

EVERYTHING YOU NEED TO KNOW!

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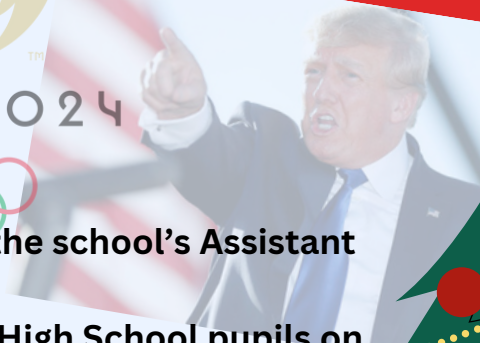


HO-HO-HO...

SPECIAL CHRISTMAS ISSUE!

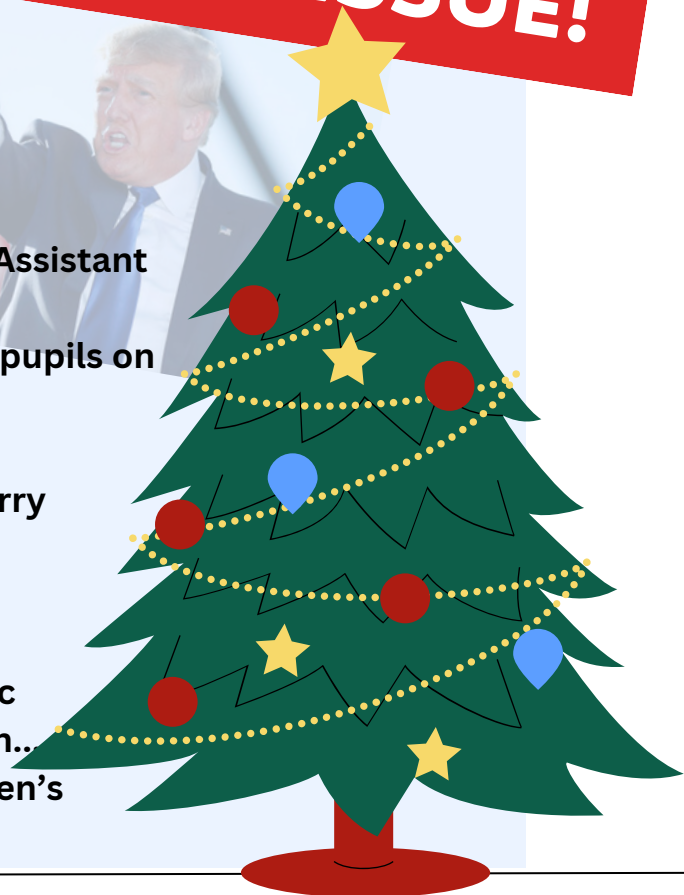


PARIS 2024



Featuring:

- an exclusive interview with the school's Assistant Principal Mr. Daude
- a poll with Josephine Baker High School pupils on how they feel in their brand new school
- special US election coverage
- an obituary of *F.R.I.E.N.D.S.*' Matthew Perry
- top 5 Christmas movies and songs
- film and book reviews
- teacher's tips to improve your English
- feature stories on teens turning to plastic surgery, the effects of meat consumption...
- opinion pieces on social media and women's rights... **AND MORE!!!**



SCHOOL NEWS

“JOSEPHINE BAKER WAS A SYMBOL OF TOLERANCE, A SYMBOL OF LIVING TOGETHER IN HARMONY”



Our exclusive interview with Mr. Daude, the Assistant Principal, about our high school! Here's what he had to say.

Jo Baker Times. What makes our school different from another?

Fabien Daude. There are several reasons why this school is different but maybe we can talk about the different spaces that have been created for you. You may have noticed there are places where you can hang out with your friends, because we understand that having a space that isn't just for studying is very important. You got spaces to relax, to enjoy time here... and I think that's really important. There are a lot of clubs and if you enjoy music, there is also a

piano. I'm sure you noticed that. It's there for you to play with your friends and I think it's a great way to express yourself; and I was talking about the different clubs that you can join, you play chess, you can play board games, these aren't just about hobbies: it's about creating a sense of belonging because our goal is to provide more than just classrooms. So I encourage you to take advantage of these spaces to make the most of your time here, and that's why our school is different from any other school.

What about the values of the school ?

Well about the values, you know that this school was named Joséphine Baker and I think that she was a symbol of tolerance, a symbol of living together in harmony despite our differences and I believe that accepting and respecting each other no matter our background, our beliefs, our appearance is essential. Living together peacefully is a key aspect of our school culture.

We want everyone to feel welcome, regardless of their individual characteristics and we encourage the spirit of the corporation and understanding so we want everyone here to feel like they belong here.



“JOSEPHINE BAKER WAS A SYMBOL OF TOLERANCE, A SYMBOL OF LIVING TOGETHER IN HARMONY”

(continued from page 2)

What are the future projects of the high school ?

Well, talking about the projects I'd like to mention the series of exchange programmes with schools abroad that we are organizing because we got a partnership with India, a partnership with Italy and of course a programme with the United States, with the state of Missouri because we want you to interact with students from different parts of the world to share ideas, to learn about their culture. It's about giving you the chance to broaden your horizons and understand how things work beyond our borders. So we place great values on these exchange programmes.

Why did you decide to come to Joséphine Baker High School and are you proud of the school ?

Well, of course I'm proud, I'm very proud of you because we are very lucky to have students quite motivated, happy to be here as well, and I decided to join this school because it's a unique opportunity to be part of this experience, a new school, in your high school, it's something that is quite rare, so I think this was an opportunity I could not miss. And I'll say it again: I'm very proud of you.



