

# more.

*more than news, more than school.*

FOURTH EDITION | FRIDAY, 22nd of May, 2026



**Spring has Sprung :  
And so has More. News**

ST THOMAS MORE'S OFFICIAL NEWSPAPER

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# A Message From the Editor; *Oliver Cooney*

“

*Dear reader,*

As we move towards the end of the May half-term, I am proud to write to you for the first time as Editor-in-Chief. Taking on this responsibility marks not just a personal milestone but a wider moment of progress for our newspaper, one defined by growth, openness, and ambition. It wouldn't be right to write this letter without first thanking the now retired Editor Jacob Morgan for the time & effort he has devoted to the newspaper.

Since our very first issue in September our newspaper has evolved rapidly. Having almost doubled our article count it is clear that enthusiasm, dedication and talent within our team is only growing. What started as 12 articles, written by 10 writers has become over 20 articles and 22 talented creatives, each bringing new perspectives and ideas. This diversity isn't just something we celebrate, but actively build upon each day.

With that growth comes a renewed focus on openness. Our newspaper is and always will be a platform for student voice whether that may be in regards to culture, politics, art or film, it has a place with us. We are steadfast in ensuring our commitment to not just representing a range of viewpoints but respecting them no matter what.

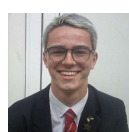
This edition also marks a step forward in how we operate. With the appointment of Poppy Chambers as Deputy Editor-in-Chief and Isabel Morgan to the position of Digital & Managing Editor, it is with these appointments that we hope to foster a more progressive, creative and streamlined newspaper, expanding not only our team of writers but our digital media presence as well.

Inside this issue you'll find an even broader selection of topics and sections, continuing our push to expand what this paper can offer. From philosophical thoughts to runway fashion, this edition embodies the direction we are heading in, forwards, upwards and outwards.

This is only the beginning. Join us on this journey and be apart of something truly meaningful.

”

Thank you for reading and being apart of our story,



*Oliver Cooney*  
Editor-in-Chief

# more, *Politics*

Donald Trump consistently described himself as the “President of Peace” on the 2024 campaign trail, promising on his re-election night that he was “not going to start a war, I’m going to stop wars”. After 16 months, is he still worthy of this title?

Reduced foreign intervention has always been one of his key ideas, saying he was “totally against the war in Iraq” in 2015 and claimed to be against “strongman Gaddafi’s regime in Libya in 2011 - before performing military strikes himself in 2017, 2018, and 2019.

Trump famously cares about his legacy, and he desperately wants a Nobel Peace Prize, and for the 2025 edition, tried to convince the Norwegian Committee by saying he’d ended eight wars in nine months. These “wars” included settling political tensions between Egypt and Ethiopia over a hydropower

development in the Nile, declaring victory after twelve days in a war he started with Iran, and preventing conflict between two countries that have had political tensions since the 1990s, being Serbia and Kosovo.

When the Norwegian Nobel Committee rejected him, Gianni Infantino, the FIFA President, invented a prize to appease Trump - the FIFA Peace Prize - which he was gifted in December 2025, with Trump citing his resolution to the Israel-Hamas conflict as his greatest success. However, according to figures from Zeteo, the ceasefire had 1241 Israeli violations within

three months, which included annexation of West Bank territories, preventing aid into Gaza, and an attack that killed over 100 Palestinians within days of the ceasefire being signed.

This means the war Trump has claimed to end either didn’t start or didn’t end.

Despite allegedly hating conflict, Trump seems to get involved in a lot. In 2025 alone, he launched a 12-day bombardment of Iran, killing 1200 Iranians, launched a dozen Tomahawk missiles into Nigeria, bombed 47 alleged drug-trafficking boats off the coast of

Venezuela, and bombed Somalia 118 times. These are not the actions of a peaceful President, these are the actions of a war-mongering tyrant desperate to build a legacy of military success.

And 2026 hasn’t been much better. He kidnapped Venezuela’s President, threatened military action against Greenland, said he’d “review” the UK’s ownership of the Falklands, and started a two-month war against Iran with no plan, while constantly claiming victory.

Some things else that has had very little media attention recently

would be the war in Ukraine, which Trump has still been incapable of solving; despite saying he’d solve it within 24 hours of taking office.

Like the Iran war, he has no plan to solve this either. Some highlights of his stance on the war include calling Volodymyr Zelensky a dictator, entering a shouting match with Zelensky at the Oval Office, welcoming Vladimir Putin with the red carpet at Alaska, and has lifted sanctions on Russia oil temporarily.

These are not the actions of a peaceful President. Trump isn’t ending conflict with his rhetoric, lack of plans, and bombing campaigns, even if the regimes he targets are bad, he is far from winning the Nobel Peace Prize.

