

more.

more than news, more than school.

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More. News: **Turning the Page to Summer**

ST THOMAS MORE'S OFFICIAL NEWSPAPER

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*D*ear reader,

As the school year draws to a close so does a truly remarkable year of pure, student-led journalism. I would like to take this time to reflect on the journey that we as a paper have taken, since our first issue in October of 2025 we have made great strides, growing, learning and bettering our work for our audience. Through countless deadlines, the hard work of students across all years, and the unwavering dedication of Mrs Lewis we have successfully delivered 5 editions, something everyone who has given an interview, written an article or contributed in any way should be tremendously proud of.

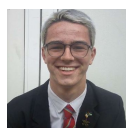
Not only have we had great success in school, but on a national scale too. Our paper and its team earned us an invite to the Shine Media Awards at Stationer's Hall in London from which we returned with 2 awards. To be at such an incredible event hosted by such a prestigious organisation within 1 year of us embarking on this endeavour is astounding, let alone to return with 2 awards and a much better idea of where we're heading next.

As we say goodbye to our Year 13 writers for the last time and wish them all the best in their future endeavours we look forward to all that is to come, the growth, the challenges, and the success.

Although I write this at the end of one academic year, in September, a new one begins. A year that will be marked by the continued evolution and success of our paper.

I thank you all for reading and wish you all an amazing summer.





Oliver Cooney
Editor-in-Chief

”

more, *Environment*

In 2021, vegetarian and vegan diets were booming; and menus reflected it. Restaurants and fast-food chains quickly expanded their meat-free options, racing to meet consumer demand. McDonald's launched its first ever plant based burger, sparking the trend.

Fast forward to 2026 and the market is unrecognisable. In January, McDonalds announced it was axing all of its vegetarian range, sparing only its McPlant burger, due to weak sales. Wagamama and Dominos have also removed most of their vegan and plant based options from their menu. The vegetarian trend has died- and the planet is paying the price. Are we losing one of our most effective tools against climate change?

Is Vegetarianism Still Our Best Bet Against Climate Change?

Poppy Chambers
Environment & Fashion



Its hard to believe that one persons diet can reshape the future of the planet. How much difference does skipping a Big Mac really make? The answer is more than you may think. Every decision we make on food is a vote in the type of industry we want to support. The global food system is responsible for a third of all greenhouse gas emissions, with livestock farming contributing disproportionately through deforestation and methane emissions. For example, 100x as much land is needed to produce a kilogram of meat as to produce an equivalent amount of plant protein. To put this into perspective; in the Amazon, every minute, an area of forest the size of 5 football pitches is felled for cattle farming, erasing the habitats of countless species and significantly lowering oxygen production.

Imagine if eating one less meat-based meal a week became as routine as carrying a reusable water bottle or using metal straws. We are often searching for revolutionary solutions to problems, but forget the small choices we make three times a day. Simple actions spark greater change.

In 2006, the United National Food and Agriculture Organization produced a [report](#) that drew an astonishing conclusion: globally, livestock contributes 18% of total greenhouse gas emissions, which it turns out is significantly larger than emissions from the entire transportation sector combined. Choosing a vegetarian diet can have an environmental impact similar to replacing car journeys with walking or cycling- yet for many, changing what's on their plate is much easier than changing how they travel.

Of course, a vegetarian diet has its downsides and isn't a fix-all. Using green energy, recycling and buying fewer items are examples of things that can be just as beneficial for the planet. However, unlike many environmental solutions, changing your diet is something we are completely in control of. Waiting around for governments or big companies to act, whilst carrying on with the same habits, gets us nowhere.

The Climate Clock is counting down, and so is our opportunity to act. The evidence is clear: a vegetarian diet is one of the simplest yet most effective ways to reduce our environmental impact. Yet the real question remains.

