

NONSUCH NEWSLETTER

jan 2021

issue 01



written by the students, for the students.

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TWENTY



Your entire life can change
in a year. Make this year the ONE.

ONE

NEW YEAR'S RESOLUTION IDEAS!

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Written by Prathikah S

Here are a few New Year Resolution Ideas that you can add to your list! Whatever your New Year Resolutions may be, I really recommend you write them down as they make you more likely to complete them!!

1) *Taking time to destress daily*

This can help you reduce your screen time and can also help improve your mental wellbeing.

Examples include: Meditation, Exercise, Journaling, Writing down one thing you are grateful for every night



2) *Drinking more water*

It's so important to keep hydrated, one way to ensure you are drinking more water is by keeping a water bottle near you at all times.



3) *Learn a new skill*

This can include learning a new language or a new musical instrument, baking, arts and crafts (DIY), exploring new cuisines.

4) *Read a new book*

Can help you escape the current reality and can also help reduce your screen time! It's also a good way to improve your memory and concentration. Check out our book recommendations page for any inspiration!!

5) *Have a balanced diet*

Can also do this by intaking food that will boost your immune system given the current situation.

6) *Completing any homework the day you receive it*

This can help you stay on top of your work and ensure you are up to date with all your deadlines. This will also reduce any additional stress!!



7) *Maintain a regular sleep schedule*

This helps improve both your mental and physical wellbeing! If you have trouble sleeping, you can start by turning off any devices around you and drink chamomile tea or you can listen to sleep music to help you sleep.



shopping sustainably

HABITS THAT START FROM WITHIN

Written by Patricia K and Chiedza M

Throughout the decades, fashion trends have risen, fallen and resurfaced- merely waves in an ocean of social change. Veblen, a late 19th century economist, created the theory of 'conspicuous consumerism'- which showed how people's fashion choices were a display of their status in society. Times have changed and fashion now serves the purpose of self-expression for the majority. However, fast fashion-categorically known for its cheap and volatile nature- is a noxious concept which often over-exploits people and the planet.

The pandemic has impacted consumer habits in many ways. Not only are consumers growing more aware of the importance of sustainability, but some are beginning to actively make sustainable choices when it comes to shopping. Shopping, like other dopamine-eliciting activities, allows people to regain the control they believe they have surrendered to the pandemic.

But, with a greater disposable income and more time spent at home, some spending habits have turned toxic. Brands such as AliExpress and Wish boast low prices and the latest trends, which have allowed them to become so popular amongst young people. But how ethical are brands that sell flared trousers as cheap as £2? Prices as cheap as these can only be achieved by outsourcing labour (i.e.. Exploiting developing countries: by employing children, stretching working hours and ignoring health and safety measures) or by starting with poor quality materials.

Recently, there has been a resurgence of 'decade' fashion, with brands latching onto the trends of the 90's and 00's. For many teens, this particular interest may be an unconscious sense of 'anemoia' - nostalgia over a time that has not been personally experienced. Compared to the tough situation we are living in now, there is a growing idealisation of the past and of the future which has transpired in the world of fashion

This mindset can be dangerous: dissociating ourselves from the now, in hopes of being as distant from the present as is possible. In terms of sustainability: it can be a success – if done right. The right way would be sourcing these vintage clothes from second-hand sources (charity shops, car boot sales etc.) as it fulfills the 'Reuse' of the famous 3 R's: reduce, reuse, recycle. But what is happening now more than ever, is brands over-producing stock solely to fit this very trend, later disposing of what is left-over and in turn creating a surplus of environmental waste.

Trends are not only environmentally damaging, but they can be just as damaging for society. Even the 'Alt' (alternative) image that is so aspirational on Tiktok has now become a passing trend, despite the vast history seeping behind the fashion. Even the essence of there being an 'alternative' style contradicts its existence- of defying fashion. Now with the 'Grunge' aesthetic proving popular, many forget Veblen's very concept (dressing as a reflection of wealth) and that those who were authentically 'Grunge' were those who were struggling economically- not seeking to make a fashion statement. Non-conformist fashion is a means to seek liberation from society's ideologies... yet ironically their rising popularity has made them quite paradoxical.