## Is Donald Trump Really the President of Peace?



*Jacob Morgan*  
Politics



‘Board of Peace’ members photo, from *The Intercept*



‘Board of Peace’ from *Al Jazeera*  
DONALD J. TRUMP  
INSTITUTE OF PEACE

### GLOSSARY:

Annexation - taking control of land belonging to another country  
Hydropower development → a project that creates electricity using water

# more, *Environment*

Did you know that the average person wears a garment only seven times before it is discarded? Whilst our wardrobes are filled with fast fashion, roughly 80% is rarely worn and subsequently forgotten. At the same time, our bathroom shelves are stacked with half used cosmetics, trendy for a moment before being quickly ignored. What might seem like harmless shopping habits are actually becoming one of the biggest threats to our planet. The question is: what are the real effects of these industries, and what can we do to change them?

Fast fashion has changed the way we shop forever. Today, clothes aren't made to last; they're made to keep up. With new trends appearing weekly, the modern polyester dominant outfit is bound to end in a landfill in no

time. To put this into perspective: every second one bin lorry full of textiles is landfilled or incinerated. One key source of micro plastics is synthetic fabrics. Every time they are washed, millions of particles are released into our waterways, contributing to 35% of all micro plastics in the ocean. Additionally, textile dyeing is estimated to account for 20% of global water pollution due to the heavy metals and toxins it releases.

This massively effects local communities that rely on the impacted waterways. For them, the risk of serious health hazards, such as cancer, gastric problems and skin issues skyrockets. The waste from fabric factories flows into nearby rivers that irrigate local farmers fields, contaminating crops and drinking water. What we wear for convenience, others pay with health.

The beauty industry tells a similar story. Cosmetics are often packaged in layers of plastic, making them impossible to recycle. Even worse, an estimated 70% of beauty products contain some element of palm oil. The demand for this oil contributes to massive amounts of deforestation, threatening fragile ecosystems and biodiversity, which are vital for supporting animals and maintaining oxygen production.

However, as consumers, we have more power than you may think. By investing in higher quality clothing, we won't need to purchase fast fashion, as materials such as cotton and recycled fabrics are built to last for years to come. Charity shops and online second-hand sites such as Vinted and Depop offer a far more sustainable way to keep up with style, without feeding into overproduction. In terms of cosmetics, simply using up products before replacing them and choosing cruelty

free items with recyclable or refillable packaging can make a major difference. Small, conscious decisions do add up.

One widely unknown problem in fashion is the production of jeans. Producing a single pair of jeans requires over 8,000 litres of water- equivalent to one person's drinking water for seven years. As a result, millions of people's access to fresh water is diminished, and the risk of waterborne diseases and food insecurity soars.

So, is buying new really worth it?

The Fast fashion and beauty industry may be built on speed and excess, but we don't have to invest in their success. Change starts with awareness and action, not perfection. Ultimately, looking good should never come at the cost of our planet.

## Dressed to Destroy - The True Cost of Fast Fashion and Beauty

Poppy Chambers  
*Environment & Fashion*



Fast Fashion Landfill in Chile



Palm oil farm in Indonesia



True size of microplastics

# more, Culture

Every day millions of young men engage with content created by self proclaimed “alpha male” lifestyle influencers & vloggers like ‘HS TikkyTokky’, ‘Clavicular’, ‘Ed Matty’, Andrew Tate and countless others. Every single day millions of young men engage with clips and videos of these men, the question we’re asking is simple: why?

Figures like ‘HS TikkyTokky’ and ‘Clavicular’ create content documenting not only their lives but what they deem as a model lifestyle, all while hiding behind fabricated social media charades, but who really are they? ‘HS TikkyTokky’ or Harrison Sullivan is a 24 year old privately educated Essex born influencer who creates content supposedly marketing ‘fitness, money, status and self-improvement’. In recent months a new face has entered the arena, ‘Clavicular’ or Braden Eric Peters is a privately educated 20 year old American who was expelled from University in 2024, 3 weeks after the school year began, for hiding illegally obtained unlicensed steroids in his dormitory.

In this age of growing anti-social behaviour among the young population, many young boys & men find themselves socially disconnected leaving them feeling ignored, this drives them towards influencers like Harrison and Braden who create sharp, aggressive and easily consumable content on everyday platforms. Their appeal is understandable, it allows young, isolated boys to feel seen and heard, to feel represented in a fast changing world, but with this appeal comes an assortment of issues, from radical opinions, to misogyny, unhealthy practices and body-image issues.