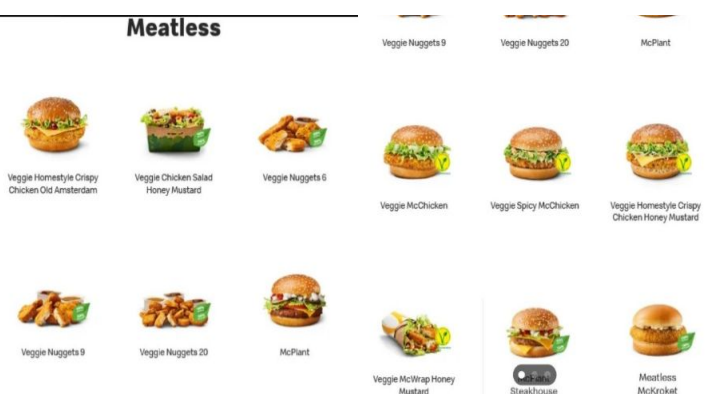
Can we afford to wait any longer before making a true change?



Cattle Industry in Pan-America



The Amazon Rainforest Deforested for Cattle Ranching



The McDonald's Vegetarian Menu in 2021, now all that remains is the McPlant.



Reducing, reusing, and recycling has now become a phrase which the film industry uses to create repetitive storylines and characters, lacking creativity and increasing profit.

This concept has created a cycle of remakes and sequels, allowing production companies to build a profit off a movie title which was popular 20 years prior. Cinema has become a money-making scheme for large companies through expanding singular movies into franchises, allowing them to maximise the number of products they can make such as merchandise or even film companies such as Disney who have expanded to 12 theme parks globally back to your own TV for a family night in.

Reboots lose the magic of the original film, for example *Snow White and the Seven Dwarfs* took a fatal flop in its 2025 remake, only receiving 48% Rotten Tomatoes while the original holds a whopping 97% score due to its originality and creativity for its time. The original *Snow White and the Seven Dwarfs* is timeless with beautiful aesthetics and visual imagery designed and carefully curated by a group of people interested in making a movie for an audience, not for ratings or box office success, whereas the new *Snow White* is unimaginative with the same storyline, just with more advanced visual effects which Disney can afford because other original movies have been so outstanding.

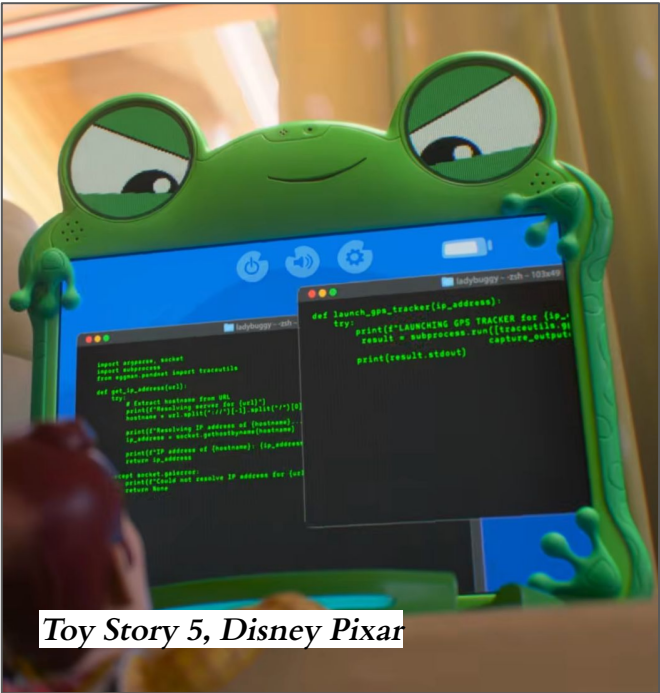
Childhood nostalgia is a key factor which creates a chain affect on sequels and remakes. Not only will this movie capture an audience of a young and interested generation, but it will also captivate the older generation who grew up with that movie. Therefore creating a cycle of love for a specific film or movie franchise. For example; *Toy Story* has now evolved into five films, still reaching for a sixth, some saying it is unnecessary while others love it. Videos on social media show how much the graphics and animation style has changed over 31 years, while also showing the change in childhood, from being imaginative with toys in *Toy Story 1* to the advancement of technology overtaking childhood in *Toy Story 5*. This difference itself shows Pixar criticising themselves unironically, showing how technology is creating laziness and ruining creativity.

