

The Wellbeing Issue

# THE MILLHILLIAN

*Written by the pupils,  
for the pupils*



Looking after your mental health is not something we should just do if we are struggling, or feeling low, anxious or stressed. It's actually something we should think about all the time and really invest in, just like with our physical health.

Having good mental health can help us sleep better, feel better, enable us to do the things we want to do, and help us have more positive relationships with those around us. We do not need to wait until we're struggling.

Looking after our mental health is not only good for us now, it can also help us deal with and manage difficult times in the future. Over time, it may also reduce our risk of physical health problems.

We have covered a range of issues in this edition of the Millhillian. If you are affected by any of the issues raised, please remember that you are never alone and there is always someone that you can speak to: We have a fantastic team of counsellors in school who are always happy to listen. You also have your tutors, Housemaster/Mistress, classroom teachers, parents and each other. You can also connect with the organisations below:

Bullying

[www.childline.org.uk](http://www.childline.org.uk)

Consent and healthy relationships

[www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)

Drugs and Alcohol

[www.talktofrank.com](http://www.talktofrank.com) 0300 123 6600

Gambling

[www.gamcare.org.uk](http://www.gamcare.org.uk) 0808 8020 133

Mental health and wellbeing

[www.mind.org.uk](http://www.mind.org.uk)

[www.samaritans.org](http://www.samaritans.org) 116 123

[www.themix.org.uk](http://www.themix.org.uk) 0808 808 4994

[www.depressioninteenagers.co.uk](http://www.depressioninteenagers.co.uk)

Sexual health

[www.brook.org.uk](http://www.brook.org.uk)

# The Wellbeing Issue

Byron R



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# EDITORIAL TEAM



LIV A  
Editor



KEON K  
Photographer



NITA K  
Design Editor

## CONTRIBUTORS:

ALEXANDER W  
AMELIE K  
EVELYN T  
OLIVER C  
MILES M  
SAM L  
MATTHEW B  
SOPHIA P



MAYA S  
HEAD OF WELLBEING ISSUE





## The Wellbeing Room

The Wellbeing Room is the newest addition to Mill Hill, a space created by a group of students in Mill Hill Minds. Its purpose is to be a place where pupils can come to clear their mind and enjoy tranquil activities such as 'colour me calm' books. Over the course of this term, some of the art pupils have volunteered to paint a mural of birds on the walls to give the Wellbeing room a more vibrant feel.

### Interview with Miss Boyle

#### **What is your role at Mill Hill School?**

Assistant Head teacher responsible for Pupil Development and Wellbeing.

#### **What is the Wellbeing Award?**

The Wellbeing award is a nationally recognised award developed by the National Children's Bureau. The award intends to help schools prepare and equip themselves to promote emotional wellbeing and positive mental health. We recognise that the wellbeing of our staff and pupils is integral to our success, and our participation in this award pledges our commitment to improving our practice, to ensure that everyone's wellbeing is at the forefront of what we do, and sits at the heart of our school life.

#### **What, in your opinion, has the biggest influence on Mental health and Wellbeing?**

I think that there are three main influences: mind set, healthy routine, and utilising a support network. Mind set is key; if you are able to approach issues with positivity and look for solutions instead of ruminating about the issue, then even the most difficult problems can become a little less daunting.

A healthy routine in terms of exercise, diet and sleep helps you to maintain a positive mind set and remain strong enough to deal with challenges. Quite simply, we do not function at our best and are not able to be as resilient when we are hungry, malnourished, tired or unwell.

A positive support network is also a key influence on wellbeing, like the old adage: "a problem shared is a problem halved". If you feel alone, isolated or trapped, it can be very difficult to see a way forward. I urge people to seek help when they need it - suffering alone, even with a positive mind set, will take its toll. We will all need help at some point and we need to be willing to approach and ask other people, organisations or professionals for support and help.

#### **Do you have any tips for someone who may be struggling with their Wellbeing?**

Don't be afraid to be open, ask for help or seek support - it always helps to talk to someone, even if you think they won't be able to help!





# The Best Throw of the Dice is to Throw Them Away

A recent study carried out by Cardiff University shows that two in five 11 to 16 year olds have admitted to gambling. The same study also shows that children from a minority ethnic background were two or three times more likely to have gambled. As we can clearly see from this study, a huge number of people are being exposed to gambling at a very young age, but is this a problem? There is a very large stigma surrounding gambling and the negative effects it can have, but what needs to be understood is that not all gamblers are addicted and most know how to gamble in moderation.

At its heart, the gambling industry is one which is fundamentally unsound: to design a business that makes profit solely from the loss of its customers is morally flawed. Despite this it can be argued that gambling is the same as any paid form of entertainment, such as a movie or roller-coaster, and that you simply pay for the thrill and the flood of adrenaline you receive when being dealt that next card, betting on black or choosing your favourite horse. However, what needs to be understood is that this thrill is completely engineered and planned by the betting companies; the risks are calculated and the odds are always stacked against you, but the hook that draws you back in is the potential winnings. Your rationale knows you won't win but there's still a part of you that gets drawn back each time because there's always a chance you might win, no matter how slim.

On a biological level, addiction to gambling is caused by the rush of dopamine that floods through you when you take a risk with your bet. Other reasons to become addicted to gambling are to try solve financial problems, overcome boredom or even to become more socialised. Addiction to gambling is a serious issue and should be treated just as severely as a drug or alcohol addiction. A gambling addiction can lead to financial disaster, put great strain on your relationships with family and friends, interfere with your work and lead you to do things you never thought you would do, such as run up debt (or in extreme cases steal money to fuel your gambling problem). In the UK alone, more than 2 million people are either problem gamblers or at a high risk of becoming addicted to gambling in some shape or form. A problem gambler is someone whose gambling activity disrupts their life in some way, whether that be time or money; a problem gambler doesn't have to gamble frequently to still cause disruption to their life. Gambling is the 8th most common addiction in the world and more awareness needs to be raised as it can have a huge effect on the mental state of a person, as you are stuck in a vicious cycle of chasing your losses and losing more in the process. In extreme cases, some people decide that taking their life is the only way to break out of the cycle: problem gamblers are 15 times more likely to commit suicide than someone without a gambling addiction.