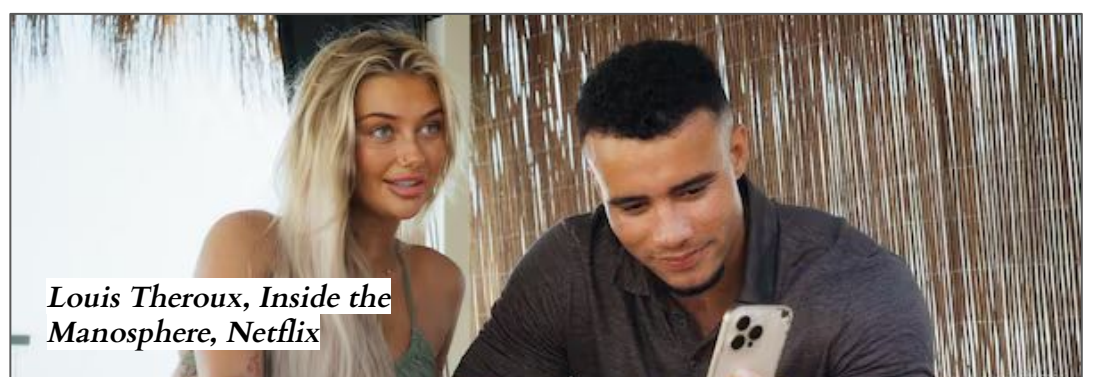
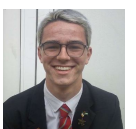
Whilst this poison fills the minds of millions of young men, social media platforms amplify its reach. The TikTok algorithm is programmed in a way that pushes controversy and trends to the top of every users ‘For You Page’, so when ‘Clavicular’ makes a comment about masculinity or ‘HS TikkyTokky’ shares his opinions on women, TikTok pushes it to the front, the more you engage with their content, the more of it you’ll see. The more controversial an opinion, the more TikTok will push it, leading many to question the morality of social media platforms like TikTok who intentionally market hateful and harmful content to their teenage users. Not only TikTok but online masculinity as a whole rewards loudness over wisdom, it’s not what these ‘influencers’ are saying - it’s how they say it - their confidence, their body language and their surroundings.

This growing epidemic doesn’t just exist online, but in our everyday lives. We see it in our school, the use of terms like “sigma”, “alpha” or even “locking in”, all stemming from these ‘alpha male’ influencers. Not only has its effect appeared in language but in how young men conduct themselves, boys who interact with ‘alpha male’ influencers are more likely to mimic their behaviour and their words without actually understanding it. This leads to the mocking of emotional openness which has been dubbed as ‘immasculine’ and the need to be emotionally detached and dominant in an attempt to be more like these influencers who are seen as titans of masculinity.

The problem isn’t masculinity, it’s when masculinity is reduced to emotionlessness, dominance and online performance. Confidence, ambition and strength can all be healthy things when combined with empathy and emotional maturity, not obliviousness and disrespect. Young boys and men don’t need less role models; they need better ones.

## Likes, Lads & Toxic Masculinity

Oliver Cooney  
Fashion & Culture





## Fashion in the Corridors: Confidence Never Goes Out of Style



**Poppy Chambers**  
*Fashion & Environment*

Mrs Howe-Evans doesn't just teach English: she tells a story with every outfit. Rooted firmly in vintage fashion, her style is an eclectic mix of decades, ranging from the 50's to the 70's.

Reflecting her love for fashion with provenance, today she wears a thrifted floral dress, created by a Romford brand in 1970. She pairs this with iconic Dr Martens boots, handmade earrings made by her husband, a crystal necklace and purple tortoiseshell glasses to pull the whole look together.

When asked about her biggest fashion influence, Mrs Howe-Evans was certain it would be Florence Welch from Florence + The Machine. She admires her soft, flowing silhouettes and her wear of vintage colour and pattern. Naturally, Susie Caves brand 'The Vampire's Wife' is her favourite, largely because Florence Welch so often wears the label itself.

She admits she'd love to swap wardrobes with Mr Jenkins, drawn to his sharp tailoring and structured outfits, a contrast to her usual free-flowing shapes.

For her fashion 'do's', she champions vintage style, advocating for charity shops and platforms like Vinted, while continuing to take inspiration from goth fashion, a look she has loved since her youth. As for 'don'ts', she resists them completely, favouring creativity and experimentation. This is evident in her unexpected conversion to Crocs after once hating them, only to end up owning a pair herself.

Mrs Howe-Evans style is a great reflection of Individuality, proving fashion is less about rules and more about telling your own story through great style.

**Oliver Cooney**  
*Fashion & Culture*



Mr Kwasnica kickstarted his fashion interview with an especially amazing yet simple outfit. With a charity shop tie and a jacket thrifted in American Mr K has already expressed a love for second-hand fashion. Topping it off he paired the 2 accessories with a simple pair of H&M trousers and a premium M&S shirt.