Also with the rise of AI, film industries have begun to use 'AI slop' to design new storylines and characters. Majority of film critics say that cinema is dying, this is due to the film industry finding an easy way out by being sloppy and using artificial intelligence to manipulate a story for them. With the new age of technology, filming equipment has also advanced, so by using all the new equipment companies aim to improve their old films for their own benefit rather than what the audience wants. Through improving outdated movies, film companies can advance the energy the movie gives off, this can be by making the movie more modern, opening ideas of wokeness. This can keep new generations engaged while also benefiting the companies own success.

Are Sequels and Remakes Ruining Originality?



Isabelle Morgan
Film



more, *Pride*

Pride isn't just about rainbow flags and celebrations, for me pride is all about having the courage to be yourself, even when the world tells you not to be

I am part of the LGBTQ+ community, and I know what it feels like to be judged for simply being yourself. I know what it feels like to be laughed at, stared at, bullied, and told to hide away, and to be ashamed of who you are, because i have been through it myself, but i have learnt one thing ... being yourself is never something to apologise for, that doesn't just mean who you love, it also means how you express yourself. The clothes we wear tell our own story. Fashion is art. Fashion is confidence. Fashion has no gender.

Pride: The Courage to be Yourself



Luc Maskwell
Pride & Runway Fashion

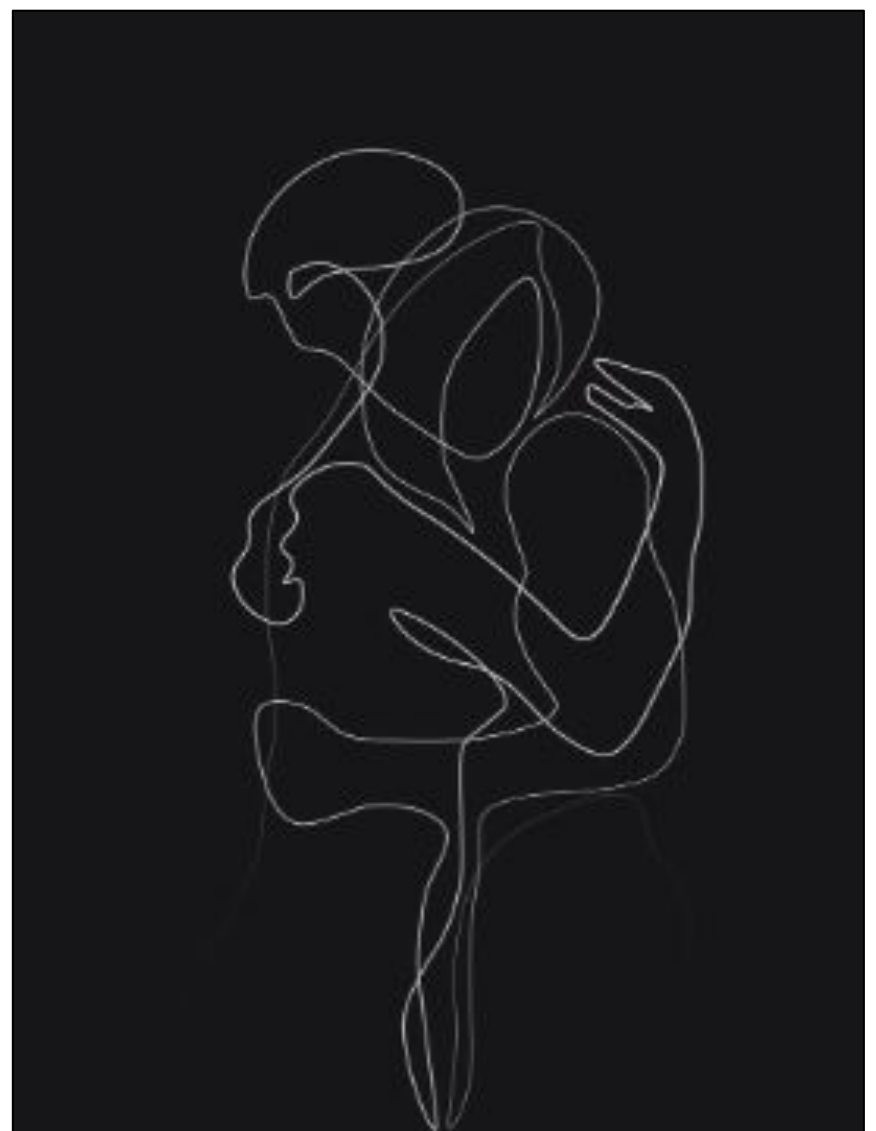
No colour belongs to boys or girls; no style belongs to one gender. If a dress, a suit, makeup, jewellery or bright colours make you feel like yourself, then wear them proudly. You should never let fear or other people's opinions get to you, wear what makes you feel happy, confident, free and iconic.