Principal M. Léna and Assistant Principal F. Daude, standing by the Joséphine Baker statue

EVER HEARD OF RUN N'BIKE?

On Wednesday November 8, 2023, AS students participated in a Run N'Bike competition in Saint-Prest. The competition took place in the afternoon, after classes, from 1:30p.m. to 4:30p.m. In order to better understand why and how this competition took place, we interviewed Mr. Godard, a Physical Education teacher at Joséphine Baker high school.



Can you explain to us what the aim of Run N'Bike is?

Mr. Godard : Yes of course ! The Run N'Bike is a sporting event which is practiced in teams of two, the principle is to alternate between running and mountain biking. One person runs while the other rides a bike, they can interact throughout the course.

Why did you choose to participate in this competition?

I first chose to participate in this Run N'Bike competition because it takes place in the middle of nature and I really like outdoor sporting events. In addition, it is a competition that is very well organized and is run by students who are part of the UNSS*. This competition allows you to discover other high schools, to open up to others, to share a moment with new people. Run N'Bike is an innovative sporting activity little known by students.

* UNSS = Union Nationale du Sport Scolaire

EVER HEARD OF RUN N'BIKE?

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Can you describe the competition to us ?

This Run N' Bike competition took place on Wednesday November 8 from 1:30 p.m. to 4:30 p.m. in Saint-Prest. The competition went very well, the students were proud of their performances, and so was I. They did very well for the first competition of the year.

Are you satisfied with the results ?

Yes! Firstly, I was with a group of students who were very motivated and proud to represent the Joséphine Baker high school for the first time in a competition, notably by wearing the high school jersey. And then, they came 1st among participating high schools! They also came 1st during training and the Seconde students came 4th of all the high schools, they were the first high school students to bring home medals and a cup which is also on display in the entrance hall in a pretty cabinet which will soon be filled, I hope!

What competitions do you plan to participate in ?

We obviously plan to participate in the Run N' Bike academic championship that will take place on Wednesday December 20, 2023 since we are qualified.

Then we'll have the Futsal competitions in Dreux and the Departmental Cross in Chartres on Wednesday December 6, 2023, as well as a Basketball and Volleyball competition on Wednesday December 20, 2023.

You should also know that I would very much like to involve the students of the AS to a multi-activity Raid including canoeing, running and mountain biking.



EXCLUSIVE POLL: JOSEPHINE BAKER HIGH SCHOOL AS SEEN BY ITS STUDENTS!

In our new high school, many clubs have opened their doors for students like Chess club or Theater club. Various options are available: Art, Management, etc. And a lot of events have also been organised. We have interviewed many students, to give you more information and opinions



What do we need to know about the Theater club?

“It's a place where we're all open-minded and can be ourselves. We meet lots of people. There's a great atmosphere, and you can be part of the "actors", as well as the costumes, sets and technical teams.”

What did you do in management?

“It's really cool that we've done group projects. We learn how to manage a business, how companies work, etc.” (*Management students*)

What do you think about the values of the school (anti-waste cafeteria, sustainable equipment, the "Restos du Cœur"?)

“The anti-waste system is very useful, making it easier to recycle and sort. The durable equipment (all wood) is useful and rather comfortable (beware of hair and tights XD) but there's clearly not enough of it. Finally, collecting things for the "Restos du cœur" is a good thing. When they go to high school, young people are trying to find themselves, and they want to take good initiatives, so inevitably many of them will do their part to do a good deed. And above all.... please..... *OPEN THE CAFETERIA!!!*” (*Manon, 2nd3*)

How do you feel at the school ?

“Oh yes, I feel really good, I think it's because we're the first pupils to study here that we feel so comfortable. Learning in a new place is really nice. Just *WAW!*” (*Julien, 2nd1*)

EXCLUSIVE POLL: JOSEPHINE BAKER HIGH SCHOOL AS SEEN BY ITS STUDENTS!

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What do you think of the different options available? (Art, Euro section, management...)

“I think that's really good! There's a choice for everyone, and I think it's important that everyone can fulfil their potential in their own way and do what they love!”

How do you feel at the school?

“I feel good, the teachers are very kind and cool, they truly care about their students. The environment is calm, the students are cool, the staff too. Most of my friends are here too, so I'm really happy to be with them.”

Do you think J. Baker High School is good? Why?

“Yes I think it is, because the professors are nice, the high school is beautiful, the clubs are cool. I like special days like the Pink dress code day. This school is modern and we feel like we are in a Disney Channel movie high school.”

Do you like the customized bell too?

“Yes I think it's funny, but sometimes it's too much.”

Are you interested in the clubs that are already in place and do you want other clubs?

“Yes I am, I'm part of the Sports Association and it is really cool and fun, we play Futsal, Badminton, Run N' Bike, volley ball and they hope that the climbing wall will be there soon.”

“The cine club can be interesting, watch a movie in the amphitheater can be cool, I hope it will be.”

Are you interested in a school trip?

“Of course I am, I hope we will travel in another country this year or next year. If it is not possible maybe just a trip like Asterix Park day or something like this, it can be cool.”

EXCLUSIVE POLL: JOSEPHINE BAKER HIGH SCHOOL AS SEEN BY ITS STUDENTS!

(continued from page 7)

Is the school food good?

“It depends, some days it’s good, like when we have fries, and sometime I don’t really like it, but in general I like the food. It’s not the best food I have ever eaten, but it’s okay.”

Do you think you have too much homework, or is it okay?

“I think it’s okay, some weeks we have too much homework, bur not every week.”

Is the Foyer fun or cool?