When asked of his fashion dos and don'ts Mr K came prepared, stressing the importance of wearing what's comfortable, dressing with flare & colour, and reinforcing a love for second-hand fashion. When it came to his don'ts Mr Kwasnica stated that he thinks wearing clothing just for the name brand is "dumb" and stressed the importance of wearing clothes that fit.

If Mr Kwasnica had to swap wardrobes with any other teacher he chose our first fashion feature, Mr Griffin, making him the most chosen teacher to swap wardrobes with.

If he could only shop at one place for the rest of his life, Mr Kwasnica bended the rules and said he'd only shop at vintage sales, remarking that he doesn't care about any specific brands enough.

His biggest celebrity fashion influence was Pedro Pascal after having been mistaken for him once in his daily life.

In the event his house was burning down and he could only save one item of clothing, Mr Kwasnica chose a satirical piece, a long cord coat with a fur lined collar. Despite the fact that he would never wear it, he told us that this piece has followed him through his life and is deeply sentimental, carrying a lot of memories.

# more, *Entertainment*

Project Hail Mary is a sci-fi and action-packed film, based on the novel by Andy Weir, exploring outer space with insane visual effects, bold colours, and comedic aspects. As the viewer, we are actively guided through Ryland Grace's mysterious story, discovering the events that caused him to be in outer space at the same time as him.

The film has a range of humour, despite the severity of the situation Grace is in. This teaches us to find comedy when we are in the dark (or outer space) and inspires the viewer to never give up despite the challenges we are faced with. This could be challenges such as upcoming GCSEs, A-levels, illnesses, loss or being lost, but if you find positives of the hard times then it will hopefully work out in the end.

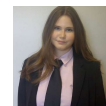
The use of flashbacks alternates the aesthetic of the film with contrast between earth VS space, intriguing the audience. Earth is presented as dull, realistic, and harsh, while Space is bold, colourful, and surreal. The use of canted (slanted or sideways) camera angles creates a sense of confusion as we are made to align with Grace, who is also distorted and confused.

Not only is the movie visually appealing, but also many deeper meanings behind the shooting stars and spaceships. The movie shows the impact of a singular individual's act of bravery, in this case, choosing to save humanity rather than giving up. However, this can be applied on a smaller scale, be courageous, be brave, be helpful and you can make that step to creating the change society needs. A particular quote that stuck out to me in the film was "you have to find someone to be brave for," meaning bravery is not innate, you find your passion through others you want to help, and you make that commitment because there are people that you truly want to aid.

Looking into the deeper meanings behind "Project Hail Mary", this dystopian film also has modern day themes centred around the level of affection individuals show towards people who may appear as 'different' or 'other'. This film shows the growing friendship between man and alien, while finding out through they may appear dissimilar, they connect and find that they are more alike than expected. Their language is different, but their words have the same meanings. Their objects appear different, but they have that same function. The film teaches the viewers to welcome anyone with hospitality and friendliness despite their differences, you as an individual must make that choice to act and realise that no one is profoundly different.



## Project Hail Mary



*Isabelle Morgan*  
Film

more,  
*Entertainment*



In today's digital society, social media has become a central part of adolescent life. However, psychologists increasingly warn that excessive use of platforms such as TikTok, Snapchat, Instagram, and YouTube may be linked to anxiety, low self-esteem, and depression. These concerns were strengthened by a March 2026 Los Angeles jury ruling which found Meta and Alphabet (Google/YouTube) partially responsible in a case alleging that addictive platform design contributed to psychological harm in young users.

The case reflected wider concerns about social media platforms, including TikTok and Snapchat, arguing that features such as algorithm-driven feeds, streak systems, and infinite scrolling

encourage compulsive use and negatively affect adolescent mental health. Although the companies deny wrongdoing and continue to appeal, the verdict intensified debate about the responsibility of tech companies for children's wellbeing.

Social media can also contribute to crime and harassment. Offenders sometimes use platforms to broadcast crimes or boast about their actions, while victims can experience "24/7" bullying online. A 2025 BBC investigation found that algorithms could expose young users to violent content, including knife crime and gang violence, within minutes of creating an account. The 2016 Kim Kardashian robbery in Paris also highlighted online safety concerns, as the robbers reportedly tracked her

movements through social media posts.

One psychological explanation for social media's impact is Social Comparison Theory (Festinger, 1954). This theory suggests that people judge their self-worth by comparing themselves to others. Platforms like Instagram and TikTok expose users to carefully edited portrayals of others' lives, often creating unrealistic standards. Teenagers, who are still developing their identity, may compare themselves negatively to others, leading to reduced self-esteem and feelings of inadequacy.