If you look at gambling as a form of entertainment and you take enjoyment from the thrill and dopamine rush it provides then that's fine, but you have to be able to know when to stop and be able to accept when you've spent too much money or are playing too much: gambling addiction is a serious problem which can have major impacts on your mental health and your state of wellbeing. The easiest way to avoid becoming addicted to gambling is to try and abstain from gambling completely in the first place. Although gambling is a flawed concept, it is so ingrained into our society (Las Vegas is a city built on gambling) that it isn't going anywhere for the time being, so we must learn about the dangers of addiction to gambling and how to avoid them.

Oliver C





# Coping Through Exam Season Top Tips

I'm sure we have all been there at some point: writing to-do lists for hours (to avoid doing anything), Netflix binging, staring out the window, settling down to do some work (only to read the same line over and over again about 10 times)... this might come as a bit of a shock - but these all happen to be forms of procrastination!

In this article, I would like to share some tips that have helped me survive the dreaded exam season:

**Exercise-** it is essential to schedule some exercise into your revision timetable, even if it seems like a waste of precious time that could be used for much more important things (or so you believe). In the long term it is not only good for your physical health but it also helps:

- Your brain to focus and absorb more information.
- To combat stress.
- To improve sleep at night.

**Keeping a good diet-** Although it is quite common to have an increased appetite when studying for exams it is also critical to recognise that in order to revise most effectively it is instrumental to maintain a balanced diet so the brain is being supplied with the necessary nutrients that is needed to absorb a significant amount of information.

**Routines or timetables-** In order to make the most out of your revision time, routines and timetables are highly recommended to those that may be lacking motivation or may be feeling overcome with stress. Routines and timetables help provide structure to the endless hours of revision. It also helps to set yourself a target for each day so that you can feel that you have accomplished something by the end of the day.

**Reward yourself-** Sometimes it is important to just break the infinite cycle of revision and take some time off to relax after all the hard work you've done. Whether it's going out with friends for a couple of hours, or chilling with the family, or binge watching your favourite show for a couple of hours - you should give yourself some time off to let off some steam!

**EXAMS ARE NOT THE END OF THE WORLD-** Although they may seem like your whole life at the time, exams are only a small part of the whole. Regardless of the outcome there are so many more important things that life has to offer and loads of exciting experiences to be had. Don't forget - there are numerous amounts of people who have become incredibly successful without getting 100% in every exam.

# Phone Management

**Better habits:** Most people spend a great deal of time checking their phones. This has become a habit. If you feel that you check your phone too often it might be a good idea to think about how you can either replace this habit with another to have a complete digital detox. Many studies have shown that it takes 8 weeks to form a habit and roughly 3 weeks to break one. Do you think you'll be able to complete a digital detox? Challenge yourself and see how long you'll last. Maybe do this with a friend.

**Limit yourself:** Almost all mobile phones have a screen time limit which you can set to make sure you are spending a controllable amount of time online. You can set this limit for all apps or just a few. This limit will stop you from using your apps until you type in a set password when you exceed your time limit. Maybe you can set yourself a time limit so you can work out how much time you spend online. You can also use apps such as Forest which measures the amount of time you spend on a particular app. Forest is interesting as it plants a tree each time you complete a session; staying away from a particular app. If you decide to exit Forest it will ask Do you want to kill a tree?. Using Forest you can manage your screen time and help save the planet!

**Rewards:** You should take an opportunity to reward yourself when you have resisted temptation and used your phone less. The list of rewards is endless and this will give you an incentive to manage your phone better.

**Activities:** Time spent on your phone scrolling endlessly means you are not doing other things which may have a better impact on your emotional and physical wellbeing. Do you really need to watch another video? Like another post or add to your story? Maybe you could spend that time cycling, reading, writing or meeting friends in person rather than watching their snaps! Think about what excites you and start doing it.

Our phones are great and they help connect us in lots of different ways but don't let your phone take over your life.

**Nita K**





# ADHD

## My Secret

### Super

### Power

ADHD stands for Attention Deficit Hyperactivity Disorder, which is a neurological disorder that affects attention, the ability to sit still, and self-control. A person with ADHD has differences in brain development and brain activity. Studies show that Brain chemicals called neurotransmitters, don't work the same in children and adults with ADHD.

As someone with ADHD, I have found my diagnosis to be both a blessing and a curse. ADHD affects my ability to retain information in my short term memory (I am very forgetful), organisation, concentration and energy levels. Through trial & error, research, and motivation I have found ways of not only managing my ADHD but using it to my advantage.

I have lived with ADHD for 16 years but was only diagnosed in 2017. Living with ADHD was never something that I noticed in my everyday life because it's all I've ever known. Even so, at times I became incredibly frustrated and often questioned why everyone else was able to learn and recall information and I couldn't? Wrongfully, I accepted that I just wasn't as smart as the people I was surrounded by leading me to approach every task with an apathetic and uninspired attitude.

The diagnosis changed my negative thought process, as I was finally able to learn how my brain worked and I was given treatment which enabled me to manage my diagnosis. After learning I had just as much intellectual ability as my peers, I decided to turn my diagnosis into a positive and think about how ADHD can be used to benefit me. I wasn't satisfied

with the preconceived judgements that came along with having ADHD, I promised myself that no matter how hard I had to work it was not going to affect anything that I wanted to accomplish.

It's very hard to describe what it feels like to have ADHD. Everything around me is enhanced, the sun shines brighter, the colours around me are more beautiful and I'm filled with a seemingly infinite rush of energy that allows me to apply myself wholeheartedly to everything I do.

ADHD has forced me to be organised and prepared at all times. It gives me a child-like curiosity that spurs me to ask questions and learn more about the world around me, I see the bigger picture, which makes me grateful for everything and everyone around me.

I believe it is important to appreciate our differences and take advantage of what sets us apart. Einstein once said "If you judge a fish on its ability to climb a tree, it will live its whole life believing it is stupid". ADHD makes some of the most simple tasks almost impossible, however when I do struggle this quote really resonates with me. It reminds me that though I am different, I am better equipped to overcome the challenges that are thrown at me. I have learnt that personal success can be achieved not by competing with those around you but by competing with the person you were yesterday. These are the reasons why ADHD is my secret superpower!!

