its physiology that are similar but do not match human feet, skin grooves are visible, as well as toe placement being different between each print in the track. All of this begs the question, if it were faked, why someone would make one foot normal and the other crippled, as well as making it so incredibly detailed it could pass as human if it were not sixteen inches long.



KEY TERMS:

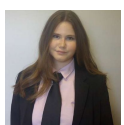
- BIPEDAL: WALKING ON TWO LEGS
- GAIT: THE WAY SOMEONE WALKS OR MOVES ON FOOT.
- GROOVES: LONG, NARROW CUTS OR LINES IN A SURFACE

more, *Film*

James Gunn's new captivating project of 'Superman', released this summer, used the genre of action to scrutinise the ignorance of modern society, whilst still engaging the younger generation with visual effects, bold colour schemes, and on-edge action scenes. As Superman succeeds in another one of his on-screen conflicts, a sense of hope is restored in real life. Gunn surprises many with this new interpretation of what it means to be a superhero.

Set in DC's fictional city, Metropolis, we feel a deep-rooted connection to the significance of the film and empathise with individual characters. This is represented with Superman's grief, Lois Lane's heartbreak, or the downfall of Lex Luther's ego.

A Hero Reimagined: Unpacking the Latest Superman Film



Isabelle Morgan
Film

There is no doubt we would be able to grasp other modern-day conflicts reflected in the film, such as war. Though the term 'Superwoke' may never die out for some, I think a superhero movie is a perfect way to weave in these concepts to prove to us what a hero can be. A hero to me now means to stop the conflict, to humanise society and to restore kindness. However, being evil or 'the bad guy' to me doesn't necessarily mean to be a

destructive narcissist.

The pace within the film contrasts, flashing between fast and slow. The slow points of the film are used in meaningful and softer moments, while the pace increases when action starts. This balance makes the audience much more engaged as we await the next moment. The constant back and forth appeals to the new impact of our very own low attention spans. Many moods overpower each other, ranging

from inspiration to anger. This captured everything Gunn intended to, in his intended meaning of kindness.

David Corenswet portrayed Superman and displayed remarkable efforts in the role alongside Nicholas Hoult's successful portrayal of Lex Luther. Together, they were able to bring comedic dynamic and an emotionally impactful nature in their scenes together. The juxtaposition

between Luther's composure and Superman's complex nature enhanced the film's comedic effect.

The bold and vibrant choice of primary colours for costumes and lighting contrasts the muted, natural tones we experience in modern environments. The camera shot types successfully gain a sense of realism. This shows the expectation and reality of our lives, exposing a more mundane life we experience daily. Then there is our heroic superhero who epitomises hope and kindness, hinting to the audience that if we all have the same qualities displayed by Superman, the world could become as bright as Superman himself.

Overall, Gunn's influential movie

highlights that no one is a winner through their fixed mindset, and no one is uniquely different because of where they stand socially.



more, Sport

Back in 2019, the Premier League introduced new technology to help supposedly erase human error from referees. However, in 2025, fans are fed up and after six years of inconsistent decision making, they are demanding change. So, what is it about VAR that has caused so much controversy?

The purpose of VAR is to overturn clear and obvious mistakes from the officials. Most fans like me would agree that this is not a bad idea as in theory, it should result in fairer refereeing decisions. Yet it seems to have done the opposite. Recently it has felt like the referee relies too heavily on VAR causing fans to get frustrated with unnecessarily lengthy delays in play and the dreading feeling of being scared

to must get their act together or completely abolish this virus which has infected our beautiful game.

VAR: Technology taking over football?



Ruben Curham
Sport

celebrate a goal in case it's overturned by VAR. Personally, I believe VAR has stripped the game of its purest form and it should be banished.