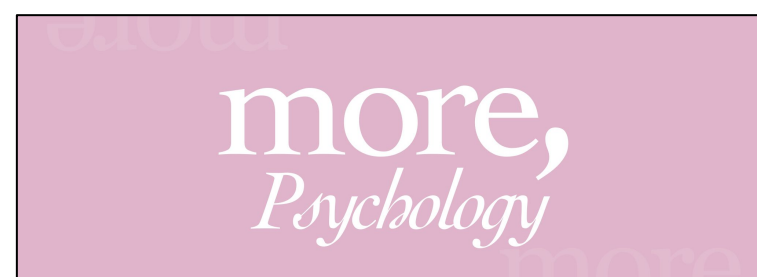
Another explanation involves the brain's dopamine-based reward system. Receiving likes, views, or notifications triggers dopamine release, encouraging repeated engagement. This links to operant conditioning (Skinner),

where notifications act as positive reinforcement. Because rewards are unpredictable, social media creates a "variable reward schedule," which can increase compulsive behaviour and addictive use.

Research by Twenge et al. (2018) found a correlation between increased screen time and higher levels of depressive symptoms among adolescents. Studies also suggest that passive social media use, such as scrolling without interacting, is more strongly associated with anxiety and psychological distress than active communication.

However, psychologists stress that social media is not entirely harmful. It can provide social support, encourage self-expression, and help people connect with like-minded communities. The effects largely depend on how social media is used and the resilience of the individual user.

In conclusion, psychological research suggests that social media can influence mental health through social comparison, reinforcement learning, and reward-processing systems. While recent legal cases involving Meta and Alphabet highlight growing concern about platform responsibility, the relationship between social media and adolescent mental health remains complex and influenced by many social and psychological factors.



## Life With Dyslexia

My name is Harvey Chambers. I am a year 10 student and suffer from dyslexia in both numeracy and literacy. It started in primary school, where I would find myself falling behind in basic English and maths skills. The letters and numbers just would never work right in my head, and it was not just me who would notice this; my teachers did too. They would have chats with my parents about their concerns for my education; however, I never really noticed a massive issue. I thought I may have just been a little less brainy than the other kids in my class. It was at the beginning of year 7 I was diagnosed, and after this everything began to make sense.

Throughout my whole time in education, one main problem I would suffer from was my concentration. Due to my lack of interest, I would often find my mind wandering. Comprehension is also an issue, as I struggle to take in what I am reading. Since I was young, I have found I have had a great interest in activities outside of education like rugby and weightlifting. This is because it's one of the only parts of my day where I can let my mind relax and do something I genuinely enjoy. I hope this will continue in my career where my dream is to be a Navy Marine. This suits me as it is a more hands-on job that I have always had a great interest in. Although I may not be the best at English & maths I have never let dyslexia hold me back, instead dyslexia has taught me resilience-which will push me forward in life.

If think you or someone you know might have dyslexia or dyscalculia check out the attached resources:

- [British Dyslexia Association](#)
- [Assessment Info](#)
- [NHS Dyslexia Info](#)



# more, *Philosophy*

Explaining faith and how it relates to our lives as Christians is an essential part of our human happiness and fulfilment.

It is a deep internal desire within all people, to have faith in or be a part of something bigger than us. This has historically always been in the seeking of a greater purpose through organised religion or personal reflection; both lead to lots of fulfilment and benefit to society.

Most civilisations in history are all built around a belief system of some kind, the Arab world has been built on Sunni Islam, historically the western world was built on Catholic and Protestant Christianity, and ancient Greece on the oversight and mythology of numerous deities. Therefore, every person in these societies has a deep need for looking up towards a separate being from themselves, one which is not completely tangible and so requiring a level of faith.

It is also often said that people feel a 'hole in their heart' often this is filled by a loved one, family, or great wealth, all of which give a greater purpose to that individual.

## How Faith Works & Why it Matters



*Sebastien McArthur*  
Philosophy

These feelings of fulfilment through finding purpose share a common ancestor with that of religion. In these cases, also, is a need for faith. There is a possibility that you will wake up tomorrow and your partner will leave you, your family may all fall out, or your material wealth is robbed from you, so to live with these greater purposes, you must have faith that it will all stick around. Overall, then, to have purpose, is also to have faith.

To have faith though, a little bit of it needs to be proven, just as a husband proves his love to his wife before marriage with a proposal, God proves his love for us by giving us the word through Jesus Christ. It is then this demonstrated relationship that we then continue to have faith in. We have faith in God's plan, in the trustings that his guidance through the word works and that if we follow what he instructs us to do, that we will benefit greatly.

Coming at this from an Atheist perspective, why would faith ever be required? Couldn't you just

follow what the Bible says and that's it?

What we put our faith in is what is essential. If we trust in material wealth, we grow jealous and greedy for more; if we trust in our knowledge alone, we consider our opinion always right even when we couldn't be more wrong; and if we rely on culture for ethical decisions, we stray from what is right over time as culture shifts. Hence, in the modern west, we put more value and faith into unsustainable beliefs of fame and wealth, when we should instead look inwards. We as humans all need grounding within a sustainable system, and to put faith in God's plan, his mercy and his word, we become fulfilled.