Liv A



# Substance abuse

Your teenage years are a time for experimentation and experiencing things which can often lead to young people trying drugs for the first time. Experimentation is a part of life and is a normal human trait, but frequent drug use is a very prevalent issue. 1 in 5 teens have abused prescription medications, according to the Centres for Disease, and more teens are getting addicted to certain drugs such as marijuana or alcohol as they simply don't know the harm of an addiction in their youth. As your brain stops growing in your mid-twenties, drug abuse at a young age has been proven to damage your brain development and lead to an irregular heartbeat, lack of focus, memory loss and cognitive issues. Even with drugs such as cannabinoids (marijuana) which are apparently harmless, recent studies have shown that they actually kill brain cells which then shrinks neurons and causes DNA fragmentation which could lead to cancer.

Half of all new drug users are under the age of 18 and the main factors for drug use are emotional struggles, desire to escape, and peer pressure. One of the key problems with using drugs, besides health concerns is the fact that many people use drugs as an easy way to mentally escape issues they face in their lives. The danger of this is that you will start to depend on drugs as a coping mechanism which leads to addiction and in the long-term, possibly serious mental health issues.

Many teens have a tough time dealing with issues on a daily basis, whether it is to do with social problems, work stress or problems outside of school. It is so important for your long-term wellbeing to work through these struggles without the aid of drugs, because if you don't learn how to get yourself through problems, then how will anybody be expected to help you when you're older? Using drugs to solve a small problem is like creating a bigger problem to solve a little one.

Pretty much every single recreational drug is a poison which has more than one effect. For example, hallucinogens cause you to have potent hallucinations, yet what most

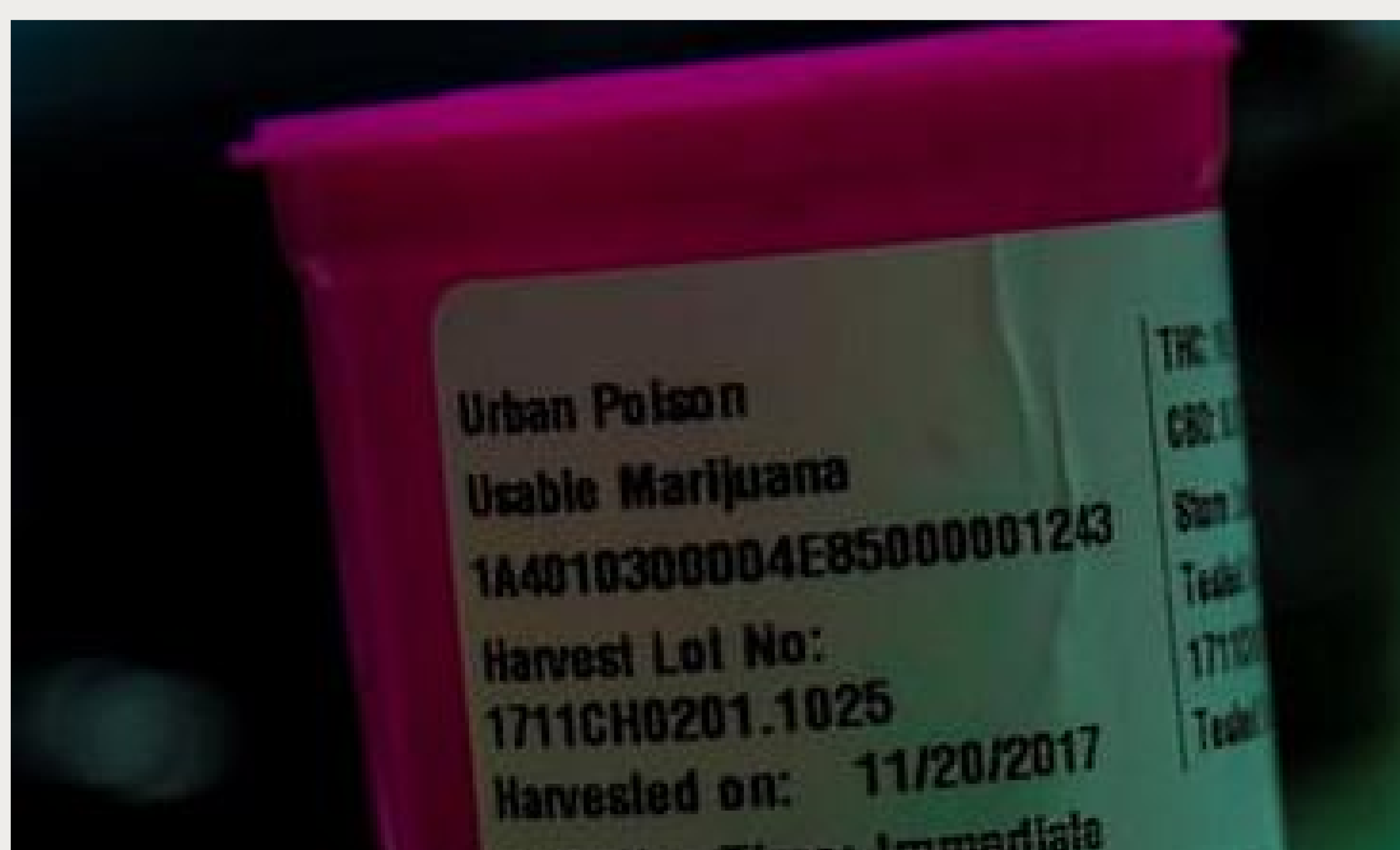
people don't know is that they sometimes lead to hypothermia, respiratory failure and memory loss. A tiny amount of amphetamines (which is known as Speed) act as a stimulant whilst a greater amount of it acts as a sedative which can kill instantly.

When talking about drug use, teenagers are told that we shouldn't take drugs and what negative impacts they have, but in reality, half of the time this does not deter or have any effect on whether young people will do drugs or not, because in the end it is their choice. What studies have shown to play the biggest part in whether teenagers will do drugs or not is the people that they admire. One study found that teens exposed to the greatest amount of smoking in movies were 2.6 times more likely to start smoking themselves compared with teens who watched the least amount of smoking in movies.

