

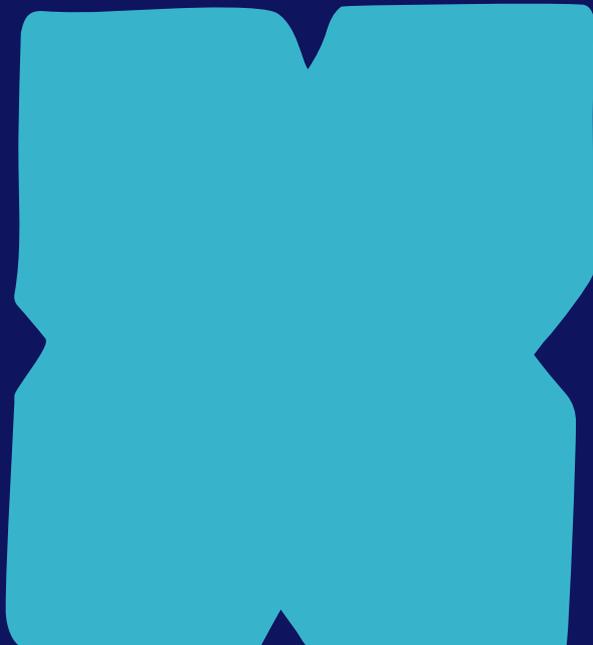
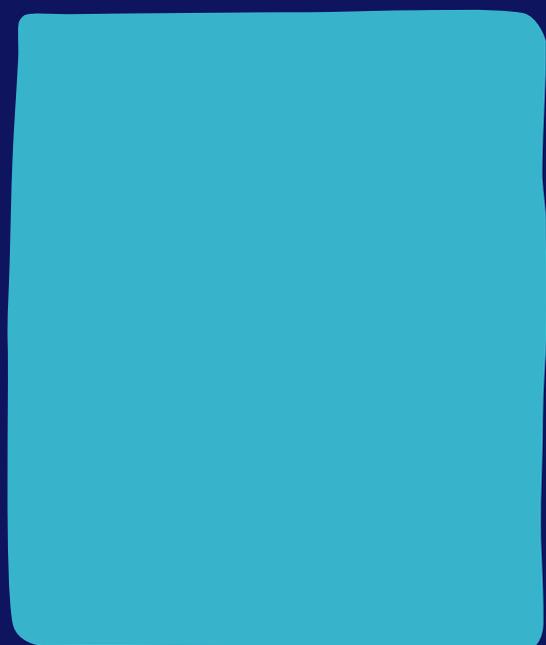
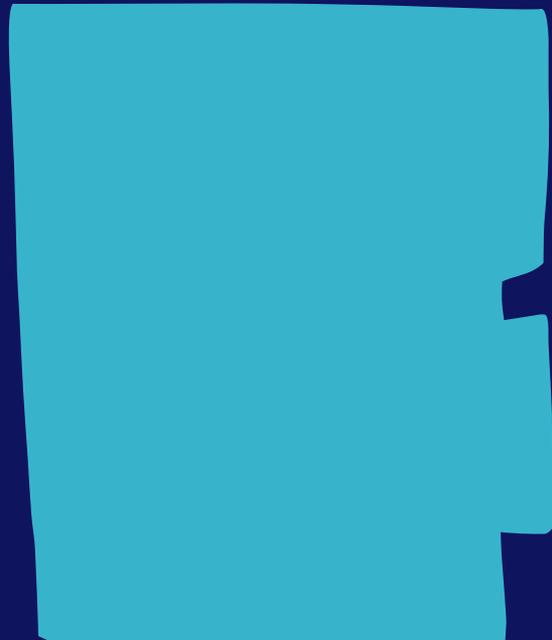
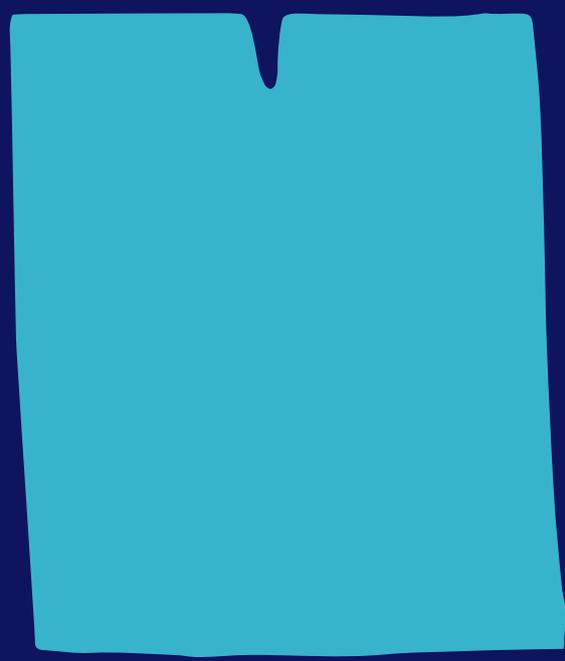
FULFIX