Pride reminds us that our differences are not weaknesses- they are our greatest strengths. No one is ever born to fit into someone else's idea of who we should be, we were born to be ourselves.

To anyone who feels different, remember: you are

not alone, you are perfect just the way you are. You deserve love, kindness, respect, and the freedom to live without hiding who you are.

The strongest people are not the ones who follow the crowd, they are the ones who have the courage to stand out. So, wear what makes you smile, love without fear, speak with confidence. The world doesn't need more people pretending to be someone they're not. The world needs more people brave enough to be exactly who they are. Sharp and Cruel words can try to break you down, but don't let them get to you. You're amazing!



more, *Revision*

Yes, this article is aimed at Year 10s and Year 12s, perhaps even anyone who willingly wants to revise. As we near the end of the academic year, whether you're going into Year 11 or Year 13, revision has transformed from something we're reluctant to do into something that has become embedded in our routine. But is it especially worth revising during the summer holidays? This article will provide a glance from both sides of the argument. With this in mind, it really comes down to your own perspective on whether you want to revise.

Let's start with why you might revise in the summer:

1. To avoid falling behind in your studies – With GCSEs and A Levels rapidly approaching, many students may feel encouraged to revise during the summer holidays. This can be due to the pressure that arrives when returning

in September, bringing concerns about whether you will cope with the increasingly demanding expectations of these exams. Therefore, many students choose to revise during the summer to make the transition into the next academic year feel less overwhelming.

2. To live up to your own high academic standards – As the years progress, the strive for academic excellence continues to grow, especially amongst recent year groups. If you're someone who strives to achieve the best possible grades, this can be a key factor in maintaining consistency with your revision and academic

performance. Furthermore, it shouldn't be forgotten that your results are compared with those of students across the country. In consideration of this, revising in the summer could help you excel in your studies and even develop valuable skills outside of the classroom.

And the reasons why you shouldn't revise?