“I don’t go very often, but when I go it’s calm, and yes, we can have fun.”

Do you have ideas of what you want for the empty room?

“Maybe an exhibit room or an arcade room! It can be fun and good.”

Do you like the fact that they have a piano at school?

“I don’t play the piano, so I don’t really care about it.”

“Yes, I’m really happy. At every break I have, I play piano - or rather, I *learn* piano!”

What about you, are you satisfied with your grades?

“I’m a little bit disappointed with my grades, I hope I will have better grades. Grades, it’s not the same as colors!”

Do you practice sport outside school hours? Is it important for you?

“Yes, I practice horse riding, it’s my passion, I practice it on Wednesdays and Saturdays. I’m in love with horses. This allows to manage our emotions.”



HAVE YOU HEARD OF THESE CLUBS?

In our new high school, many clubs have opened their doors. But most of the time we are scared to go, because we don't know what it is. So for you, dear students, we carried out the investigation and interviewed members of Games Club and Theater Club

Games Club

Are there a lot of games we can play ?

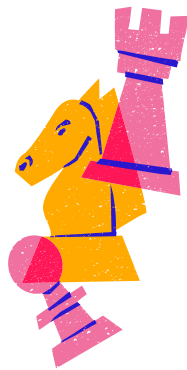
Galaad C. (2nde 5). Yeah! Definitely there are a lot of games, it's diversified like 1vs1 or in teams. You can play chess, Puissance 4, Werewolf...

How does the club work ?

When you arrive, you choose your own game and then you ask other people if they want to play with you. It's a lot of fun!

Can teachers also come ?

Of course! Teachers are welcome!



HAVE YOU HEARD OF THESE CLUBS?

(continued from page 9)

Theater Club

When and where does it take place ?

Maiwenn T. (2nde 7) and Jade C. (1G4) We meet every Friday at 12:45 in room C209. Right now, it's the first few sessions so we're learning to feel comfortable with each other, talking about theater, staging... And above all the play itself.

Are there actual lessons?

Not really, because it's super chill , so it's like a class, but super cool and relaxed.

Is there someone to guide you, or are you completely autonomous?

There's actually an eleventh grader guiding us, and he is helped by Mr Ernotte, a French teacher.

What are your plans for the year ?

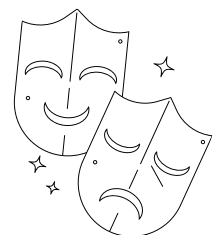
We are planning to stage a play based on the *Alice in Wonderland* tale !

What else do we need to know about the Theater club?

It's a place where we're all open-minded and can be ourselves. As for what you need to know about this club, I'd say there's a great atmosphere, and you can be part of the actors as well as the costumes, sets and technical teams. For the contents of the sessions: we do cohesions exercises, theater scenes, then we organize ourselves, share our ideas, etc..



**Well, now you know what you can do!
Also, other clubs are opening, like Web radio or Music.
If you are interested, ask to sign up at La vie scolaire.**



THANKSGIVING AT JOSEPHINE BAKER



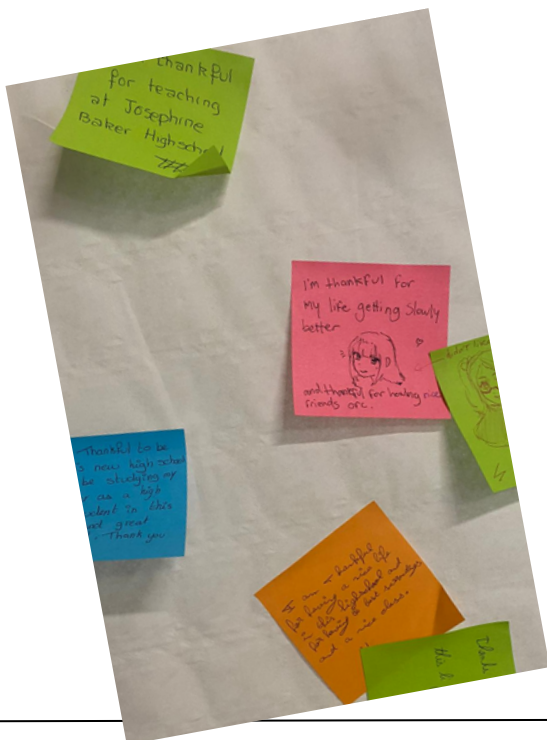
Thursday, November 23rd, at Joséphine Baker, a “Thanksgiving” day was organized like in America.

Thanksgiving is a very important holiday. It’s a day intended to “give thanks”. The motto during Thanksgiving is to celebrate and give thanks, as a family, for everything that was “received” during the year. This day is dedicated to feelings of gratitude and recognition.

So, in the school, there was a big sheet of paper where we could write down on post-its what you were grateful for. For the meal, as is tradition, there was turkey, mashed sweet potatoes and pumpkin pie for dessert.

This day was organized to honor the American origins of Joséphine Baker and to pay homage to the kindness she showed during her life and to all the things she brought to the table.

Let’s be thankful for Joséphine!