Even though the rate of teenagers smoking and doing class A drugs has gone down, the number of teenagers who use vape pens and use work-enhancing drugs such as Ritalin have gone through the roof. People think that just because vapes are seen to be better than cigarettes, it is a good thing to do and is deemed to be a better option but this statement is not true at all. A recent test was conducted on a Juul pod and it was discovered that there were 59 recognised chemicals that are detrimental to your health found inside just one Juul pod. It was also found that one Juul pod has the same amount of nicotine as one pack of cigarettes which is shocking since most teens that use Juul tend to use up one pod every two days, meaning that they would be taking in the same amount of nicotine as two and a half packs of cigarettes a week.

In the end, whether or not you take drugs is your choice to make, but one thing for certain is that they cause a lot more harm than the high is worth.

If you would like to speak to someone about any of the issues raised in the article please call 0300 123 6600 which is Talk to Frank, or their website, [www.talktofrank.com](http://www.talktofrank.com)



Sophia P



# H O U S E

D

R

A

M

A



Atkinson



School



Ridgeway



Colinson

# KABADDI

## The Sport Returning to the Centre Stage in India

Kabaddi is a sport of great history in India and Southern Asia dating back over 40,000 thousand years ago in Ancient India. Even today, Kabaddi remains an important sport across Asia with it being the official game in the states of Punjab, Tamil Nadu, Telengana, Maharashtra and Bihar. The popularity of the sport is evident in other parts of Asia, including countries such as Iran, Bangladesh and Nepal where it is the national game and is played and taught across schools.

While there are many variations of Kabaddi played in India, the main objective of the game remains the same. The objective of the game is to score more points than the opposing team. Points are scored through both attacking and defending. An offensive team can score by sending a raider (the name given to players) across to the opposing half and touching one of the members of opposition, putting them out. If they successfully return to their half they score a point. When defending points are scored by wrestling the raiders to the ground or preventing them from returning to their own half, his puts the raider out of the game.

Bonus points are also available in Kabaddi, which are obtained by successfully touching the bonus line in the opposition's half and are gained if the entire opposition team is declared out.

The recent surge in excitement for the classic sport came about after the establishment of the Pro Kabaddi League in India in 2014. It was without doubt a huge success with the inaugural season watched by 435 million viewers. The Pro Kabaddi League has seen a continuous growth with an expansion of the League with the introduction of new teams. Kabaddi has seen international growth, most notably through the Kabaddi World Cup which took place in 2016 after a 9 years absence. In addition, another World Cup will take place between 2019/2020 which shows the hunger for the sport on a global scale.

Smaller Kabaddi nations such as the US and the UK have seen a great improvement in their skill levels increasing the competitiveness of the sport on a global level.

The future remains bright for the sport that is only 40,000 years old.



MILES M



# MIND HACKER



The brain is a question that humans have attempted to answer since the beginning of time. The mysteries have intrigued the brilliant and the bizarre, from Aristotle to Oprah, the theories and methods behind the mind are endless. However, as endless as they may be, perhaps the most bizarre of them all is the Oedipus complex created by Sigmund Freud. For those of you that don't know, Sigmund Freud is a famous psychologist who helped shape psychology into what it is today. He is most famous for his theory of Psychoanalysis, a form of treatment that is widely used today to treat mental disorders such as OCD, depression and phobias through uncovering one's deepest unconscious thoughts and feelings.

The Oedipal complex, also known as the Oedipus complex, is a term used by Sigmund Freud to describe a child's feelings of sexual desire for his or her opposite-sex parent and jealousy and anger toward his or her same-sex parent. He suggests that every boy between the ages of 3 and 6 has an unconscious sexual desire for his mother and a hatred towards his father. The jealousy towards his father, according to Freud, is present due to the father being the sexual object of the mother. The theory goes on to explain that after the age of six or when the boy starts developing into puberty the unconscious sexual desire for his mother is replaced with a sexual desire for other women. According to Freud, although a child may want to eliminate the father, the realistic ego knows that the parent is much stronger. It is important that at the stage when the child learns more about the differences between men and women, he can identify with his father. This is the point when the superego is formed. It is an inner moral authority which reflects the father figure.

This may sound like a crazy theory, but that's all it is: a theory. The way we interpret knowledge is based on our individual experiences. Often the best theories are so abstract we can interpret them how we like. To me, this means the aim of human development should be to self-reflect, on not only the conscious source but the unconscious source of our problems and successes in order to maximise personal growth and development. We should think about accepting the limits of our capacities and possibilities within the framework of reality. However, in doing so, our creative capabilities and our desires for change and progress should not be inhibited.

# Writing Competition Winner

## Inside My Mind

On the face of things, I'm a normal guy,  
I'm told to be a man, and men don't cry.  
Every man for himself, take no mercy,  
Life is just a bunch of lies and controversy

Judged by the battles with friends and popularity,  
its seen as bad to have a personality or individuality.  
I'm told to act like a man, to suffer in silence and not speak.  
If this is what we think, then the future looks bleak and not  
worth the pain, the despair, all in my mind.

Every thought is a blur, I feel I'm walking blind,  
stumbling, tumbling, fumbling, hanging on by a thread.  
Being toyed with like a puppet that feels unloved and dead.

**Yuval C**

# Upcoming Photo Competitions

## Girl's Sports

If you have a passion for photography, this competition is for you. The winning photo of girl's sports at Mill Hill will be featured in the next issue of the Millhillian.

Deadline: 24th February 2020

All entries should be sent to Keon K:  
p21.9401@millhill.school



## Boy's Sports

If you have a passion for photography, this competition is for you. The winning photo of boy's sports at Mill Hill will be featured in the next issue of the Millhillian.

Deadline: 24th February 2020

All entries should be sent to Keon K:  
p21.9401@millhill.school



# JAPAN RUGBY

During the October half-term break, approximately 40 Fifth and Sixth Form pupils toured Japan and Singapore.