### GLOSSARY:

- Atheist perspective — viewpoint of someone who does not believe in God
- Tangible — something real or physical that can be touched
- Oversight and mythology — rule/control and traditional stories about gods
- Deities — gods or divine beings



With exam season fast approaching — a time many students dread — pressure is building across schools everywhere. In fact, studies show that around 85% of UK students experience exam anxiety. But why is this still the case, despite the huge amount of effort students put into revision? Research also suggests that around 51% of students rely mainly on re-reading and highlighting notes. While these methods may seem effective, they often do little to improve long-term understanding and recall. As a result, many students walk into exams feeling unsure and anxious about what is being asked of them — just as I once did. This article is here to help make your revision more effective and far less stressful. So, here are some useful tips!

## Revision Tips:

1) Please, make efficient use of the resources you have in today's world. It feels like there is not enough use of the resource's schools give you, as well as the lack of revision website use. I would use AI even to help you, just make sure you don't just aimlessly take down information from it, it's strongly advised you at least use it to find ways to improve the level you're working at. (Make sure you're learning too)

2) Once you start, keep at it. It may feel hard to adapt to this new activity in your routine, but consistency is key you can ask anyone who sat the exams.

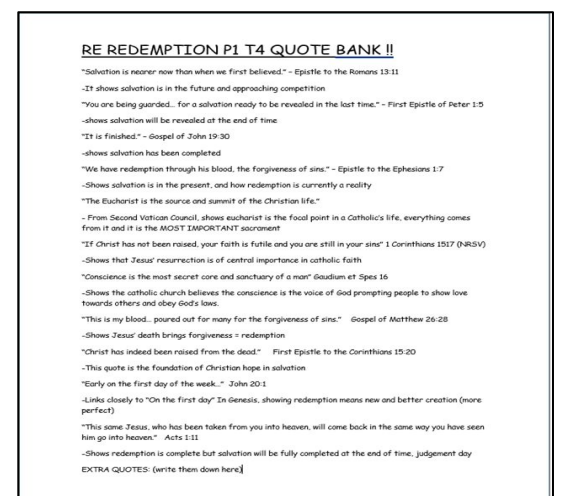
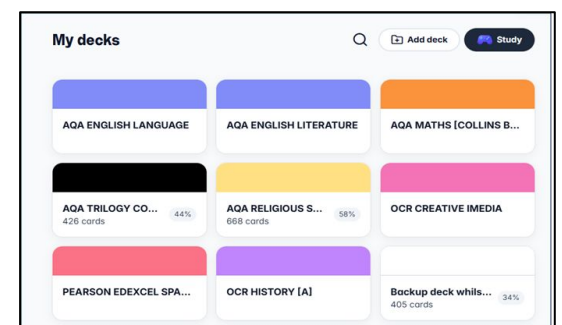
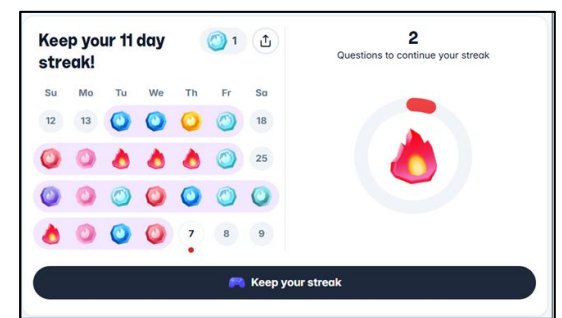
3) The key factor to consistency is to start off slow if you start off too fast, you'll be academically burnt out and not be motivated to start again resulting in a disappointing results day as you didn't do enough revision. (the key to passing the exams)

## Ways to Revise:

1) Past Papers: practising past papers is honestly the best method you can do to effectively familiarise yourself of the many types of questions you'll have to face in the exams, not only reducing exam anxiety but is also extremely effective for every subject that has a written exam

2) Active Recall: this method is scientifically proven that students who have used this method of self-testing (active recall) remembered a significant amount more of information than those who simply read notes. Some good apps recommended for this method are: Gizmo, Knowunity, Medly AI and also obviously making flashcards yourself with answers on the back, to have something physical for revision.

3) Spaced Repetition: this method consists of studying the same material over increasing time gaps, which helps move information into long-term memory. This method is effective strengthening long term memory which is needed for the exams.



# Runway Fashion and Inspiration: Alex Consani



Known for her powerful looks, Alex Consani is an inspiring model who many people look up to, however, she is more than just her looks. At the age 16 she became the youngest transgender model to be signed, breaking barriers - she also made history as the first transgender model to win the prestigious Model of the Year award in December 2024 at the Fashion Awards, hosted by the British Fashion Council. As of May 2026, Alex Consani has been extremely active, walking in at least 17 runways during the last single fashion month season. Alex Consani also shines with her unique style and creativity - she blends high fashion staples with personal, eclectic, and at times, gender-fluid fashion, such as incorporating menswear pieces into her wardrobe.

