



# SIXTH SUPPORT

**THE MAGAZINE COMMITTEE**

**Friday 16<sup>th</sup> October 2020**

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All previous and future editions of the Sixth Support magazine can be found online at <https://www.abbeycollege.cambs.sch.uk/coronavirus>.

# DRAMA

## Best Musical Soundtracks

BY AMBER M.

If you want a completely biased list of the best musical theatre soundtracks, look no further. These albums are guaranteed to be stuck in your head for weeks and leave your entire family hating you because you won't ever stop singing. You're Welcome!

**Six: The Musical** – The wives of Henry VIII retell a modern version of their stories in the form of a pop concert. This soundtrack has everything from rap to ballads with the whole musical written by two university students Toby Marlow and Lucy Moss.

**Beetlejuice** – Based on the 1988 fantasy film by Tim Burton, Beetlejuice the musical has some strange songs. Some good strange songs though. I would recommend 'Say My Name' and 'Dead Mom', all written by Eddie Perfect.

**Les Misérables** – Since its Broadway debut in 1987, Les Mis has become one of the most famous musicals of all time. Set in the French Revolution of the 18<sup>th</sup> century, the classic play has some phenomenal songs by Alain Boublil and Claude-Michel Schönberg. Have a look at the Tony performance of 'One Day More' for undoubtedly the best musical song of all time.

<https://www.youtube.com/watch?v=42IQ29b8YIU>

**The Color Purple**- This musical, with music from Brenda Russell includes the influence of jazz, gospel and the blues. It's set in racially divided Southern America and includes mature themes suitable for ages 14+. Cynthia Erivo plays the most amazing Celie and the lyrics are so heartfelt. I could not recommend more!

**The Phantom of the Opera** – An Andrew Lloyd Webber classic, Phantom is outstandingly good and the vocals in this musical are unlike any other. If you didn't get a chance to watch the show when it came out in lockdown, watch the video linked below for a sample.

<https://www.youtube.com/watch?v=EGb4hj-EXt>

**Hamilton** – I'm sure I don't need to explain this one.

**Evita** – Another piece of work from Andrew Lloyd Webber - the king of musical theatre – that is entirely worth listening to. Watch the film then listen to the soundtrack and try not to start sobbing at 'Don't Cry for me Argentina'.

# SPORT COMMITTEE



< Gidey, clocked 14 minutes 6.62 seconds smash the 14mins 11.15secs set by Tirunesh Dibaba in 2008.

^ Cheptegei, clocked 26 minutes 11 seconds beating Kenenisa Bekele's 15-year record by more than six seconds

## PARTEY TIME

Arsenal have finalised the signing of Thomas Partey on a long-term deal. Which could see Ozil being left out.

Partey should fit right in and fill in the possible gap in arsenal's defensive midfield with his crisp agility on the ball and defensive attributes.



## Get running with Couch to 5K!

BBC Sport and Public Health England bring you the Couch to 5K challenge, they'll have you confidently running 5K, in nine weeks, even if you've never ran before.

Just download the app on android or iphone and start your training instantly.

### Current FIA Formula 1 standings

Pos	Driver	Team	Points
1	Lewis Hamilton	Mercedes	205
2	Valtteri Bottas	Mercedes	161
3	Max Verstappen	Red Bull	128
4	Lando Norris	McLaren	65
5	Alexander Albon	Red Bull	64
6	Daniel Ricciardo	Renault	63
7	Charles Leclerc	Ferrari	57
8	Lance Stroll	Racing Point	57
9	Sergio Perez	Racing Point	56
10	Pierre Gasly	AlphaTauri	45
11	Carlos Sainz Jr.	McLaren	41
12	Esteban Ocon	Renault	36
13	Sebastian Vettel	Ferrari	17
14	Daniil Kvyat	AlphaTauri	14
15	Nico Hulkenberg	Racing Point	6
16	Kimi Raikkonen	Alfa Romeo	2
17	Antonio Giovinazzi	Alfa Romeo	2
18	Kevin Magnussen	Haas	1
19	Nicholas Latifi	Williams	0
20	George Russell	Williams	0
21	Romain Grosjean	Haas	0

# GEOGRAPHY

## How has COVID-19 affected countries in poorer areas of the world?

BY EMMA H.