JANUARY

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As the New Year 'high' is over we are able to look at 2022 level headed. The new year means new changes, changes which are explored in this month's edition of Fulfix. From interviews with new headstudents to new scandals in Parliament.



RESOLUTIONS!

EDIE CARTER



Dry January? Veganuary? Giving up... Carbs? Whether or not you have made a resolution this year, recent research shows that the practise is not simply a folly of our modern world. As early as the Ancient Babylonians some 4,000 years ago, humans have been making some form of New Year's resolution. Not only did the Ancient Babylonians introduce this tradition, they were also the first recorded ancient civilisation to host celebrations of the New Year. Celebrations, however, were in mid-March when crops were planted; under the name 'Akitu', a 12-day religious festival was held. At this time, a new king was also crowned or loyalty to the reigning one was affirmed. I myself (like a lot of the country) am also hoping for a change in power at this time... Johnson, unfortunately, is resolutely clutching at those reigns of premiership, however tenuous they may be!

The Ancient Babylonians would make promises to the Pagan Gods to pay their debts and return borrowed

objects. We can trace these promises back as the origins of our New Year's resolutions! Generally, if the Babylonians kept their promises, the Gods would favour them in the coming year. If not, they would fall into that dark place of shame and guilt that persists today. (They also believed they would fall out of the Gods' favour – which no one wanted to be!)

Moving on to Ancient Rome, the reform-minded emperor Julius Caesar reveals another New Year's development. Tinkering with the accepted calendar, Caesar made January 1st the new date for the beginning of the year circa 46 BC. Clearly it stuck. The month was named for the Roman God, Janus, who was believed to have two faces: one looking back on the previous year and one fixed on the future. The Romans used to offer sacrifices to the deity and would make promises of good conduct (resolutions) for the coming year.

Early Christians chose the New Year as the occasion to reflect on past mistakes and to resolve to do and be better in the future. This is not an unfamiliar sentiment today. Clergyman John Wesley (the founder of Methodism) created the 'night watch service' to be held every New Year's Eve/New Year's Day. At these services, scriptures were read and hymns sung. This was for those people who were less inclined towards the popularly accepted raucous celebrations and preferred a night of praying and resolution. These traditions and services persist in some Christian denominations today.

Despite its religious roots, New Year's resolutions are mostly secular today. Rather than vowing our devotion and good-willed intentions to the Gods to stay in their favour, we promise ourselves that we will not open that biscuit jar until February. Focussing on our own self-improvement, we often struggle to stay stoic in our resolutions. Recent research shows that around 50% of Americans make serious resolutions but only a dismal 8% actually achieve their goals. Still, after 4,000 years of practise, that does not stop us from loudly professing to our friends that we are going vegan... Only to later regret this decision as we resignedly give up for the sake of a square of dairy milk around the middle of January! Research shows that the day people are most likely to renounce their resolution is actually the 19th of January. So, if you make it that far or even past that... Well done!

THREE IS THE MAGIC NUMBER

FINN PATCHESA



James Cook

Jamie Smith

Edie Carter

After a tantalizingly close Head Student Election that saw three Head Students elected for the first time in Fulford School History, I sat down with James Cook, Jamie Smith and Edie Carter to discuss their aspirations for their newly appointed role as Head Students.