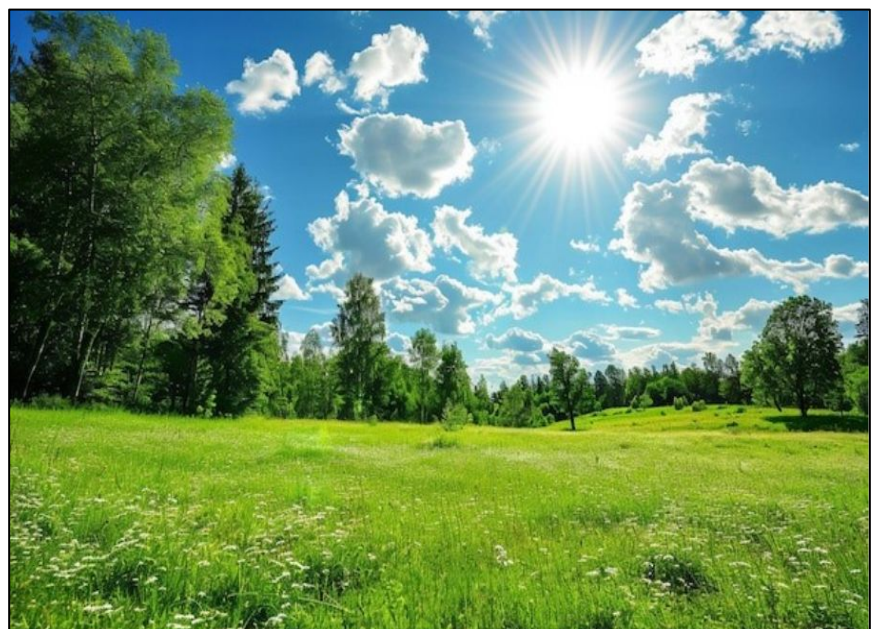
1. To ensure a state of wellbeing – With school ending for summer, the holidays allow students to relax from the year-round demands of education. This is especially important, as academic pressure is often linked to mental health

challenges. Therefore, taking a proper break from revision may be beneficial for your wellbeing.

2. To encourage personal development – Given that the holidays allow you to spend more time on yourself, there may be no need to revise throughout the summer. The classroom rarely provides opportunities for personal growth, whether that is picking up a new hobby, learning a new skill, or spending time with family and friends. These experiences can help develop confidence, independence and other valuable life skills. Academic success is important; however,

engaging in new experiences is equally valuable in helping you become the person you want to be in the future.

Overall, whether you want to revise really depends on your lifestyle, expectations and priorities. For some students, even a small amount of revision can help them feel more confident in their studies and reassure them that they have used their time productively. For others, taking a proper break is what allows them to return feeling refreshed and motivated. Ultimately, balancing your priorities between academics and wellbeing should help you feel not only prepared but also ready to return for the next academic year.





Fashion in the Corridors: Hemlines & Hallways



Poppy Chambers
Fashion & Environment

Mrs Carus brings creativity to every outfit she wears. An advocate for sustainable fashion, she enjoys making many of her own clothes in order to minimise her environmental impact. Staying true to her eco-conscious values, she wears a second hand Boden dress from Ebay, vintage inspired T-bar shoes, and a sparkly necklace from the brand Links of London.

For her fashion 'do's', she encourages people to choose quality over quantity, favouring well-made garments instead of low quality pieces. While the initial cost may be higher, durable pieces last longer, making them more cost-effective over time. With the exception of fast fashion, Mrs Carus has no particular fashion 'don'ts'. Instead, she believes everyone should wear what they love and use their clothing to express their individuality. As she puts it, 'Wear what makes you feel happy.'

Mrs Carus' biggest fashion inspiration is Iris Apfel, whose bold, unapologetic style she hugely admires. She believes Apfel showed that fashion is about authenticity and confidence, regardless of age

If money were no object, Mrs Carus says she would fill her wardrobe with pieces from ME+EM. For now, however, she prefers to hunt for their expensive dresses second-hand on Vinted and eBay. She also admits that if given the option, she would swap wardrobes with Mrs Durrutt, whom has similar style to herself.

If she could save just one item from her wardrobe, it would be a handmade teal baby cord dress. Not only is she proud of this piece, but it also displays how far her sewing skills have come, from mastering darts to adapting the pattern to create the perfect fit.

Mrs Carus proves that true style is about creativity, sustainability, and fun.

Oliver Cooney
Fashion & Culture



Ms Rey stays true to STM's sustainability theme by keeping a small, carefully chosen wardrobe. Most of her clothes come from TK Maxx, which she loves for its combination of quality and affordable prices. She finished off her outfit with a reliable wardrobe staple, her Birkenstocks.