Here is just one example out of the many (and I mean many) examples of VAR's inconsistency. Last season when Bournemouth played Newcastle at the Vitality stadium it was a cagey match. James Tavernier opened the scoring for

Bournemouth in the first half, with Anthony Gordon of Newcastle responding with an equaliser in the second half. The game was tight with close chances from both teams, desperate to win the game. Nevertheless, in the 92nd minute Bournemouth had a chance to win the game with a late corner. Lewis Cook whipped in a great cross for Dango Ouattara to head the ball into the bottom corner of the goal. The home crowd

erupted in celebration but were stunned to see VAR reviewing the goal. At closer look, the ball seems to of come off Dango's shoulder, not his head. However, this is perfectly legal within the rules of football. Yet VAR disagreed and disallowed their last-minute winner. Fans took to social media to express their outrage calling VAR a "disgrace". Later that evening, Howard Webb, the refereeing chief for the Premier League,

admitted that it was a mistake to disallow the goal. Bournemouth fans robbed of an incredible moment.

This incident shows that VAR is not helping the game, the officials, or the fans. Recently, fans have been standing up to the injustice of VAR with Wolves supporters turning their backs to the pitch whenever VAR intervened with the game and Crystal Palace supporters chanting "End VAR now!". As well as hashtags such as "#scrapVAR" trending on X. Furthermore, a 2024 YouGov poll revealed that 68% of Premier League viewers felt VAR has made watching football less enjoyable.

These figures show that fans are not pleased. So, the Premier League

September Sports Recap: A Month of Wins, Goals, and Glory

September was packed with worldwide sporting events ranging from Tokyo where we saw global sprinting and distance feats at the World Athletics Championship, to the hostile crowds of New York's Bethpage Black Golf Course where Team Europe won an away Ryder cup for the first time in thirteen years.

In F1, Oscar Piastri leads his F1 teammate Lando Norris in the race for the World

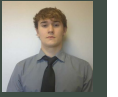
Championship with strong finishes in Italy and Singapore.

In tennis, Carlos Alcaraz got revenge against his rival Jannik Sinner in the US Open final, winning 3 sets to one. Also, fellow world number one, Aryna Sabalenka secured her fourth grand slam win with a second US Open.

At a sold-out Allianz Stadium in Germany, it was a historic night for the England women's rugby team who

overcame Canada, beating them 33-13 in the final of the Women's Rugby World Cup.





Hello and welcome to my introduction to philosophy, I hope to convey what exactly is philosophy, what you can gain from it, why I chose to write on this topic and what future articles may look like.

Credit: *The Maximum Standard*



TEMPERANCE



COURAGE



JUSTICE



WISDOM

The word philosophy comes from the Greek *philosophia*, ‘love of wisdom’, and I hope to convey some wisdom from the world’s many great minds to you, reader. Britannica defines philosophy as: “the rational, abstract and methodical consideration of reality as a whole or of fundamental dimensions of human existence and experience”, what that means in English is the study of reality and human existence, why we live, how we live and how we should be living for better lives, or at least more fulfilling lives. Everybody has a personal philosophy, simply, your beliefs, experiences, stories, your wisdom. It is a study of analysing the world around you, and your place in it. It isn’t like having a religion – that is a way of life – it is intellectualism and the search of wisdom to aid your way of life.