I led off with a broad question regarding their ambitions and the sort of legacy they wished to leave. Answering with the composure and confidence that characterises him, James Cook began the interview:

‘Generally, our ambitions for the role are to make it ours. We want to set a clear precedent that we will take forward the fantastic work of Katie and Jake... we’re not coming here to tell you that we will change the world, but what we are saying is that we want to leave a great legacy.’

Jamie – ‘The Council provides a great opportunity to talk to other valued members of our sixth form, and bring their ideas in their specific roles, which will help us create a legacy for the things we care about, but also the things that students care about, creating a base for future Head Students.’

Edie – ‘I think that is why having three Head Students is so great...having three different people gives the Head Students greater weight to get things done. As James

said, we are not going to change the world, but we firmly wish to change the culture of Fulford School.’

Jamie – ‘We are in the perfect driving seat to make change after the lockdown. After Covid, everything has regressed or completely halted. Organisations such as the Amnesty Club, Mental Health Champions and many sporting activities have ceased to operate and we want to kickstart these, and get the community running once again.’

My next line of questioning was what the Head Students believed they could personally bring to the position.

James – ‘I think if you limit it to one element it does not give the full picture – we all have a plethora of experience and talent to bring to the table... and that is certainly not limited to just one aspect. It will be a constant flux of ideas that will amalgamate into great policy cultivation.’

One of the most prominent programmes that the Head Students spoke of was the Mental Health Champion position. Since being elected on Wednesday 19th January, the Head Students have already begun their

work re-establishing such a role – a clear display that they are working hard to fulfil the promises made in their campaigns.

Jamie – *‘Although the Mental Health Champion role is pre-existing, it has many problems at this current time. We will make access to such a role more widespread, particularly for the lower years, where we will appoint new representatives.’*

Edie – *‘The resetting of the Mental Health Champions is a thing I am greatly excited about... I have spoken to some of the coordinators at York Mind, and they have established that they wish to work closer with the school, which is brilliant news.’*

Breathing new life into a position like this is particularly important coming out of the pandemic; the statements made by the Head Students are definitely reassuring to hear.

Edie – *‘The taking of language learning in a different direction is also especially important to us. By setting up a twinned school, we can inspire passion for languages – the way that it is currently taught simply does not do this. This is certainly not a problem with our language teachers, but more so on a national basis, and one suggestion we could implement to improve this is the setting up of pen pals.’*

James – *‘If you saw my campaign PowerPoint, you would’ve seen that I briefly advertised the School Partnership Programme, which would be a great way for the school to set up a twinning programme. Later down the line... this could manifest itself as exchange trips... the opportunity to broaden your horizons, speak a new language and see the world – I doubt anyone would turn down the prospect to do that.’*

Edie – *‘The incredibly poor A-level language uptake... is something we wish to resolve, and I hope that these partnership opportunities could help solve this problem.’*

I then questioned the Head Students (particularly James and Jamie), about the approach they will take to resolving the issues of footballs in our school – a promise that they both made during their campaign speeches.

James – *‘I think footballs are a great problem faced by the students at the moment, so my approach to*

resolving this will tie in with a reward system. I remember... [football] being the main thing I looked forward to the most during the day but when we had no balls, I recall doing nothing and resorting to doing something stupid to pass the time. ... We will certainly provide a framework where within students can improve their own access to footballs, which will hopefully tackle the issues of people doing nothing at lunchtimes.’

Jamie – *‘The footballs are an idea that James and I had, and wish to pursue, but by no means are we promising to give everyone a football whenever and wherever they want. As Head Students we will have the backing of the school, and hope we can use this authority to effect positive change.’*

After this, I decided to delve into the chemistry between the Head Students. Of course, their promises are greatly encouraging, but without a functioning relationship between themselves nothing will get done. Fortunately, this does not seem to be an issue within the group.

Edie – *‘Mr Walker has labelled us the “Dream Team,” and I think that is a perfect description.’*

Jamie – *‘We all know each other very well, and we are all in the same history class, so let it be known – historians rule the world! We are very excited, and I think the fact that we want both different and similar things will work very well.’*

It is clear from the time that I spent with the Head Students that they are a lovely group of people, deeply committed to improving our school in as many ways as possible. The actions that they have taken already, paired with their lofty ambitions, will certainly spell a successful tenor for the newly elected Head Students.