When it comes to fashion don'ts, Ms Rey avoids pairing a baggy top with baggy bottoms, believing it can make you feel lost in your clothes. Instead, she encourages people to wear outfits that make them feel comfortable and confident. Her favourite styling tip is the "French tuck", which she discovered through Tan France, the fashion expert from the hit TV series *Queer Eye*. Unsurprisingly, Tan France is also her biggest fashion inspiration thanks to his effortless, practical approach to style.

If she could swap wardrobes with any member of staff, Ms Rey would choose Mr West. She laughed that she often puts together an outfit only to realise Mr West would happily wear the same thing, and vice versa. She also admires the style of Mr Chipping and Mrs Spillet.

Asked if she could only buy from one place for the rest of her life, Ms Rey didn't hesitate to choose TK Maxx. She isn't interested in designer labels and prefers to keep a small wardrobe, reducing waste while avoiding unnecessary spending.

The one item she would rescue from a burning house is her dad's Spanish military fleece, which he gave to her. It's a jacket she wears throughout the winter, not just because it's warm, but because it reminds her of him and holds a great deal of sentimental value.

more, *Culture*

Spend five minutes on TikTok, Instagram or X, and you'll probably see someone being "cancelled". One week it's an influencer, the next it's an actor or singer, and before long everyone has moved on to the next person. Holding people accountable for their actions is important, but there is one question that doesn't get asked enough. Are we really treating everyone the same?

Many people believe women in the public eye are judged more harshly than men who do exactly the same thing. This isn't about saying women shouldn't be criticised. Everyone should be held accountable for their actions. The issue is whether we apply the same standards to everyone.

Take Taylor Swift, for example. Over the past few years, she has received huge amounts of criticism for using a private jet. Environmental campaigners have pointed out that private jets produce far more emissions per passenger than commercial flights, and it's fair to ask whether celebrities should be flying this way so often.

But Taylor Swift is far from the only celebrity with a private jet. Actors like Leonardo DiCaprio, YouTubers such as MrBeast, and countless other famous figures also use private aircraft. Yet Taylor Swift often seems to become the face of the debate. While other celebrities are criticised too, the attention directed at her appears to last longer and spread further across social media. It makes you wonder why some people become the internet's main target while others escape the same level of attention.

This isn't just about private jets either. Female celebrities are often judged for what they wear, how they look, who they date and even whether they decide to have children. Men in the public eye can make similar choices without receiving the same amount of discussion. A man might be called confident or ambitious, while a woman showing those same qualities is described as bossy or attention-seeking.

Social media only adds to this. The more people argue about someone, the more the algorithms push those posts onto other people's feeds. Before long, thousands of people are joining in, often without stopping to ask whether they would react the same way if it were someone else.

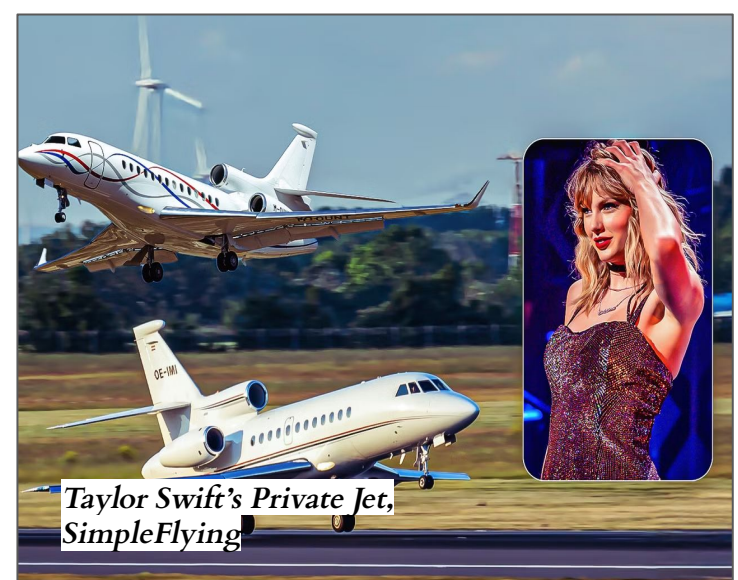
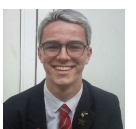
Of course, this doesn't mean Taylor Swift, or anyone else, should be free from criticism. Celebrities have huge platforms, and it's right that people question the decisions they make. However, if we believe using private jets is wrong because of the damage they do to the environment, then that criticism should apply equally to every celebrity who uses one, not just the ones who attract the most attention.