In some ways, a society which abstains from trends is seen as a society which does not progress. But the modern society thrives off the seasonal fashion changes and has grown uncomfortable with motionlessness. In some ways, the pandemic has brought us this stagnant period of thought that we need in order to better ourselves. So, what can we, as consumers do? We need to make the conscious decision to define some of the changes in fashion as almost anti-trends (something that should not pass with time but should stay). Sustainability and ethically sourced clothes are a paragon of this. We need to buy less and think more.

We need to better the future of fashion.

BOOKS/FILMS/SERIES

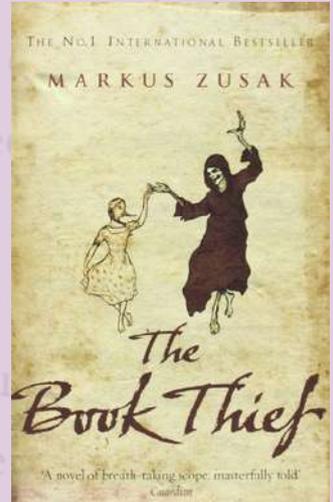
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FOR YOUNGER READERS & VIEWERS

Written by Piper H

A Book for a Younger Reader: *The Book Thief* by Markus Zusak - Narrated by Death, book follows the story of a nine-year-old orphan, Liesel, as she navigates growing up with her foster parents in Nazi Germany. When her foster father teaches her how to read, she instantly falls in love with the power of written language. Her passion for language leads her to rescue books from being destroyed and creating a wonderful friendship with a Jewish Fist Fighter the family are hiding from the Nazis.



A Film for a Younger Viewer: For Animation Lovers: *Corpse Bride*. This visually stunning film with an emotional yet heartwarming story is a must see. Set in Victorian England, Victor (voiced by Johnny Depp), messes up his wedding rehearsal and runs to the woods where he accidentally marries himself to Emily (voiced by Helena Bonham Carter), a corpse. Tim Burton incorporates the themes of loss, betrayal and love in a unique and interesting way. With a beautiful score composed by Danny Elfman this film is a must see.

A TV series for a Younger Viewer: *Victorious* -

No matter what age you are, you will be sure to love this Nickelodeon classic! This can be found on Netflix, and revolves around the main character, Tori Vega, who attends Hollywood Arts High School with her quirky and talented friends. Even if you watched the series when it was airing on your TVs, relaxing with 'Victorious' on in the background could provide some light, comedic relief at times when you do not feel like putting your full attention into watching a new series!

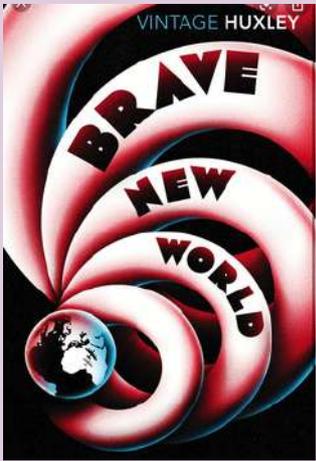


BOOKS/FILMS/SERIES

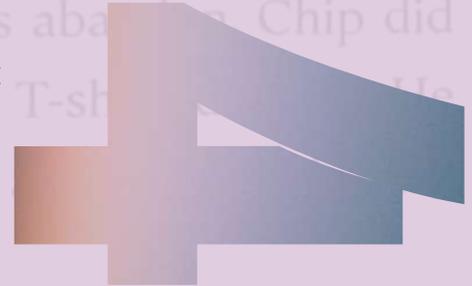
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FOR OLDER READERS & VIEWERS



A Book for an Older Reader: *Brave New World* by Aldous Huxley - Readers who have a spot for dystopian literature will love this science fiction novel! 'Brave New World' is mostly set in a futuristic state where society is environmentally engineered into a social hierarchy based on intelligence levels. The citizens of this alternate future are soon challenged by the story's protagonist, who is branded as a 'savage'. If you have an interest in what a possible future based on advances in sleep-learning technology, psychological manipulation and conditioning may look like, you should give this novel a try!



A Film for an Older Viewer: *The Favourite* -

History fans or not, you will be sure to love this film starring Olivia Coleman and Emma Stone! 'The Favourite' is set in early 18th century Britain, and centres its plot around the relationship between two cousins who are competing for the attention and to be the favourite of Queen Anne. Despite its medieval context, this film is a great display of feminine power in politics as well as the sexual liberties of women, having themes of modern feminism. If this is not enough to convince you to watch it, perhaps the fact that it was nominated for the Oscar in Best Picture will!