JOHNSON RESIGNING

OLIVIA BLACKBURN



"If the prime minister has misled Parliament, then he must resign" - Douglas Ross

With the broadcasted knowledge of not only the No.10 Downing Street Christmas Party, but now the May 2020 Garden Party as well, some are calling to Johnson to resign from his current position as Prime Minister, including the Scottish Conservative leader Douglas Ross.

I imagine that you have heard of the Christmas party, but possibly not so much the May 2020 party, as it is more recent in terms of how it has come out (towards the beginning of January) and possibly less publicised than the Christmas party. For those of you that are not aware, an email from Martin Reynolds, Principal Private Secretary of the PM, to around 100 No.10 staff was forwarded to ITV News. This email read:

"Hi all,

After what has been an incredibly busy period we thought it would be nice to make the most of the lovely weather and have some socially distanced drinks in the No10 garden this evening.

Please join us from 6pm and bring your own booze!!"

ITV News believes around 40 people attended, including the PM and his wife, Carrie Symonds. However, when asked about it, he responded that he, in fact, did not attend the party formally, but only attended for around 25 minutes to "thank groups of staff", and that it was a "work event" rather than a party. He insisted, according to Sky News, that "Those were people at work talking about work. This where I live and where I work..." as a justification of the party.

However, all of this is being assessed and investigated by Sue Gray, Second Permanent Secretary in the Cabinet Office (a role which would have been chosen or at least approved by the Prime Minister). She took up the role of leading the investigation after the Cabinet Secretary had to step down from the role, when it became known that the Christmas 2020 event had been held in his own office. Some may, therefore, think the report to be biased, especially accompanied by the fact that Boris Johnson himself had commissioned the inquiry investigating him. From the week commencing the 24th January, the report can be publicised. Ultimately, what happens after this will be down to the Prime Minister and as Catherine Haddon, a senior fellow for the Institution of Government, has said, "It's not a formal parliamentary, -judge-led or watchdog inquiry, so [the report is] not the final word."

Though this is true, the report may impact the popularity of Boris Johnson, who back in the 2019 General Election had won by a majority with 365 out of 650 seats. Already, people within his own party have been showing their newfound lack of support, and this has included a few defecting to other parties. The most noticeable of these defections has been Christian Wakeford, originally a Conservative holding the Bury South seat that has defected to Labour, with Sir Kier Starmer offering him a "warm welcome". It has been believed that he had written a letter of no confidence to the PM after the 2020 parties, containing the phrase, "You and the Conservative Party as a whole have shown themselves incapable of offering the leadership and government this country deserves". Finally, on the 20th January, he crossed the floor of the Commons to the opposition party, to the cheers of his new colleagues just ahead of 'Prime Minister's Question's'.

So, what will happen to the Prime Minister in light of the Sue Gray Report, and do you think that Boris Johnson will resign from his role as PM?

COMBAT FAST FASHION IN YORK

ZOE LETT



As sixth formers we can wear whatever clothes we want. But at the same time, we need to be aware that fast fashion is contributing to global warming, pollution and exploitation of workers - this means that our choices as consumers matter.

Fast fashion is cheap and trendy clothing that often copies celebrity and catwalk fashion. The idea is to get the clothing onto the high-street as fast as possible, while the newest styles are at their most popular. After a few wears, these clothes are then discarded.

But this fast fashion comes at a big price for our planet. The textile industry is the second highest industrial polluter in the world, causing 10% of global carbon emissions, with around two-thirds of the carbon footprint of an item of clothing coming from the production of its fibres. The industry is also a mass consumer (and waster) of water. According to the 'Good on You' website, about 20% of the world's wastewater is a direct result of fabric dyeing and treatment. This untreated wastewater is often pumped back into water systems, contaminating its contents with toxins and metals, affect-

ing not just the environment but human and animal health.

In addition, the only reason fast fashion brands can be sold at a cheap price is because they use cheap labour. 90% of the world's clothing is produced in low and middle-income countries where safety rules are not as strict as in the UK. Safety hazards include lung disease caused by cotton dust and synthetic air particulates, and injuries caused by long hours of work and lack of breaks.