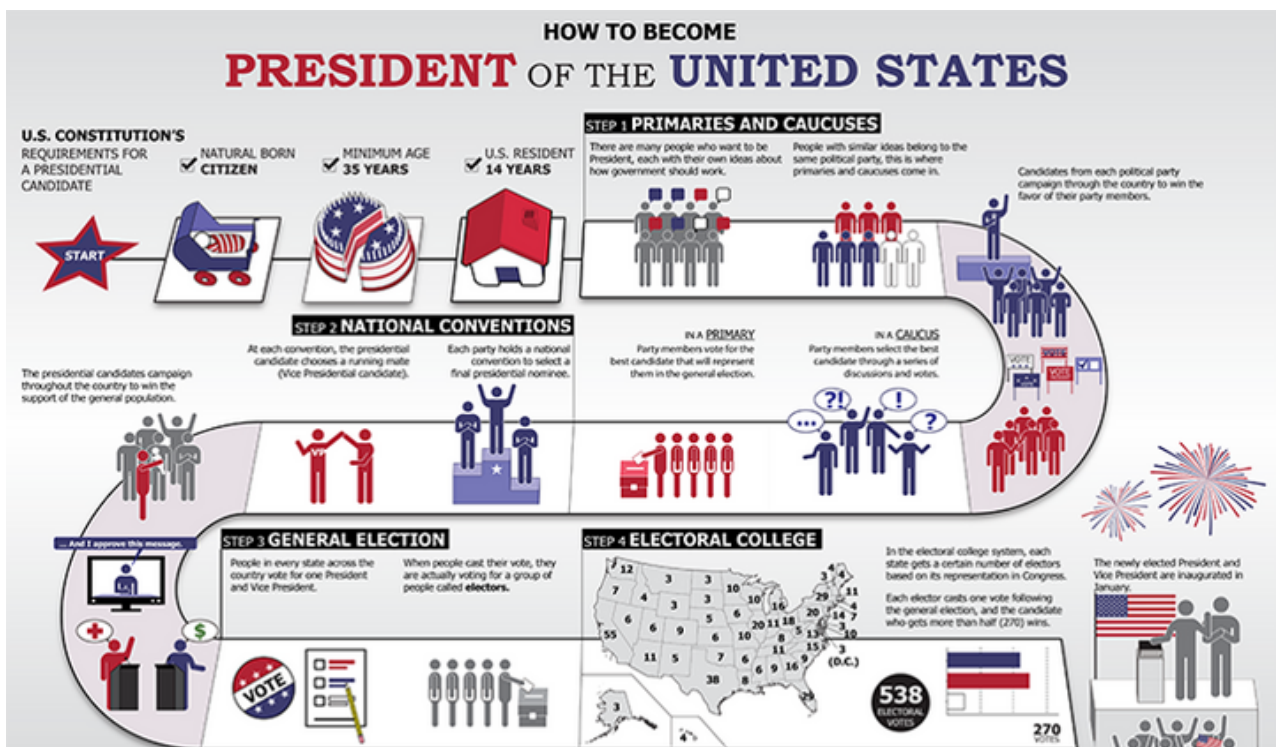


WORLD NEWS

TRUMP'S SECOND TERM IN THE PIPELINE?

The next US presidential election will take place in November, 2024. While Joe Biden will finish his first term, Donald Trump is determined to get reelected for the second time and is already the highest in the polls.

US elections are close, and we all wonder who will be elected in 2024. But how do they really work? In the US, the voting system is different from the French one. Firstly, the election is indirect, this means that every state votes for electoral colleges which themselves vote for a candidate. Those candidates are mostly from 2 parties: the Republican party and the Democratic party. However, candidates can sometimes be independents such as Robert F. Kennedy Jr., nephew to former president John F. Kennedy, who is running in the 2024 elections. Moreover, voters will also elect new members of Congress, 435 Representatives and 33 Senators who make up the legislative branch, at the same time as the presidential election.





WORLD NEWS

TRUMP'S SECOND TERM IN THE PIPELINE?

(continued from page 12)

Currently, Trump is first in the polls and Biden ranks second. But why aren't new faces reaching higher places in the polls? Firstly, established politicians, especially those who have previously been president, often have higher name recognition. Voters may be more familiar with these candidates, making them more likely to appear in polls. Secondly, candidates with established political careers tend to receive more media coverage, increasing their visibility.



If Donald Trump gets elected, his term would be much more radical than his first one. He wants the administration and the Justice department to be managed by close friends of his. Regarding the economy, he wants to introduce a 10% tax on imports, particularly from China, and on an international level, he wants to stop the war in Ukraine quickly and doesn't want to protect the members of NATO. In conclusion, his election would be a major shift for the US and for the world internally, economically and internationally.

SANDRA DAY O'CONNOR, FIRST WOMAN ON SUPREME COURT, DEAD AT 93



Sandra Day O'Connor was the first woman to serve on the U.S. Supreme Court. She was appointed by President Ronald Reagan in 1981 and worked until her retirement in 2006 and she was dead Friday December 1 at the age of 93 in Phoenix, Arizona.

Her appointment was historic, as it broke a long tradition of male judges in this institution. Ronald Reagan wanted to elect a woman in order to have more diversity in the Supreme Court. There were only men and he wanted to change that.

Preserving Roe vs. Wade

After her, five other women justices were appointed to the Supreme Court, four of whom are currently in office, a record for this institution. Out of the 9 members of the Supreme Court, there are 4 women: Ketanji Brown Jackson , Amy Coney Barrett , Elena Kagan, and Sonia Sotomayor.

Abortion was once a crime in different states. Roe vs. Wade is the most well-known decision of the U.S. Supreme Court. On January 22, 1973, Roe vs. Wade granted American women the right to abortion throughout the country, and when that right got threatened in 1989, she helped save it. The decision was eventually overturned in 2022, though, when Trump appointed new conservative justices.



Sandra Day O'Connor with Ronald Reagan in 1981

CLIMATE CHANGE THREATENS THE WORLD: WHAT TO EXPECT?

Major water sources continue to dry, a decrease between 1913 and 2017 by 9%, and it continues to decrease slowly. The Southwest part of USA faces a future with less water and more wildfires. Climate change is reducing the flows of Colorado significantly and in the entire world basically. The consequences are hard to manage.