The media has control over what they would like to report, during the coronavirus pandemic there are many countries that have been widely reported on but others that have been forgotten about.

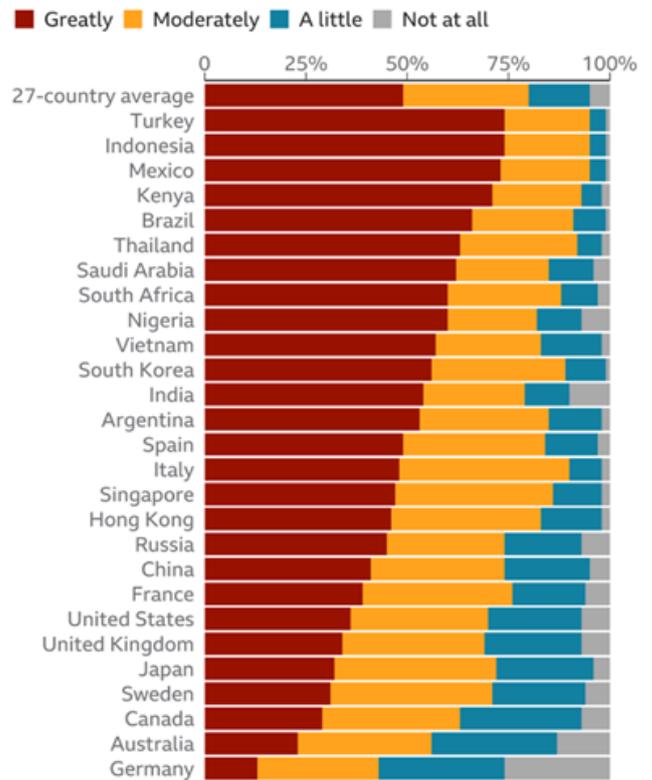
There are many countries that are less developed and economically struggling and the coronavirus has amplified these issues and made them worse.

For example, it is believed that Sub-Saharan Africa will be impacted the greatest economically after the pandemic. It is estimated that nearly 23 million people will be in poverty following the pandemic.

These countries will struggle to recover as a lot of resources will have been used to help fight the virus and in countries that still need to develop and gain access to basic human requirements, levels of poverty are bound to rise drastically.

It is not just the number of people in poverty in poorer areas that are going to increase, the gap between the rich and the poor is going to widen even further. This may cause a large divide in education quality as well as healthcare accessibility and many other factors that are greatly impacted by wealth.

## How Covid-19 affected people in different countries around the world



Source: BBC World Service/GlobeScan

BBC

This graph shows how COVID-19 has impacted many countries around the world, it is interesting to look at the number of countries that are LICs (lower income countries) that have been greatly impacted by the virus in comparison to the number of HICs (Higher income countries).

All of this data links very well to geography and how the world itself is developing as a whole. It shows the impacts of things such as poverty and development in the size of the challenge of recovery when the virus is gone or more manageable.

# HEALTH AND SOCIAL

World mental health day, 10th October 2020

BY EMMA B.

World mental health day is an international day for global mental health education, awareness, and advocacy against social stigma. Provides an opportunity to check in with those around you.

Your mental health influences how you think, feel, and behave in daily life. It also affects your ability to cope with stress, overcome challenges, build relationships, and recover from life's setbacks and hardships.

Strong mental health isn't just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Rather than the absence of mental illness, mental health refers to the presence of positive characteristics. It's important to take time to talk to people about how you feel as well as checking how others are. One in five people suffer from a diagnosable mental health disorder. Mental health can be triggered by social isolation or loneliness. This year in particular has been tough due to the ongoing COVID pandemic and lockdown where we had to isolate at home. Therefore, many may have suffered, feeling lonely, unaware of what's ahead from the restrictions put in place during the pandemic. For students, adapting to taking classes at home, with little contact with teachers and friends feeling lonely and anxious about what will happen in the future. This time would have been harder for those with mental health conditions, many experiencing even greater social isolation than before. We all need to take care of our own mental health as well as supporting others.