A TV series for an Older Viewer: A six part dystopian drama following the lives of a family through 15 tumultuous years of dictatorship, war and technological advancement. This show will change your perspective on political, environmental and economical issues as you watch the characters experience worst case scenarios, while also finding the comfort of family. Written by Russel T Davies and accompanied by composer Murray Gold, **Years and Years** will provide a rollercoaster of emotions and a newfound appreciation for life. This show is definitely for those 15+ and should be watched with discretion.



Written by Yasmina G

CULTURE

Find out about the traditions all
around the world

Albuquerque

International Albuquerque, New Mexico.

Balloon Fiesta

This event is held to bring together the community with no profit. The skies light up and for 9 days the community gathers as one

Hundreds of balloons set flight at this 9-day October fiesta in Albuquerque. Kids and adults alike gather to the massive launch site for its festival like atmosphere and the absolute spectacle of seeing countless floating balloons of all shapes, sizes and colors light up the desert sky.

On that note, now more than ever is time to consider your community and to recall that in unity there is strength

SCIENCE Quick Bits

Written by Anne T

RESEARCHERS FIND A WAY TO PULL CARBON OUT OF THE AIR AND TURN IT INTO JET FUEL

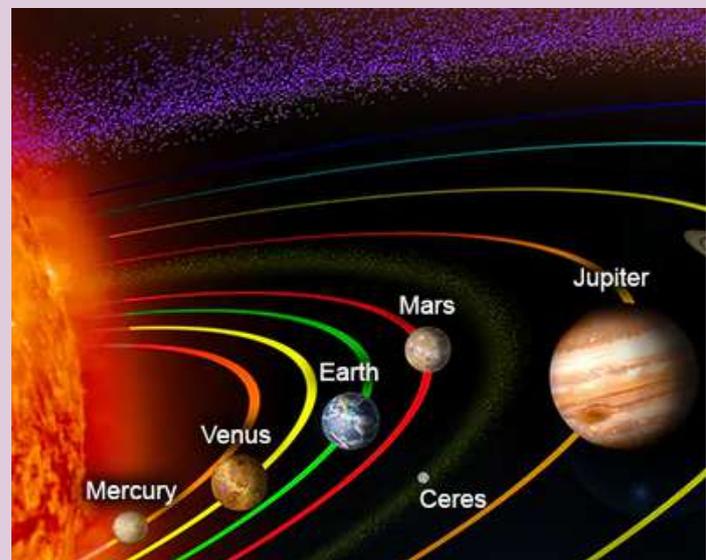


Researchers at Oxford and Cambridge have found a way for aeroplanes to convert fuel. They've done this by converting gaseous molecules straight into liquid jet fuel by using an iron-based catalyst. While the amount of fuel currently being produced isn't much, if it is used in the future it has the possibility to make all flights carbon-neutral

HUMANS COULD MOVE TO A FLOATING ASTEROID BELT COLONY



Now more than ever, scientists and large companies have been trying to find a way for us to safely live on another planet called Mars because it has a similar environment to ours. However, that destination is beginning to change. A dwarf planet named Ceres has been found inside a nearby asteroid belt and unlike Mars, it has a similar nitrogen content to Earth and also similar gravity. So could Ceres be the next home to humans?





HEALTH Resources

We've put together some 'must haves' in terms of resources to help you stay healthy at home.

Staying Active - You could try following along to a YouTube video by Lucy Wyndham-Reed, Body Project, or of course Joe Wicks for an in-house workout

Managing Anxiety - 1 in 5 people now experience difficulty with anxiety in the UK. Try investigating your anxiety with:

<https://www.goop.com/wellness/health/how-to-redirect-anxiety/>

Doing Mindfulness - Great apps include Headspace, Calm, Reflectly and Zen. The positive effects of mindfulness can be seen on an MRI!

Fixing Easy Meals - Eating well can help your wellbeing as well as your physical fitness. Check out these 16 healthy, fast, easy meal ideas for inspiration:

<https://www.healthyfood.com/collections/15-easy-lockdown-dinner-recipes/>

Did you know that laughter has been shown to improve blood flow by almost 20%? Learn more about the link between health, joy and optimism from Harvard Medical school:

<https://www.health.harvard.edu/heart-health/optimism-and-your-health>



FINAL FORTNIGHTS

We hope you have enjoyed our first edition of the newsletter. We will be releasing an edition fortnightly- so check your emails :)

If there is anything you want us to cover, drop us an email at...

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