First we have wildfires, they generally start because of many things like dry weather, human activities and dry vegetation for example. When the trees burn, they immediately release carbon dioxide into the atmosphere, which in turn contributes to climate change.

In 2020, there were around 1062 wildfires in Colorado. It represents a danger for the population around.

Many regions in the world, like Sahel and lake Chad in Africa, are experiencing water scarcity and a decline in available water resources while others are experiencing floodings. Droughts lead to complications like less food availability to the population, an increase in food prices so less options because it



touches agricultural production. Flooding leads to the displacement of the population so we have more and more climate refugees.

There is the environmental impact of course: floods damage infrastructures, homes, roads... 20% approximately of agricultural lands worldwide are affected by floods, this is the same number for droughts. Because of the global warming, in many cold places where there is a lot of snow and ice, they meet a major problem that is the melting of the ice. This is a big issue that we have trouble to manage correctly because it directly leads to the rising sea levels in many parts of the world. Since the beginning of the 20th century, the level of the sea has risen by 20 centimeters globally! If we can't succeed in reducing greenhouses gas emissions, sea levels could rise by 30 to 110 centimeters more by 2100 (*According to IPCC*).

THE "ZOMBIE" DRUG: A RISING CONCERN IN THE US

An alarming trend is surfacing which touches everybody in the United States: the "zombie drug." This ominous term is associated with dangerous substances that have a devastating effect on human behavior, plunging individuals into a state of trance, confusion, and sometimes inexplicable violence.



Fentanyl, one of the primary substances involved, emerges as a formidable stimulant, likened to cathinone. Its impact on the central nervous system induces hallucinations, extreme agitation, and hyperthermia, creating alarming scenarios where users exhibit unpredictable behavior, insensitivity to pain, and abnormally heightened strength.

This concerning phenomenon is raising significant concerns among health authorities and law enforcement. Substantial efforts are underway to raise awareness about the dangers of these drugs and fight their illegal trafficking. However, their dynamic nature and availability on the black market and online make this fight complex.

The battle against the "zombie drug" demands a multidimensional approach. Prevention campaigns, stricter regulations, and increased awareness of the devastating effects of these substances are imperative to curb their spread and protect public health.

In essence, the "zombie drug" poses a serious challenge to American society. Its disruptive impact on human behavior calls for concerted action, combining education, prevention, and enforcement measures to safeguard the safety and well-being of communities against this growing threat.

NEW ZEALAND'S NEW GOVERNMENT WILL ABANDON ANTI-SMOKING LAWS

In New Zealand, the new government of Christopher Luxton will roll back the previous law that would have prevented future generations from smoking. They explained it would increase the economy of the country, plus, they said the law didn't make sense. The law against smoking was established for the people born after 2008, so the Government argued it wasn't very logical: why would a 36 year-old be able to smoke down the street, but not a 35 year-old?

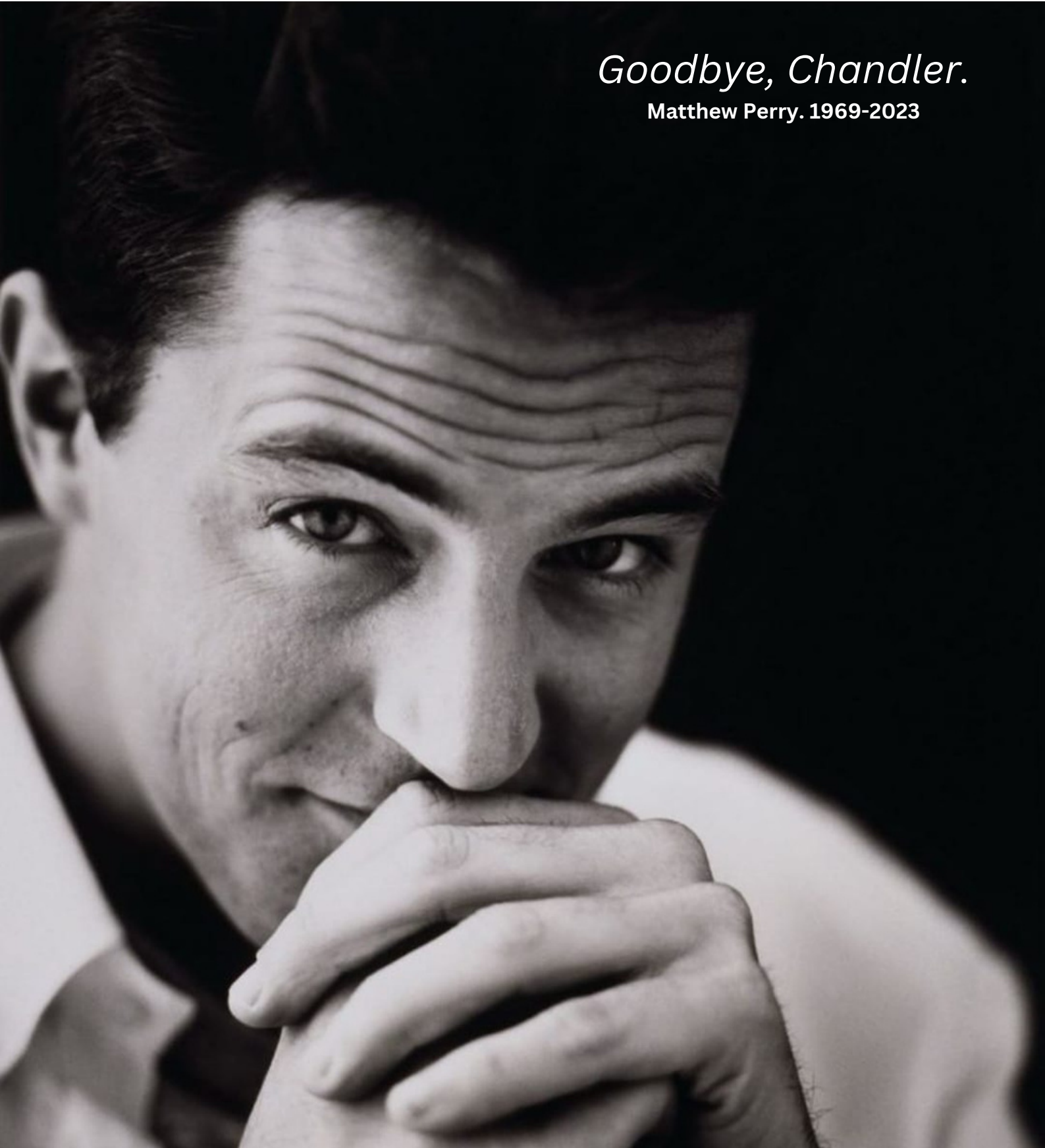
The impact is not only on health, but also on the environment. Due to the cigarette butts, the streets get dirtier and there is more probability for fires to start. The climate change has impacted everyone and New Zealand is no exception. The rise of the sea is their main problem there, and if the law against cigarettes isn't voted anymore, the fires could be added to the list of country's problems.