## Rugby

Throughout the trip, we had the unique opportunity to play competitive rugby against the native Japanese and Singaporean students in which allowed us to experience and then learn from their own rugby culture and playing styles. Our 1st and 2nd XV competed in two games across the tour, one in Singapore and one in Japan.

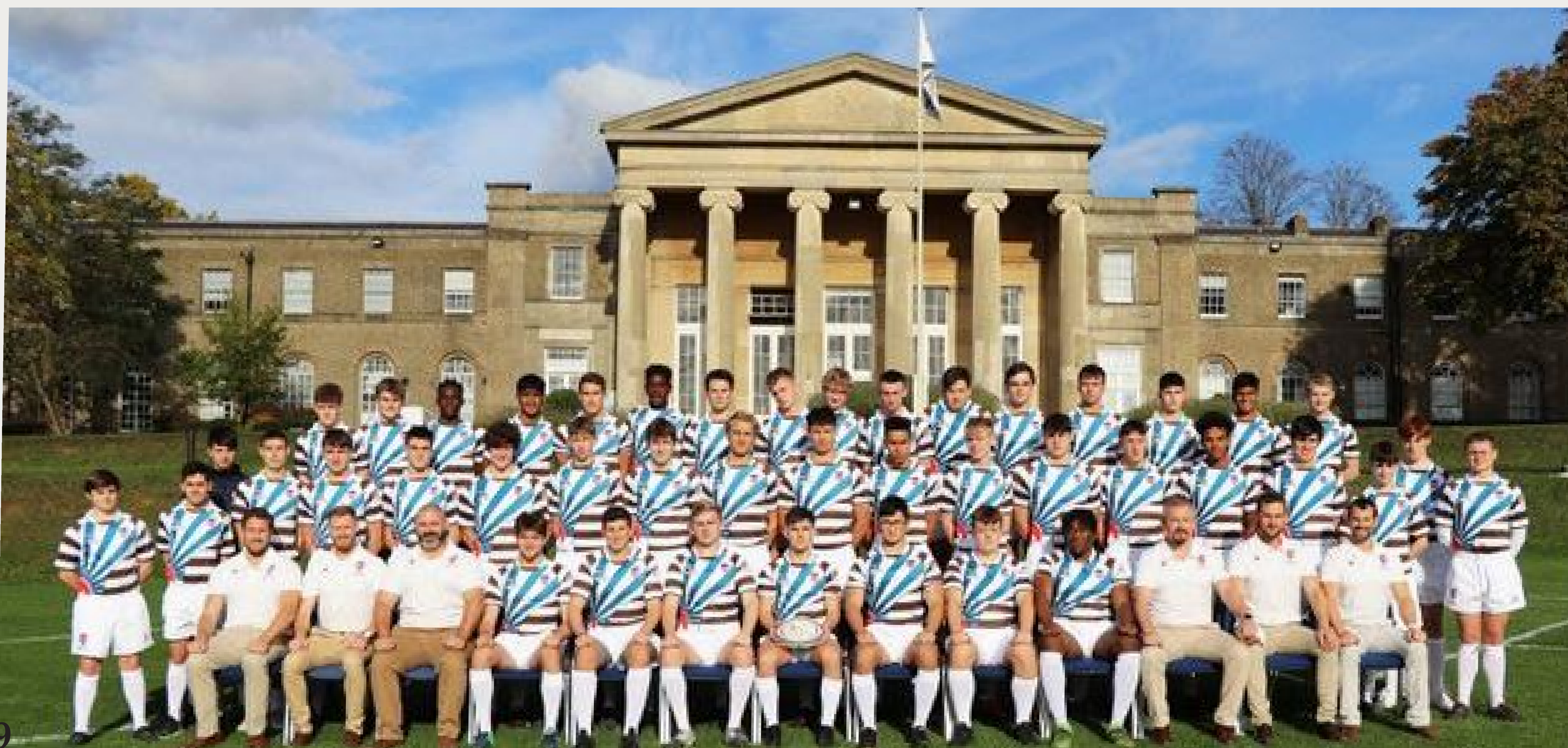
Having arrived in Singapore on Sunday morning, we began our Rugby experience with an intense afternoon training session on Monday. We prepared for our first game by practising in the extremely humid climate that Singapore experiences in October. This was a difficult and exhausting session, but it prepared us extensively for the challenges that our first game had to offer. The following day, we travelled to the impressive Anglo Chinese Independent School for our first game. The 2nd XV fell to a defeat against a strong and well prepared side in a hard fought game, whereas our 1st XV were triumphant with an imposing victory against their opponents. After the match we gathered with the opposition, taking part in a prize giving ceremony in which both sets of students and staff had the opportunity to meet and

share their own experiences, both within Rugby and outside of it.

On Wednesday we travelled to Tokyo, where our 1st XV played called Hibiya High School, who are regarded nationally as one of the most academically and athletically accomplished schools in the country. In a spectacle that had the attention of the press and was even shown on Japanese television, our 1st XV once again came out victorious having shown what Mill Hill Rugby is all about. Furthermore, our 2nd XV, who played Kunitachi High School, also won in a tightly fought contest. These experiences and challenges allowed us to develop our Rugby to a new level, which we will take into the matches that await us in our second half term.

## Singapore

We stayed in Singapore for three nights, where we had the opportunity to visit and see some of the many impressive places that the country has to offer. Throughout our stay we were able to eat and shop in some of the most incredibly unique shopping centres and districts in the world, including the futuristic Marina Bay Sands shopping centre which had a river running through the middle of numerous designer outlets. On Monday we were very fortunate to have the opportunity to visit the Buddha Tooth Relic temple where we learnt about the interesting religion of Buddhism as we watched



# BY TOUR 2019

the locals participate in a prayer and meditation service. After this poignant experience, we travelled to the internationally known Marina Bay Sands Waterfront Sound and Light show. Many of us on the trip would have regarded this to be the highlight of our time in Singapore, as the extraordinary show used the enchanting atmosphere set by the music, along with the exuberant colours and the sequence of fountains to create stories whilst lighting up the incredible Singapore skyline. It was a true spectacle and an experience we will never forget. Our time in Singapore was short and sweet, but it allowed us to dive into the Rugby based side of the trip as well as experience what the incredible country of Singapore has to offer.