In York, high-street shops such as Primark, Zara, and H&M offer fashionable clothes at a reasonable price, but these clothes are costing us our planet. A company which is extremely popular in Fulford is Urban Outfitters. Although prices are high, leading us to assume that the company is using sustainable practices, this apparently isn't the case. According to the 'Eco-Stylist' website, Urban Outfitters does not disclose where its products are made, and does not measure any of its emission rates. The website claims that Urban Outfitters also does not share the conditions that its products are made in, or even share knowledge of human rights violations.

As consumers, we have power to change things for the better. It is up to us where we shop and our actions can help improve the situation and protect our planet. Buying fewer clothes is an obvious way that we can make a difference. But, if you have a shopping addiction like me, reusing is also a great option. Charity shops sell pre-used clothes at cheap prices and are also a good place to recycle your old clothes so that they don't end up in landfill. If you are prepared to spend a little more money, vintage shops are also becoming more prevalent in York and online. Recently 'The Vintage Store' opened on Parliament Street in York. The owners have said: "We are definitely not fast fashion. Every single piece is true vintage, has been worn before". You could also look out for 'Bowler and Betty', 'Chinese Laundry', 'Expressions' and 'Dog and Bone Vintage' on the streets of York. Online sites such as Depop and Vinted are not only a place you can look for second-hand clothes, but you can also sell your pre-loved items (and make a little bit of extra money).

Finally, a good point to mention is that fashion is not always about fitting in and following expectations. Fast-fashion is always going to be around and bought by us, and the odd purchase is acceptable if it is going to be a well-loved and worn item in your wardrobe. However, there is no need to follow every micro-trend seen in the media or worn by others!

RECENT MUSIC RELEASES



THE OVERLOAD

Yard Act

Debut Album

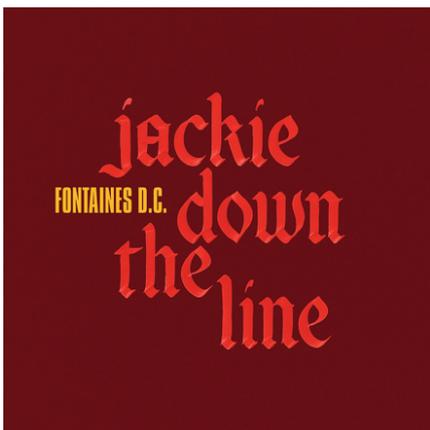
The Leeds band's tongue in cheek take on Brexit-era post-punk has the humour, polish, and character-driven storytelling of classic Britpop.



BUENA VISTA SOCIAL CLUB

Buena Vista Social Club
25th Anniversary Release

The 1997 album which has contributed to popularising Cuba's rich musical heritage, has been revisited and is as timeless as ever.



JACKIE DOWN THE LINE

Fontaines DC

Single

The first preview of their third album (set for release on the 22nd of April), is a soundtrack for those dreaded January blues.

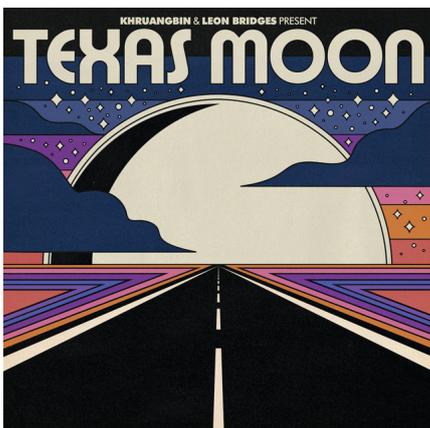


THINGS TAKE TIME, TAKE TIME

Courtney Barnett

3rd Studio Album

This is an assured leap forward for Barnett. She is at her most relaxed, creative and joyful, giving you a look into the private world she has created.



TEXAS MOON

Khruangbin & Leon Bridges

Single

Bridges' honeyed tones ooze into the steady bassline, swirling guitar, Hammond organ and synthesizer.



IM HOLE

Aya

Debut Album

Over an impressionistic hum of abstract electronics, Aya Slinclair's voice throws open the curtains of her debut album with cheeky sincerity.

FILM REVIEWS: NO WAY HOME

JAMIE GRAINGER



Yes. Yes. Yes. Different gravy! 'No Way Home' delivers everything you want from a Marvel epic. It's cheekily self-aware, unapologetically heartfelt, and thrilling from start to finish. If you've seen all the Spider movies before this, you should definitely check this out. Truly, a fun mixture of all the Spider-Man movies merged into one that provides an epic milestone for this franchise and opens up a multitude of new pathways for the Spider-Man universe.