As young people growing up with social media, it's worth thinking before joining the next online pile-on. Ask yourself, would I be saying the same thing if this person were a man? Would I care as much if it were someone else?

Cancel culture isn't going anywhere. But if we're going to call people out, we should make sure we're doing it fairly. Equality isn't about protecting people from criticism. It's about making sure the same rules apply to everyone.

Misogyny in Cancel Culture: Are We Holding Everyone to the Same Standard

Oliver Cooney
Fashion & Culture



more, *Politics*

The Equalities Department is not often at the centre of political debate, but recent proposals have thrust it into the spotlight. The department works across government to tackle inequality, promote equal opportunity and oversee the UK's equality laws. However, Reform UK has announced plans to abolish the department altogether, arguing that it has become unnecessary and no longer serves the interests of the country.

The proposal forms part of the party's wider promise to reduce the size of government. Supporters believe that removing the department would cut spending and reduce what they see as unnecessary bureaucracy. They argue that equality should already be protected by existing laws, without the need for a dedicated government department.

Is the Equalities Department Disposable?



Violet Mullin
Politics

Some politicians have gone further. Former Home Secretary Suella Braverman has criticised diversity, equality and inclusion initiatives, claiming they have become divisive rather than unifying. Reform UK has also suggested reviewing or repealing parts of the Equality Act 2010, including the framework surrounding the nine protected characteristics. These characteristics include age, disability, race, religion, sex, pregnancy and maternity, sexual orientation, gender reassignment, marriage and civil partnership, and other protections designed to prevent discrimination.

For many people, these

proposals raise serious concerns. The Equalities Department exists because equality has not always been guaranteed. Many of the rights people now take for granted were won after decades of campaigning. The Suffragette movement fought for women to gain the vote, while later civil rights, disability rights and LGBTQ+ campaigns all contributed to stronger legal protections in the workplace and wider society.

Critics argue that abolishing the department could weaken the government's commitment to enforcing those protections. Although

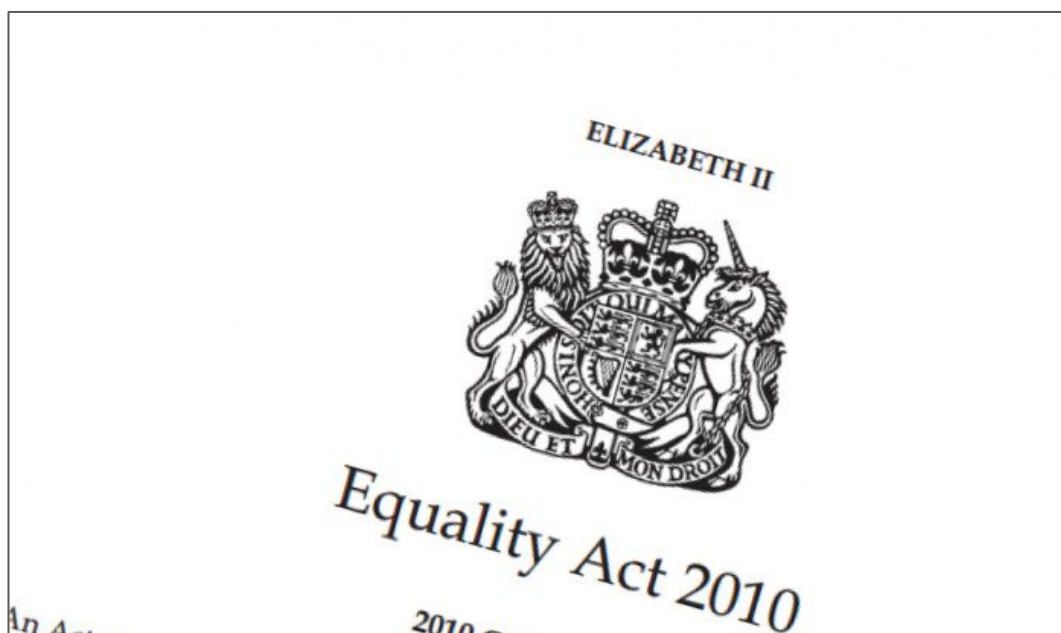
the Equality Act would not automatically disappear if the department closed, opponents fear that reducing oversight could make discrimination harder to challenge. They worry it could leave vulnerable groups with fewer safeguards if future governments decide to roll back existing legislation.