We often ignore the emotional messages that tell us something is wrong and try to distract us from it and bottle it up. Bottling up our problems often make our emotional state worse. You don't have to feel bad about the way you feel. Although at times

it may be tough to speak to others, talking to those who you are close with and feel comfortable with talking to will support you. Talking often elevates your mood and gives you the opportunity to overcome the emotional journey you face and enjoy life more. Face to face connection is so important as the key is to interact with someone who is a "good listener" someone you can regularly talk to, who will listen and understand the way you feel and won't disrupt, judge or criticize you.

The mind and the body are intrinsically linked, meaning that staying active is key. When you improve your physical health, you'll automatically experience greater mental and emotional well-being. Physical activity also releases endorphins and powerful chemicals that lift your mood and provide added energy. Regular exercise can have a major impact of mental and emotional health problems, relieving stress, improving memory and help you to sleep better. Giving you an overall better outlook on life. There are also other ways to help improve your mental health; when you're busy and stressed you often get a lack of sleep, yet getting enough sleep is a necessity and even skipping a few hours can take a toll on your mood. Over the long term, not getting enough sleep can wreck your health and outlook.

Ways to support others: check in with others and listen to what they have to say, ask them if there is anything that would help support them, reassure them, avoid confrontation, ask if there is anyone they want to contact.

#### **Contact numbers:**

- Mind – 0300 123 3393
- NHS helpline – 111
- YoungMinds – Text to 85258
- Samaritans – 116 123
- Childmind - 0800 1111

# PSYCHOLOGY

## The Elevator Experiment

BY PAIGE S.

Social psychology is a specific branch of psychology which deals with social interactions, including their origins and their effects on the individual. One key psychologist that investigated this aspect of psychology is Solomon Asch. One of his famous experiments, is the 1962 elevator experiment. Within the experiment, confederates (people who know about the study) would all stand in an elevator, but they would do something that goes against social norms.

For example, one key social norm regarding an elevator is that generally when you go in you turn back around to face the door. Therefore, these confederates would not turn around and would face the wall instead. In the study there would be one naïve participant who would be unaware that they are being observed as part of an experiment into social psychology. The key finding was

that most participants would conform to the majority and would also turn to face the wall in the elevator! When asked afterwards, many would say that they turned around because they thought that others knew something that they didn't – this is known as informational social influence, due to the desire to be right in situations. The wider implications of Asch's conformity experiments reflected the influence of social psychology and how vulnerable people are to simply follow the majority in situations.

You can see replications of the study on YouTube.



# CLIMATE CHANGE COMMITTEE

We are all aware of the struggles of lockdown. But despite the hardships of isolation, it has still allowed us all to breath. Something else that has been allowed to breath during this time is Mother Nature. While we have all rested, She seems to have gained her energy back and regained some strength. Locally you may have noticed more birdsongs due to lower car use, or you may have noticed the sky was bluer and the horizon was clearer and you could see more, but globally there have been some impressive milestones and natural phenomena that have taken place.

For example, during lockdown we witnessed from February to March the fall of China's carbon emissions drop by 18%, reducing it by around 250,000,000 metric tonnes. Although after a seven-week period this did slowly creep back up to normal after China eased their lockdown, in September President Xi Jinping announced China "will strengthen its 2030 climate target (NDC), peak emissions before 2030 and aim to achieve carbon neutrality before 2060".

Within our own country, Britain went two weeks without using coal to generate electricity in April. This has been the longest period since the 1880s. It is now expected that the last three coal plants in the UK will be shut within five years. This is promising news

as coal is the leading cause of climate change and accounted for 43% of the whole global greenhouse emissions, so by not using coal it will significantly advantage the planet.

Also in April, the biggest Ozone hole in the North Pole closed. It was roughly the size of Greenland and occurred in March. Although it is not unusual for holes to be naturally created and naturally close, it is still reassuring to see it close.