## Japan

Having left Singapore, we arrived in Japan where we would have a whole week to experience the incredibly unique culture that the Land of the Rising Sun has to offer. On Saturday 26th October 2019, we travelled to the Yokohama Stadium on the outskirts of Tokyo to witness the Rugby World Cup semi-final in which England faced the holders New Zealand. It is difficult to put into words the emotion felt during the game, from the walk to the stadium surrounded by people of all nationalities, to the anticipation felt as the match began and then to the happiness and passion as England were triumphant. I believe it would be true to say that the day of the semi-final was one of the best days of many of our lives.

Moving on from the unbelievable game, we travelled to Shizuoka, which is the neighbouring city to Tokyo, where we stopped off to see the towering and magical Mount Fuji. We took an enchanting boat ride across Lake Kawaguchiko where we could view the peak of Fuji above a layer of clouds. This boat ride personified peace as the calmness of the lake allowed us to become connected to our surroundings. Following this, we rode the Kachi Kachi Ropeway Cable Car to the prime viewing spot of Mount Fuji, where we could enjoy seeing towns and cities that stretched out for miles, with the colossal Mount Fuji in the backdrop. The next day we headed to the highly

anticipated Fuji Q Highland theme park which has the ride with the highest acceleration in the world. It would be hard to pick someone out of the group that did not enjoy the thrilling and exciting rides the park had to offer.

It is safe to say that the trip was a once in a lifetime experience that we will never forget and will cherish for the rest of our lives.

MATTHEW B



# ELECTION FEVER



# AT MILL HILL



In the last few weeks of the autumn term, it seemed the hallways and classrooms began to mirror the tumultuous election campaign that had swept up the nation as we ran our own Mill Hill Decides election. Heated discussion on the issues of our age was held underneath the political party adverts that festooned the Favell building, from the pressing “If not now, when?” of the Green party to the shadow of the imposing but confident figure of Max L, arm in arm with Boris Johnson, promising to “Unleash Britain’s potential” set amongst the Union flag. It was a level of participation in the political age that could rival the discussion outside of Mill Hill School: and not just amongst the students who would vote either. Out of the Sixth Form, candidates seeking to represent the broad spectrum of views in Mill Hill rose to the challenge and assumed leadership of their parties: Max Lipton for the Conservative Party and his deputy Gus H, Daniel G with Emma J of the Labour Party, Oliver C and Miles M of the Liberal Democrats, Evelyn T and Fraser P of the Green Party and Will J and Guy B of the Brexit Party. Graciously afforded to them by Omre U and Cameron F of Mill Hill’s very own video broadcasting department was a chance to persuade the voters of Mill Hill as to why their party was the best choice for the school in a series of interviews on Politically Correct posted to a dedicated Instagram account. Their policies and objectives put to test by political correspondent, Alexander Wallace. As well as this, previous Belmont Conservative party Prime Minister Daniel Cameron was asked to reflect on his time in office, forming the basis of the Mill Hill School Foundation electoral universe. In order to gather voters, candidates went on a tour of the school, speaking to students and appealing to the concerns of each individual year group.

The big showdown, however, took place the day before the vote. As the hopefuls of the UK’s top job sparred on BBC’s Question Time, so did Mill Hill’s. In a packed hustings event, the candidates and their deputies were assembled in front of an inquisitive audience and an even more inquisitive host, with Alexander Wallace returning to pose the biggest topics surrounding the nation’s future: Britain in a changing world, a Britain that works for everyone and investing in Britain. The only limit to the scope of the debate was time, with topics ranging from the NHS to the “hot topic” of climate change.

And then, the vote. Performed electronically via Firefly, students voted per their house and year for each party. Initially, the Liberal Democrats and Conservatives were neck and neck, the Greens coming in close behind at third and Labour and Brexit left in the dust. However, just as the Lib Dems seemed to be pulling ahead, a last minute surge of votes for the Conservative party in the lower school placed Max L by a few decisive votes, squarely into the seat of power. With this, a triumphant Prime Minister Max seizes power, and us here at the Millhillian wish him all the best in “Unleashing Britain’s potential”, whatever path that may take.

ALEXANDER W

# APOCALYPSE NOW

## FILM REVIEW

“This is the End”. These are the first words we ever hear, as The Doors’ lead singer Jim Morrison sings over an oddly beautiful napalm strike deep in the Vietnamese jungle. No other four words could better open what follows. However, before reviewing Coppola’s seminal masterpiece, it’s important to assess just which Apocalypse Now it is we are reviewing, as Coppola has brought his film back three separate times. There’s the original 1979 theatrical cut, of which but two and a half hours of the seventy-three filmed were used. Then, in 2001, Coppola introduced the Redux cut, adding in an extra hour of footage. The result was, while much more interesting, a far clunkier beast. The new Final Cut then, out this year, strikes the perfect balance, keeping in half of the extra hour of content the Redux provided. Gone are the extended Playboy bunny scenes and the extended sequences with Kurtz’s tribe, but Robert Duvall’s Lieutenant Kilgore and an encounter with French plantation workers remain. The resulting film is perhaps the perfect Apocalypse Now; thematically richer than the original, but narratively cleaner than the Redux.

Loosely based off Joseph Conrad’s colonial-era novella, the film’s premise is simple; Captain Willard, played spectacularly in perhaps Martin Sheen’s best performance of his career, is tasked with assassinating a rogue colonel, Kurtz, who has established himself as a local warlord further up in the country and causing serious problems for the US army trying to win the Vietnam War. What follows is a truly harrowing psychological study of the human mind up the Nung river. As one character, Chef, points out after a near-death experience “Don’t get out the boat”. The film jumps from scene to scene of pure cinematic perfection; Willard is introduced as a broken man, torn between his tours in Vietnam and the family he left behind. His post-traumatic stress is shown in excruciating detail as he dances in his hotel room. Sheen portrays the broken man with an impossible

realism. Harvey Keitel was originally cast, but had to be fired due to him not having the right “darkness” that Sheen possessed.