CULTURE

Goodbye, Chandler.

Matthew Perry. 1969-2023



“Hi, I’m Chandler. I make jokes when I am uncomfortable.”

The unforgettable Matthew Perry, known for his role as Chandler Bing in *Friends*, died at 54 in his hot tub the 28th of October 2023, in Los Angeles.



The shocking news touched many generations. Indeed, the actor was found inanimate at only 54. According to NBC, the cause of death is "deferred", the results of the autopsy were "inconclusive". Furthermore, no drugs were found. Perry was famous for playing Chandler Bing, one of the most popular characters from *Friends*,

a famous 90’s sitcom. Chandler is a character who doesn’t really want to grow up, and has a fear of commitment in relationships: "Until I was 25, I thought that the only response to "I love you" was "Oh, crap!". We don’t know much about his job, but he was always there for his friends, and he brought joy to people. He became someone that people can relate to and easily appreciate.

Could this *be* more tragic?

Matthew, just like his character, was the "funny one" in the show, but also backstage. He was a genius of sarcasm and improvisation, even helping the writers of the show with his own hilarious jokes. He ended the show with a perfect sarcastic joke when Rachel asks to get a coffee and Chandler answers: "Sure. Where?" But we all know they are going to Central Perk, their hangout for 10 years.

However, Matthew was dealing with severe alcoholism and drug addiction. He said in a CBC Q interview "When I die, I don’t want *Friends* to be the first thing that’s mentioned." In fact, he wanted to be recognized for helping people with their addictions. He wrote his memoir to share his struggles called *Friends, Lovers and the Big Terrible Thing* in 2022. He became an actor by following his father's steps. His mom was a Canadian journalist. As a teenager, he loved tennis and considered a career in sport. Because of the divorce of his parents, he lived in Canada and L.A. and went to school with a certain Justin Trudeau! Matthew Perry, a *F.R.I.E.N.D.* we will never forget!

(Re)Watch all 10 seasons on Netflix!



HOLLYWOOD BACK IN BUSINESS AFTER 5-MONTH STRIKE



On November 8, actors and studios reached an agreement putting an end to the strike that paralyzed Hollywood. After 118 days, the actors signed a new convention, which includes a minimum wage increase, for the first time a bonus system proportional to the success of the film or series on streaming platforms, and protection against Artificial Intelligence. Furthermore, scriptwriters get better rewarded for creating successful shows.

To respond to the wage concessions offered to the strikers, the industry will have to reduce production, a trend that already existed before the strikes. This is a relief for the studios, even if this historic double strike cost the Hollywood industry \$6 billion. Since the beginning of the strike, SAG-AFTRA collected more than \$15 million destined for actors working daily, who are struggling financially in the absence of film shoots. Since May, screenwriters, followed two months later by Hollywood actors, had been voicing their dissatisfaction with the movie industry.

Thousands of screenwriters, actors, stuntmen and other professionals demanded higher wages, but also protection for their work against artificial intelligence - in a nutshell, better working conditions. The movement was first initiated by the Writers Guild of America. Then the actors' union, SAG-AFTRA, announced their alliance with the demonstration. The industry was paralyzed, actors stopped shooting and refused to participate in promotions, causing a delay in upcoming blockbusters and revealing a dysfunction in the Hollywood engine. It's a lesson for an industry that can sometimes rest too much on its laurels!



BARBIE IS A FEMINIST ICON - WAIT... WHAT??

Feminism meets Barbie's candy-pink world! Is it possible to believe that Barbie is feminist? Is it even her initial purpose? Finally, what can cinema offer to this plastic woman? A lot of questions have been raised since the announcement of Greta Gerwig's film.

The role goes to Margot Robbie, who is not only a renowned Hollywood actress, but also a figure for every woman. And it's so good, because Gerwig's Barbie is imperfect. Outside this candy pink world, the director describes a hard reality: that in our world, men don't need to make any effort; the privilege of simply be a man is sufficient for their success. While women need to redouble their efforts!

A role-model

The beautiful blonde doesn't have the same message to send as when Ruth Handler created her in 1959. In those years, she had nothing to say, but more to show: body image, make-up, high heels...