To help tackle climate change, in June, Ethiopia pledged to plant 5 billion tree seedlings this year. Ethiopia has lost 97% of its native forests due to a need for land for food, so this is part of their reforestation initiative, aiming to restore 15 million hectares of deforested land by 2025. Over the next four years the Ethiopian Government wants to plant 20 billion trees in order to play their part in tackling climate change.

Lockdown has identified to us the problems which need to be solved. Now, all we need to do is find a solution to help the climate and maintain the restoration gained during lockdown.

# BUSINESS

BY ZOE J.

A key factor of business is developing an understanding for personal and business finance. Throughout the topic of personal finance, it provides a more in analytical explanation of various options students have for managing their finances.

As we progress through our lives, our financial needs adapt to the specific life stage we are currently at, these include childhood, adolescence, young adult, middle age and old age. Alongside this, there are four key terms:

- **Debt** ~ money that is owed.
- **Credit rating** ~ a rating that relates to how likely someone is able to repay their debts which is based on their previous experiences.
- **Bankrupt** ~ this is when a person (or a business) is unable to repay their debts and legally announces it.

- **Solvent** ~ when a person (or business) is able to pay bills and repay debts on a day-to-day basis.

Business studies allows you to gain an in-depth look into how to successfully manage your personal finances. The online business resource is attached under 'source', it is a great source of information for you to look into!

**Source:**

<https://www.pearsonschoolsandcolleges.co.uk/FEAndVocational/BusinessandEconomics/BTEC/BTECNationalsBusiness2016/Samples/Student-Book-1/unit-3.pdf>

# MATHEMATICS

## The Maths of Covid-19

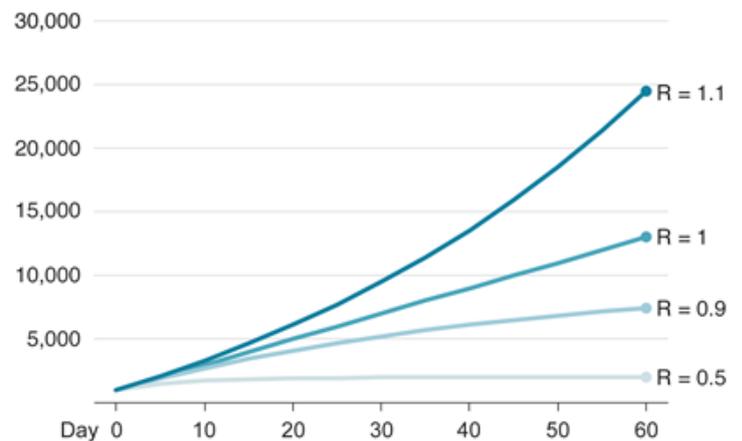
BY EMMA D.

Throughout this pandemic, maths has been fundamental in numerous ways, from analysing numbers of cases to predicting its growth and fatality rate. In particular, the R value (also known as the reproduction number) has been of great importance, as it provides a way of rating the disease's ability to spread, telling us how many people one infected person will pass on the virus, on average. Once a disease has an R rate above 1 it becomes more dangerous as the number of cases increase exponentially, whereas a lower number results in a disease to eventually stop spreading as little people are infected. For instance, currently the R number range in the UK is 1.3-1.6 meaning that on average every 10 people infected will infect between 13 and 16 other people. Although, as there is no way of knowing when each individual is infected, in order to calculate the R value, data on the time taken between each generation of infections is used, this is how long it takes for a reported set of people in an infected group to infect people in a different group.

In addition, another important statistic is the growth rate, a range of

percentages which demonstrate by how much the number of cases increase or decrease per day. Similar to the R value, mathematical models are used to compare data such as number of deaths, admissions to hospitals and number of positive tests to achieve an estimate.

**How 1,000 cases would increase under different infection rates**



BBC

This graph above showcases how an R-value above 1 exponentially grows whereas below 1 the outbreak eventually ends.