The journey of the film itself is one into insanity. Willard begins to understand Kurtz, how his dehumanisation isn’t just a symptom of war, but perhaps a cure for it. Each element of human nature is explored; our desire to kill is brought to horrific life in a fantastic sequence of helicopter bombings set to Wagner’s Ride of the Valkyries, the destruction irresistibly enjoyable as missiles unload and unload upon a small fishing village, the bombardment being led by the fantastic Lieutenant Kilgore. Kilgore is the purest representation of the US military: completely comfortable with killing and war but maintaining a false sense of humanity in his work. It is throughout these experiences we see just how illogical war is; as one character so aptly puts it, “We teach our boys to drop fire’ on the side of a helicopter because it’s obscene”. Much has been made of this cut’s inclusion of the French Plantation scene, with some criticising the slow pacing of the scene, as it grinds the narrative to a crawl. While this is a valid criticism, the scene serves a more thematic purpose. The French family are ghost-like, frozen in time and unable to move on. Willard’s encounter with a young woman there serves as his losing of his final grasp on reality, and the film is all the better for it.

Willard isn’t alone on his journey; he’s joined by a series of memorable side characters who experience the same horrors each with their own psychological perspectives, but all lose some form of their humanity. And then, of course, there’s Marlon Brando’s infamous Captain Kurtz. His appearance is brief, in this cut just clocking in about three minutes of screen-time, but he himself is the lasting impression of the film. Despite his rambling insanity, the course of the film’s descent into madness allows us as the audience to not only understand

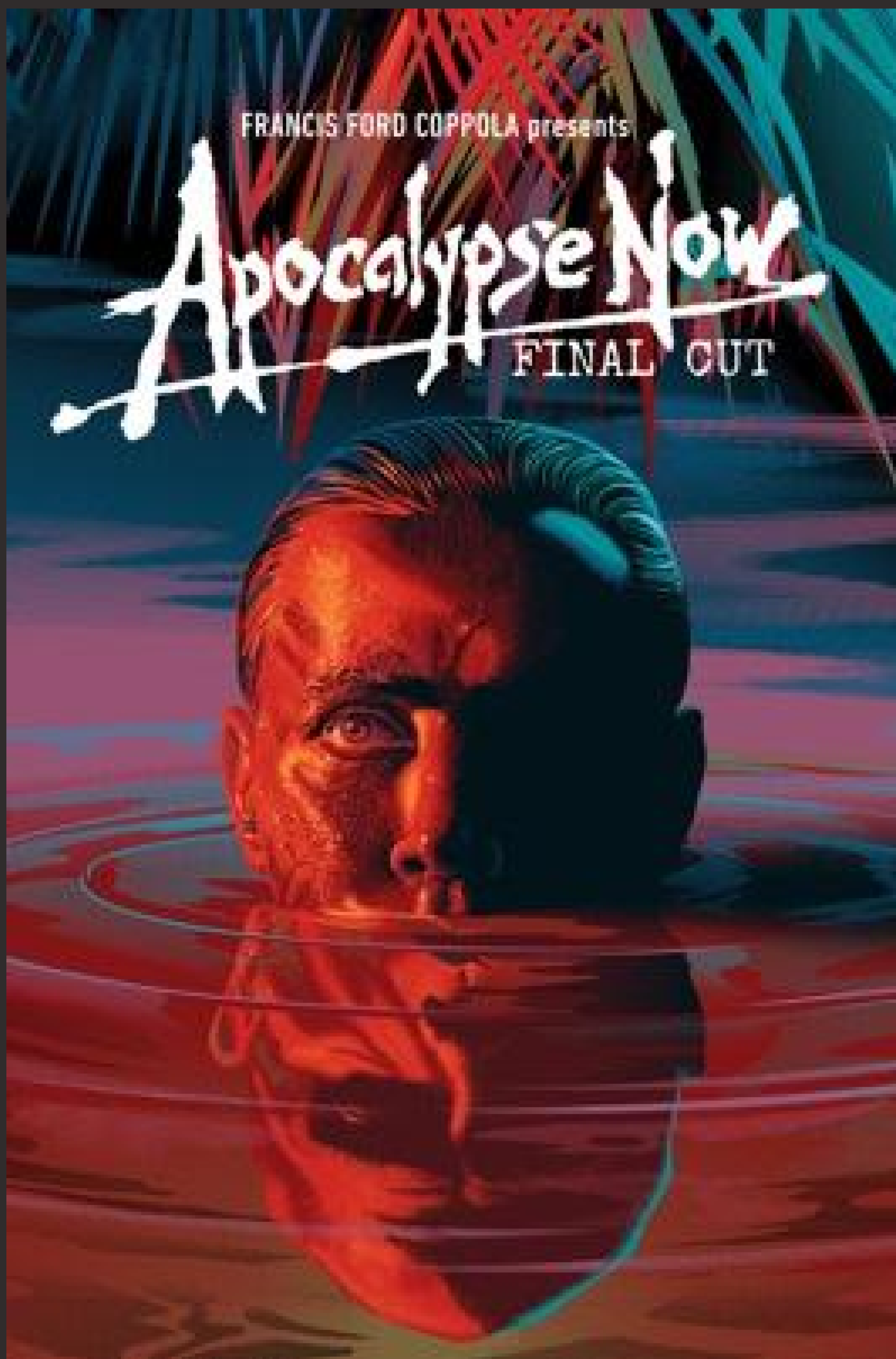


his madness, but to almost agree. Coppola shows how war is the manifestation of human nature, and although we consider dehumanisation to be a symptom of war, Kurtz suggests it may also be the cure to it.

The film's troubled production has been widely reported; from Martin Sheen almost dying from a heart attack, to a typhoon destroying all built sets, not to mention the Philippines army needing to borrow the helicopters used in the film to fight off communist insurgents as well as Marlon Brando arriving on location incredibly overweight and unprepared. With all this going on, and the fact he had funded the film from his own pocket, Coppola's mental health suffered alongside his characters, convinced the film would be an enormous failure and that he'd lose his house, his marriage and his children. All of this madness is recorded in the documentary *Hearts Of Darkness*, which is definitely worth watching. Perhaps it is impossible for a film like this to have been made under any other circumstances, and it's certainly unlikely such a film will ever grace our screens again, but for the time being, *Apocalypse Now* remains one of cinema's greatest achievements. Despite being set during the Vietnam War, the extraordinary analysis of the human mind will always be timeless, and even so, what other song played across US Heli-Pilot radios during air raids in Iraq besides *Ride of the Valkyries*?