'No Way Home' takes place immediately after the events of 'Far From Home'. Tabloid journalist J Jonah Jameson has publicly unveiled Spider-Man's identity, causing his life and those of his closest friends to fall into chaos. In hopes of setting things right, he turns to Doctor Strange for some magical assistance so that everyone forgets Spider-Man's identity. However, the spell goes awry and villains from across the Multiverse have found their way into his dimension. It's therefore up to Peter to find a way to return them to their own realities. Now, Peter will have to overcome his greatest challenge yet, which will not only forever alter his own future but the future of the Multiverse.

Spider-Man, Spider-Man, does whatever a spider can, spins a web, any size, catches thieves just like flies. Look out here comes the Spider-Man! The new sequel 'Spider-Man: No Way Home' topped \$600 million, becoming the biggest hit in Sony Pictures' history and

ranking as one of the 10 top-grossing domestic hits of all time. The film is definitely a treat for Spidey fans as it is full of surprises, and gives us an opportunity to see old faces we never thought we would see on the franchise again.

Director Jon Watts delivers all the action, drama, and laughs we expect from a Spider-Man film while taking the superhero genre in a bold new direction. 'No Way Home' puts Peter in a series of no-win situations where the physical and emotional stakes make for some explosive drama.

But what takes the story to the next level is what it has to say about comic book films and what it means to be a hero. 'No Way Home' interrogates our black and white notions of good and evil and ponders what transforms people into villains. The film even asks viewers to consider why they enjoy seeing mentally unstable people punished.

Steering clear of spoilers, I can tell you that the final act piles on more surprises while paying homage to fans and past character storylines. Devoted fans will relish in the quick-witted script, revisiting the past and looking to the future as this popcorn-munching movie is an excellent ride till the end. Be sure to stay for the ending credits as you'll get a sneak-peek into Spider-Man's next chapter.

BIG BUSINESS IN FOOTBALL

ETHAN TAYLOR-BRAMALL



Recently you may have seen your favourite team promoting a “token” or cryptocurrency to its fans. In fact, 17 of the 20 teams in the Premier League have made deals with NFT or crypto companies to sell currencies to fans and in just a few months they have made hundreds of millions of pounds. You don’t have to know the ins and outs of crypto to know that this isn’t good business practice: selling volatile currency to people unaware of this volatility could be dangerous and could cause some fans to lose a lot of money. This is evidence of the fact that, in recent years, football clubs have slowly become less like football clubs and more like businesses—and in some teams’ cases, brands.

A good place to start would be in 1992 with the creation of the Premier League after the top teams abandoned the first division in favour of lucrative TV deals with Sky Sports. This wasn’t all too bad as the increase of money led to better football in England and many clubs diverted from “Brexit Ball” to a more European style of play. However, this money often wasn’t invested in local English players but to foreign-born talents. This

culminated in 2005 when Arsenal under Wenger started an all-foreign squad. With there being no locals, it was clear that the players were there for the glory and not for the club nor the fans. Since then, the Premier League has adopted a homegrown rule which has improved things although the Premier League still often buys foreign talent instead of investing in local players.

In 2008, Manchester City lost 8-1 to Middlesbrough and finished midtable in the Premier League. Later that year, Sheikh Mansour of Abu Dhabi royalty and the deputy prime minister of the United Arab Emirates bought the club. You probably know the rest of the story; big money buys big players and big players win big trophies. If you’re not a City fan you probably think this wasn’t a good thing for the English game as City have won 5 Premier Leagues, 2 FA Cups and 6 EFL Cups in just over a decade. Man City’s success showed rich people across the globe that running a football club was as easy as throwing money at it; in 2021 Newcastle United was bought by the Saudi Arabian Public Investment Fund, worth over 500 billion US Dollars, and it’s safe to say they will be splashing cash this transfer window.