Barbie was originally a model doll that became popular with little girls. She showed them that they can become whatever they want, instead of just the perfect stay-at-home mom. A victim of her own success, Barbie surpassed her doll role to become an icon. She reinvented herself over the years, adapting to the times, until 2023, for her arrival in cinemas.



FILM NEWS

Will Elsa come out?

Disney is going to make an impact with *Frozen 3*, scheduled for release on November 26, 2025. There have been discussions surrounding Elsa's character, as some fans have suspicion that she may be a member of the LGBTQ+ community.



This news arises from Elsa's famous song *I'm looking for you*, which some interpret as her way of coming out to her public. While Disney has not confirmed or denied this, it has caused conversations about the possibility of the studio introducing their first LGBTQ+ characters in this film.



A new emotion?

Pixar has announced the release of the extremely anticipated movie *Inside Out 2* in 2024. The trailer has teased us with the introduction of new emotions, adding excitement to the upcoming film. As main character Riley grows into her teenage years, she will experience a new phase in her life, which leads to the arrival of these intriguing new emotions.

Top 5 Christmas movies

Is it almost Christmas which means, movie to check if you want some magic in your life. Here's a list of classics to (re)watch during the holidays.

1. *It's a Wonderful Life* (by Frank Capra, 1946)

After George Bailey wishes he had never been born, an angel is sent to earth to make George's wish come true.

2. *Die Hard* (by John McTiernan, 1989)

New York cop John McClane heads to L.A. to see his wife and gets to attend the Christmas office party from hell.



3. *Elf* (John Favreau, 2003)

Buddy was accidentally transported to the North Pole as a toddler and raised to adulthood among Santa's elves. Unable to shake the feeling that he doesn't fit in, the adult Buddy travels to New York, in full elf uniform, in search of his real father.

4. *Meet me in St. Louis* (Vincente Minnelli, 1944)

Meet Me in St. Louis is a classic romantic musical comedy that focuses on four sisters on the cusp of the 1904 St. Louis World's Fair.



5. *Love Actually* (Richard Curtis, 2003)

The screenplay delves into different aspects of love as shown through 10 separate stories involving a variety of individuals, many of whom are shown to be interlinked as the plot progresses.



Million-Dollar song : All I Want for Christmas Is You

Maybe it should come as no surprise given just how popular it is but the top-earning Christmas song by far is Mariah Carey's *All I Want for Christmas Is You*. The popularity of the Christmas song caused her to be nicknamed "Queen of Christmas". Nearly 30 years after her song debuted, the music has climbed to the top of the Billboard Hot 100 for the past few years.



The song was released in November of 1994, and it continues to be the most loved and listened to Christmas music. She cowrote this holiday song with veteran songwriter Walter Afanasieff, who says "it's definitely no Swan Lake, but that's why it's so popular, because it's so simple and palatable!"

The song has also been covered by many singers. It is difficult to give an exact number but, Mariah Carey, with this music, earns approximately 2.5/3 million dollars a year. This song is loved generation after generation, without people ever getting tired of it. Now that's iconic music!

Spotify's Top 5 most listened to Christmas songs!

#1 *All I Want for Christmas Is You* by Mariah Carey



#2 *Santa Tell Me* by Ariana Grande

Santa Tell Me is a fresh pop song sung by one of the most popular pop stars of her generation: Ariana Grande. Ariana did not fail at having people all around the world falling for her angelic pretty voice singing about young love. This Christmas song was one of the biggest hit that made Ariana Grande one of the greatest artists of the past 10 years.

#3 *Last Christmas* by Wham!

Last Christmas is a lovely but sad song sung by the fabulous duo Wham! It was recorded during the '80s but regained popularity during the past few years. This song also had a movie: *Last Christmas*, created in 2019, three years after George Micheal, one of the two members died.



#4 *It's Beginning to Look a Lot like Christmas*

This song was written by Meredith Willson but has many covers from many artists from 1951 to 2022 by Taehyung from BTS. The most popular cover is by Michael Bublé and the song is even considered like his.

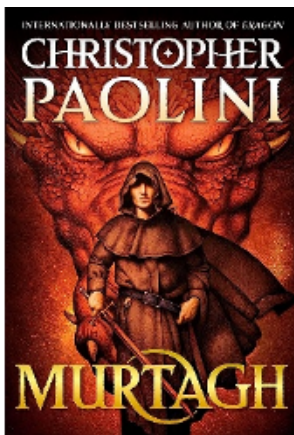
#5 *Rockin Around The Christmas Tree* by Brenda Lee

Rockin Around The Christmas Tree is a song that goes with all generations from the '60s until today. This song was first written by Johnny Marks to be sung by Brenda Lee in 1958 at the age of thirteen only. This song still remains one of the greatest Christmas songs ever created.



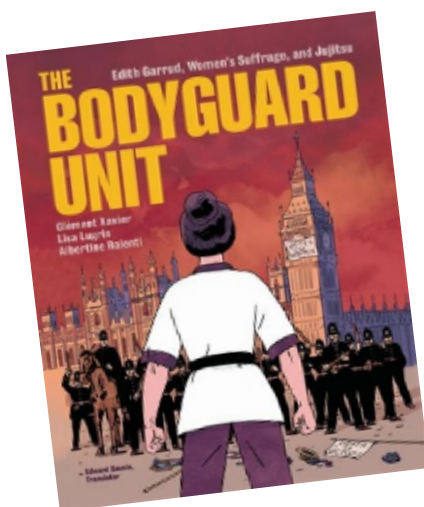
BOOKS ON DISPLAY

1. On October, 24th 2023, Britney Spears published her book **The Woman in Me**. This book is a brave and moving story about freedom, fame, motherhood, survival, faith, and hope. It reveals for the first time her incredible journey and the strength at the core of pop icon Britney Spears.