As an openly transgender woman, she uses her platform to discuss identity and self-love, challenging traditional beauty standards. Consani speaks openly about her trans identity as a source of power, not something to hide, inspiring people to be confident in who they are. She combines ground-breaking, historic success as a transgender model with authentic, chaotic joy and unapologetic self-love, with a 'messy' and charming personality that resonates with young people. She encourages others to find

support themselves when others don't support them. She has transformed the fashion community by being vocal about trans rights and changing social issues. She is the leading face of a new generation of top models.

Consani's gender-fluid looks are influencing designers all over the world, and there is a definite shift towards unisex fashion on the runway. From well-known fashion designers, like the iconic YSL, to new cutting-edge designers, gender-neutral clothing is exploding on the runway and Alex Consani is the perfect muse.

The designers Telfar Clewens, Harry Style's brand "Pleasing", Charlean Orlando and Daniel W. Fletcher are just a few of the many designers that are embracing unisex designs on the runway, showcasing their designs at London Fashion Week and other shows around the globe.

As we know, what starts on the runway eventually filters down to the High Street - it won't be long before the likes of Zara, H&M, Primark and many more High Street stores embrace this liberating style.

But is it men's, or is it women's? That doesn't matter anymore. Does it look good? Does it

make you feel good? Is it well-made and sustainable clothing? These are the questions fashionistas are now asking...



# more, *Insight*

## Before the Classroom

After he left university, Mr Loneragan started training as an accountant, soon realising that it wasn't for him. With a change of heart, he later joined the police force after 2 years, working mainly in detective specialist squads which he found to suit him more.

## Spending Free Time

He always used to play rugby but states he is too old for that now; he now plays golf instead. Around his house he likes to do gardening and DIY and helps out with things at his local church.

## The Stories He Can't Fully Tell

When asked what might surprise people about him, his previous career in the police force was mentioned. Although Mr Loneragan could not go into detail about exactly what he did, he said many people would be surprised if they knew the things he experienced in his detective work, before becoming the maths teacher we all know and love today.

## Behind the Teaching: All About Mr Loneragan



*Seth Meek*  
*Insight*

*Oliver Hartnett*  
*Insight*



## Introduction Into Teaching

Soon before his police career came to an end, Mr Loneragan decided to use his degree in maths which he hadn't previously used, for the police force. Applying to be a maths teacher after attending an open day at a school that was desperate for them.

## As A Student

Mr Loneragan attended a grammar school in his youth days, where he states most of the misbehaved students would also attend. During school he was one of the less well-behaved students, finding himself in a fair amount of trouble. Back then if you asked his teachers, they would have said he was a horror to teach.



# more, *Insight*

# more, *Insight*

On The nights of March 12-13 Mrs Lewis and Mrs Cotgrove directed a contemporary stage adaptation of the novel 'A Christmas Carol', performed by a wide diverse cast from St Thomas More High school creating an amazing and visually striking performance. The play tells the story of scrooge who faces his actions and consequences in a story about how redemption is possible through a transformation of self and this theme was carried beautifully throughout.

One of the strongest aspects of the performance was the acting, particularly from Scrooge (Played by Danny Vanner Smith) he portrayed Scrooge perfectly and made the dialogue feel completely natural.

The costumes were impeccable as they stuck to the time period the novel was set in, adding to the already perfectly crafted atmosphere from the stage.

The Assembly Hall was transformed into an immersive festive stage, decorated with Christmas trees, blankets of snow, lamps, fireplaces, gravestones and more, constructed by a talented set design crew which helped create a magical atmosphere and brought the play to life. But that's not all, the play was also supported by dazzling lighting lead by Mr Marshall and included contemporary music (such as Chop Suey by System Of A Down) which added a unique modern twist to the performance which formed an appeal to the audience. The cast delivered an impressive performance, portraying each character with confidence and emotion in every line, it was clear that they spent a countless amount of time working hard and together as a team to create a polished and memorable play that truly captured the spirit of the story.

I interviewed a year 10 student that watched the performance to hear their thoughts on the performance. They described the play as "Really engaging from start to finish" and also saying that "the story was easy to follow, especially because it was being narrated by an actor of Charles Dickens which I thought was a really creative idea" Their response reflects the positive reaction of the play, which truly is one to remember.