Rating: 5/5

SAM L



1. HOW MANY ADOLESCENTS HAVE  
A MENTAL HEALTH DISORDER IN  
THE WORLD?

- a) 1 in 5
- b) 20-30%
- c) ~28%

2. WHAT IS THE MOST LETHAL MENTAL  
HEALTH DISORDER?

- a) Bipolar disorder
- b) Bulimia
- c) Anorexia

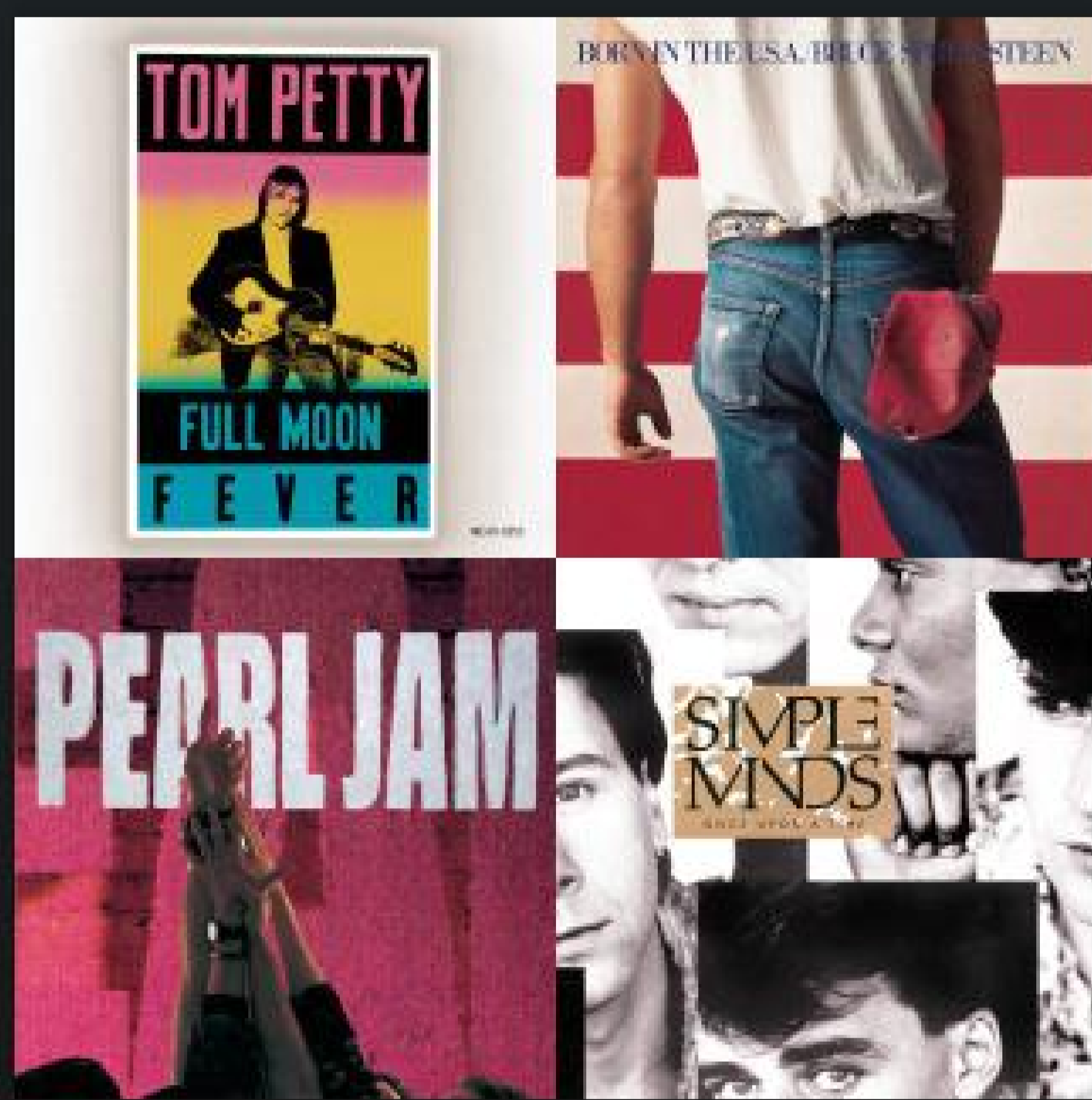
4. HOW MANY PEOPLE WILL EXPERIENCE  
SUICIDAL THOUGHTS THROUGHOUT THEIR  
LIFETIME?

- a) 2%
- b) 17%
- c) 33%

3. WHAT IS ONE OF THE SYMPTOMS  
OF SCHIZOPHRENIA?

- a) Bipolar disorder
- b) Bulimia
- c) Anorexia

5. TRUE OR FALSE: ADHD STANDS FOR  
ATTENTION DEFICIT HYPERACTIVITY  
DISORDER.



## House Master Hits- Mr Turner

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PLAY

10 SONGS



- 🎵 **Dancing In the Dark**  
Bruce Springsteen · Born In The U.S.A.
- 🎵 **Don't You (Forget About Me)**  
Simple Minds · Once Upon A Time (Super Deluxe)
- 🎵 **Alive**  
Pearl Jam · Ten
- 🎵 **Free Fallin'**  
Tom Petty · Full Moon Fever
- 🎵 **Sex on Fire**  
Kings of Leon · Only By The Night
- 🎵 **Happy - From "Despicable Me 2"**  
Pharrell Williams · G I R L
- 🎵 **Bohemian Rhapsody**  
Queen · Bohemian Rhapsody (The Original Soundtrack)
- 🎵 **Imagine - Remastered**  
John Lennon · Imagine
- 🎵 **Perfect**  
Ed Sheeran · ÷ (Deluxe)
- 🎵 **Creep - Radio Edit**  
Radiohead · Rock Anthems



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