On the other hand, supporters of Reform UK's plans believe equality has become too closely tied to government-led diversity and inclusion policies. They argue that some recruitment and promotion schemes place too much emphasis on identity rather than merit, potentially

disadvantaging other applicants. In their view, removing the department would encourage a system based solely on individual ability rather than group identity.

This debate is about far more than one government office. It reflects two very different ideas of fairness. One side believes that dedicated protections are still needed because discrimination continues to exist. The other believes equality is best achieved by reducing government involvement and treating everyone exactly the same.

This debate goes beyond one government department. It reflects two different views of fairness: whether equality needs dedicated protections or less government involvement. As these proposals are debated, it is important that young people understand what is at stake.



more, *Insight*

Before the Classroom

Mr Heaton had 4 other jobs before teaching, 6 months before going to university he worked at a company named Active Newham, being a company that encourages sport for those that are disadvantaged or for cultures and ethnicities that didn't tend to take part in a lot of sport. However, after finishing university he became a tennis coach. He also worked 4 months in commodities broking in London. Lastly, he used to work the night shift in Sainsburys.

Getting Into Teaching

Mr Heaton states he just fell into teaching, after working the night shift in Sainsbury's. He tried to put his CV out there to attempt to get a more substantial job. Shortly after, he received a phone call from a recruitment agency stating that St Thomas High School would like to have him for help with the PE department. He happily agreed and trialled as a PE teacher, after teaching for a while, Mr Hollingsworth sat down with him and told him about his good feedback from staff and students, asking him if he is interested in teacher training. He agreed and now he's been at STM for 5 years.

Behind the Teaching: All About Mr Heaton



Seth Meek
Insight

Oliver Hartnett
Insight



Free Time

Mr Heaton says he spends a lot of his time playing tennis still. Which he has been playing since 3 years old, he loves it and plays in Mr Millhams team at Hadleigh Park. If he's not playing tennis, then he might be looking into the latest research passages in human biology in regard to PE and sport in general, also keeping up to date with politics which he states he is massively into.

Teaching Maths

He states that he was asked if he could teach a second subject to that he agreed. Initially not knowing what subject he was going to get given. During a meeting with Mr Hollingsworth, he suggested maths. With maths teachers being a premium nationwide, not being many of them, Mr Heaton said that he would be happy to teach the subject, and now he has been teaching maths for the past 4 years.

How Others View Him

He States a lot of his friends have been friends with him since he was 11 years old, so he can imagine some of the words to describe him wouldn't be something he is allowed to repeat. But he could imagine they would describe him as being outgoing, thoughtful, passive, not running into decisions. He would personally describe himself as a patient individual.

As a Student

Mr Heaton's says it's a mixed bag with his student years. He was a good student for the vast majority of it. Particularly the years 7, 8 and 9. However he states he got a little bit cheeky and talkative towards the end. Overall, he says he was an okay student. Doing a few stupid things but keeping level head and under the radar.



Southend Echo

<https://www.echo-news.co.uk/sport/2388401/heaton...>

Heaton's road leads to Wimbledon finals

10 Jul 2008 — Robert Heaton, who plays at David Lloyd Basildon, triumphed in the Essex county finals of the Road to Wimbledon National 14 and Under Challenge. [Read more](#)