## The Play of the Year: A Christmas Carol



Rohan Lambert & Jay West  
*Insight*



# more, *Sport*

## An Uneven Playing Field: Different Sports, Different Treatment

With athletics season in full force, many athletes, myself included, feel a sense of euphoria in pulling on spikes and chasing each second towards a new personal best. Yet despite this passion, insufficient facilities, funding, and attention in schools and across the UK mean athletics is often overshadowed by more favoured sports, particularly football. As a result, talented athletes are left without the support or resources needed to develop their potential, with opportunities slipping away before their talent is ever fully realised.

The imbalance in schools reflects a wider pattern in how certain sports are valued and prioritised across the UK. Football remains the most dominant and well-resourced sport, not only in schools but at every level, far exceeding athletics in infrastructure, visibility, and investment. While organisations such as Sport England distribute funding

across a range of sports, in practice resources still tend to favour the most popular disciplines. Despite athletics being one of the most accessible and inclusive sports, it continues to receive far less attention, with limited development at grassroots level where long-term talent is built.

Evidence of this imbalance is visible in funding at both elite and grassroots level. UK Sport allocates funding largely based on medal potential, meaning resources are concentrated in sports expected to achieve Olympic success. In the most recent cycle, athletics received around £20 million compared to approximately £30

million for cycling and £28.75 million for aquatics. At grassroots level, although significant investment has been made in community sport, a large proportion of facilities and development pathways still favour football due to its popularity and existing infrastructure. More concerning, athletics has also seen funding reductions despite strong international performances, including a drop of around £1.75 million (approximately 8%), highlighting how success does not always translate into increased support. As a result, the pathway from school sport to elite development in athletics remains far less secure than in more

commercially dominant sports.

Due to this lack of support, many successful British athletes have trained abroad, particularly in the United States, which is known for its elite coaching, training environments, and sporting infrastructure. Athletes such as Dina Asher-Smith and Sir Mo Farah have both trained in the US at points in their careers to access higher-performance environments. This highlights a wider issue in UK sport, where domestic development structures are often outmatched by opportunities elsewhere.

Overall, the disparity between athletics and

more dominant sports such as football highlights a wider imbalance in how sport is prioritised in the UK. Although funding often follows popularity, sport cannot be measured purely in financial terms. Athletics offers opportunity, development, identity, and community for young people, yet its wider potential is frequently overlooked. If sport is to genuinely support all students, greater attention must be given to opportunities beyond the most visible games.



*Sean Chikamata*  
Sport



# more, *Music*

As exam season starts properly, libraries get busier, caffeine intake increases dramatically, and almost everyone suddenly has a “revision playlist”. But there’s one question students always seem to argue about: does listening to music actually help you revise, or is it just another distraction?

The truth is, it depends.

For a lot of students, revising in complete silence feels almost impossible. Music can make long revision sessions feel less stressful and more manageable, especially when you’re doing repetitive tasks like flashcards, note-making, or practice questions. Having familiar music on in the background can also help create a routine, which sometimes makes it easier to stay focused for longer.

At the same time, not all music affects concentration in the same way.

Songs with lyrics can sometimes make revision harder without you even noticing. If you’re trying to memorise quotes, learn case studies, or write an essay, your brain is already processing language. Adding another set of words through music can split your attention more than you realise. That’s probably why so many people end up rereading the same paragraph five times because they accidentally started focusing on the song instead.

This is why instrumental music tends to be more popular for revision. Genres like lo-fi, classical music, ambient electronic music, or film soundtracks create background noise without constantly demanding your attention. They help fill the silence without fully taking over your focus.

However, revision is different for everyone. Some people genuinely work best in silence, while others focus better with music playing quietly in the background. There isn’t really a single “correct” way to revise — it’s more about knowing what works for you and what kind of task you’re doing.

For example:

- Essay writing or difficult reading often works better with silence or instrumental music.
- Creative tasks sometimes benefit from background music.
- Memorising information usually becomes harder with lyrical songs.
- Simpler tasks like organising notes are normally fine with almost anything playing.

Another interesting point is familiarity. Research suggests that music you already know well is often less distracting because your brain stops actively paying attention to it. Weirdly, listening to the same playlist repeatedly can actually help concentration because it becomes part of the background rather than something new to focus on.

Of course, there’s also a point where “revision music” becomes less about revising and more about avoiding revision altogether. If you’re spending more time changing songs, making playlists, or singing along than actually working, the music probably isn’t helping anymore.

Overall, music can definitely help create a better revision environment, but it should support your focus rather than compete with it. Sometimes silence is best. Sometimes a playlist genuinely helps. The important thing is figuring out when each one works for you.

So before your next revision session, it’s probably worth asking yourself one thing:

Are you listening to music to help you focus — or just to make revising feel slightly less painful?

Revision Playlist Picks

Top Tip: keep the volume of your music low to ensure complete concentration.

# more, *Music*

## Revising With Music: Helpful or Harmful



*Oliver Mangion*  
Music