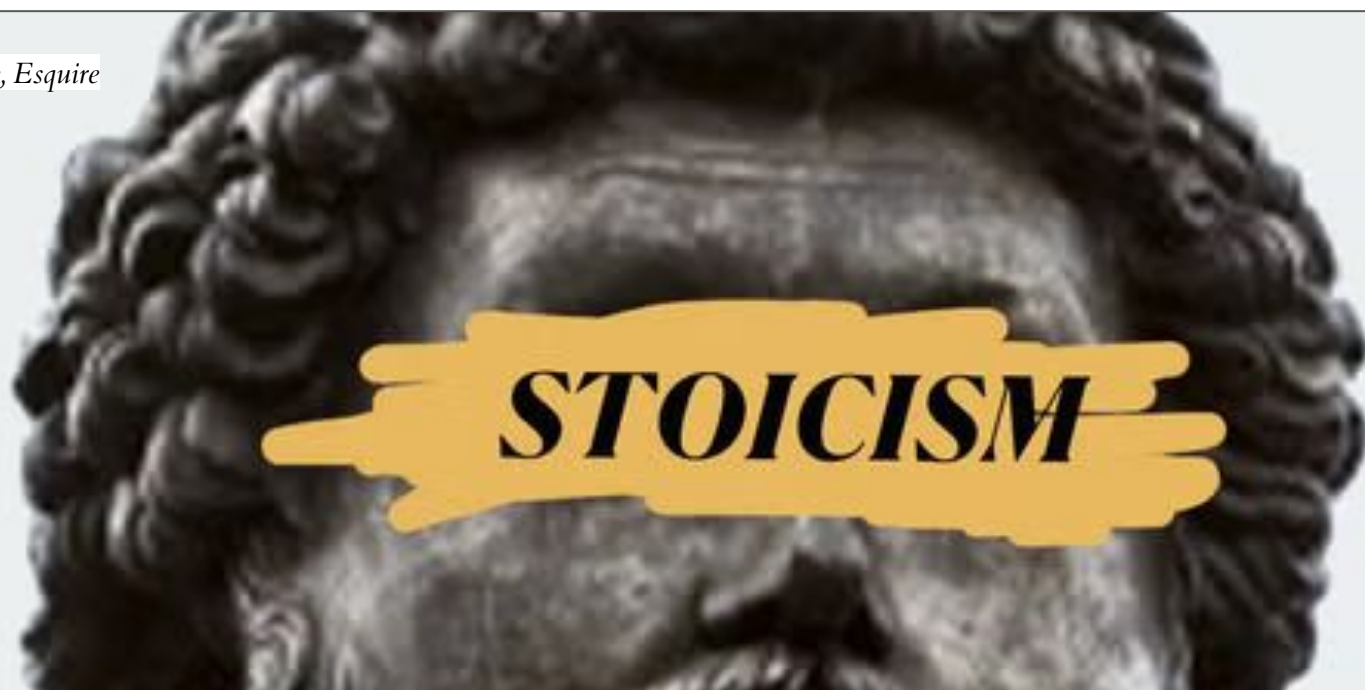
I touched on what philosophy can give you above; tools to help you live your life. All philosophies encourage learning through various methods, which is undeniably good advice for the students that you are, but even after school you need to educate yourself on many things. My articles will not change your life by any means, you alone have that control over your life to choose where to study from, who to listen to, who to discuss with, what to read, how to revise and more. Philosophy isn’t an ancient thing, you employ philosophical skills whenever you tell an opinion on something, so you should probably be well informed on as many topics you can manage to be a knowledgeable, wise person. People like that.

I want to share what I love about philosophy with the school, give intriguing insight into unfamiliar things, in future articles I will sometimes present a famous school of philosophy, or present a large philosophical question, and you, reader, can always write in if you’d like coverage on a specific topic.

The first school of philosophy I will cover is:

STOICISM

Credit: *Remember to live, Esquire*



Britannica defines it as “one of the loftiest and most sublime philosophies in the record of Western civilization.” The stoics believe in reason, that the universe works according to a divine reason and that virtue is intrinsically attached to nature, or “the whole”. It is the philosophy of being virtuous, sociable and attuned with oneself and the world.

The man many associate with stoicism is the late Roman Emperor, Marcus Aurelius, although he never claimed to be a stoic, it is clear from his ‘Meditations’ that he was: instructing discipline over himself and encouraging himself to stay virtuous despite the challenges. Here is a quote from his work: “waste no more time arguing about what a good man should be. Be one.”

Stoicism in many ways parallels Christian values – to be virtuous is to live a happy life – which is why it inspired the Renaissance in Venice. I must emphatically recommend further reading because of Stoicism’s correspondence with our STM values, it is a hopeful and inspiring philosophy.