Also in 2021 was the official announcement, backlash, and subsequent downfall of the “European Super League”, as the name implies, was a league system with “super” European clubs all signed up for it. This was incredibly unpopular with supporters as most working-class fans cannot travel to Europe regularly. This would also siphon a significant amount of funding for the Premier League and the rest of the football pyramid; effectively putting a dam in the flow of money to lower leagues at a time when lower league teams are regularly faced with financial problems. It was unclear if the teams involved with the Super League would actually get away with it unpunished so one by one the clubs stopped talking about it.

To conclude: big business and globalisation have both contributed to what some may see as the downfall, or the beginning of the end of the beautiful game. It was Churchill who called football a “game for gentlemen played by hooligans” as back then, footballers were tough working-class men (something Churchill wasn’t a fan of). However, it is now played by over-paid millionaires with no dignity or respect for the heart of football; dodgy sponsorships, over-priced shirts, empty stadiums, and billionaire owners weren’t as big of a problem in the past but are definitely here to stay. Perhaps the state of football is allegorical of the state of the world, and boy, it’s not looking too good.

PUZZLES

ANYA CHUI

Cross Word

D	D	A	R	W	T	L	L	E	A	D	E	R	S	H	I	P	C
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R	E	I	S	I	A	M	A	T	N	L	J	S	F	S	T	J	I
W	D	E	A	M	X	T	R	O	A	G	E	N	E	M	R	A	C
V	C	I	Q	M	D	J	N	J	E	E	M	Y	N	I	T	M	C
S	O	J	V	U	Y	N	I	J	U	D	L	X	E	T	M	I	W
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M	T	S	V	I	R	L	G	C	O	M	M	U	N	I	T	Y	T
A	U	C	H	M	O	S	I	G	I	S	A	Q	E	E	H	V	R
J	S	R	G	U	V	R	I	T	J	D	D	E	I	F	O	L	S
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R	O	P	V	N	U	P	H	E	T	M	O	E	L	D	D	P	E

- | | |
|----------------|------------------|
| 1. Alice | 10. Experience |
| 2. Carmen | 11. Head Student |
| 3. Community | 12. James |
| 4. Cory | 13. Jamie |
| 5. Diversity | 14. Leadership |
| 6. Edie | 15. Learning |
| 7. Environment | 16. Maisie |
| 8. Equality | 17. Rhiannon |
| 9. Ethos | 18. Wellbeing |

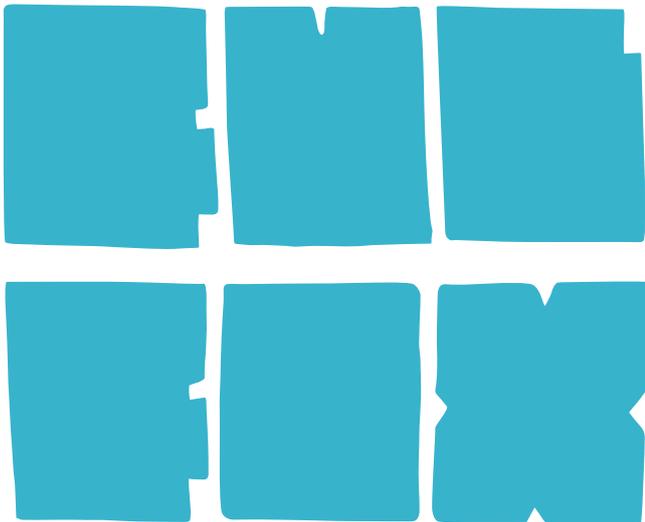
Sudoku

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						7		1
	7			3				
	3	9					5	2
		5	2		8	1	4	3
			4	5				8
	9							

SOLUTIONS

Cross Word

D	D	A	R	W	T	L	L	E	A	D	E	R	S	H	I	P	C
W	G	S	L	G	T	N	E	D	U	T	S	D	A	E	H	Q	D
R	E	J	S	I	A	M	A	T	N	L	J	S	F	S	T	J	I
W	D	E	A	M	X	T	R	O	A	G	E	N	E	M	R	A	C
V	C	I	Q	M	D	J	N	J	E	E	M	Y	N	I	T	M	C
S	O	J	V	U	Y	N	I	J	U	D	L	X	E	T	M	I	W
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7	6	5	2	9	8	1	4	3
3	1	2	4	5	6	9	7	8
8	9	4	3	7	1	6	2	5

REMEMBER