2. On January, 1st 2024, Christopher Paolini will return to the world of Eragon with **Murtagh**, a year after the events of the Legacy Cycle. The world is no longer safe for Dragonlord Murtagh and his dragon Thorn. They are now hated and alone, exiled to the outskirts of society. And so begins an epic journey in which Murtagh and Thorn must find a mysterious sorceress.

3. **A Touch of Chaos**, the sequel to *Hades and Persephone* comes out on March, 12th 2024. To end the chaos, Persephone must embrace what she has become: goddess, wife, Queen of the Underworld. In the past, Persephone made deals to save those she loved; now she's going to war for them.



At the beginning of the 20th century, English women demanded the right to vote and were subjected to violent reprisals. So the Social and Political Union of Suffragist Women set up its own security unit. Edith Garrud, a pioneer in self-defence, trained them to defend themselves against assault and arrest while demanding long-awaited rights. **The Bodyguard Unit**, a comic, written by Clément Xavier and drawn by Lisa Lugrin, published on August 1st, 2023, explores an explosive phase in the struggle for the right to vote.



(FREE) TEACHERS' TIPS!

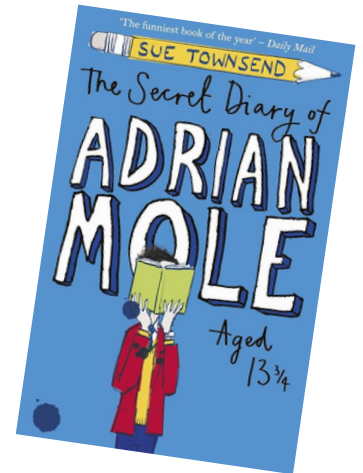
We asked our English teachers for tips on great books, TV shows, movies, music bands, and how to improve your English skills.

What kind of books would you recommend to highschoolers who aren't too fond of reading?

Mr. Bonnard. *The Secret Diary of Adrian Mole Aged 13 ¾* is hilarious. Any Roald Dahl novel, especially *Matilda*... If you have a thing for horror, I'd recommend Stephen King: *It*, *Carrie*, *The Shining*...

Ms Talaucher. James Patterson and Harlan Coben's whodunnit stories are good. *Harry Potter* books are nice fantasy novels.

Mr. Filoche. No need to begin with the classics that may require advanced expertise. Maybe start with short stories like the ones written by Roald Dahl or Ray Bradbury.



Is there any channel on youtube or any kind of social media you could name for your students?

Mr. Bonnard. *Les Tutos de Huito* tutorials are really well done. Other than that, just let your interests guide you, whether it's MMA, sneakers or video games.

Ms Talaucher. Anything in english

Mr. Filoche. It depends on the watcher passions: if you're keen on fashion, sport or cooking, go for it! It will make it easier and funnier to watch something you love.

Is there any movie or TV show you would like to share with us?

Mr. Bonnard. So many! *F.R.I.E.N.D.S*, *My So-called Life*, *Freaks and Geeks*, *Lost*, *Friday Nights Lights*... As for movies, anything by Hitchcock and Billy Wilder.

Ms. Talaucher. On amazon Prime, *Shelter*, an adaptation of Harlan Coben novel

Mr. Filoche. British sitcoms such as *The Vicar of Dibley*, *Keeping Up Appearances*, *Are You Being Served?* Highly recommended: BBC-produced shows.

Who is your favorite author who is writing in english?

Mr. Bonnard. Mark Twain.

Ms Talaucher. John Grishman and Ken Follet.

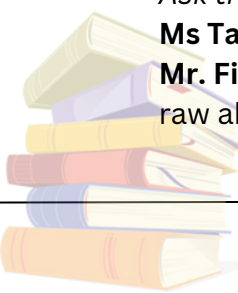
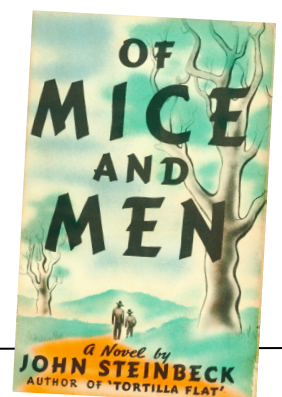
Mr. Filoche. Oscar Wilde's plays. Drama is an excellent way to embrace literature: it can be read, listened to, watched and even played.

What is your favorite book written in English?

Mr. Bonnard. Twain's *Tom Sawyer*, Steinbeck's *East of Eden*, John Fante's *Ask the Dust*...

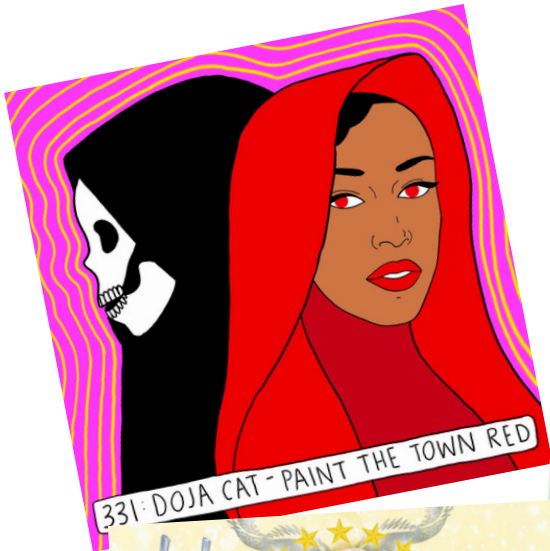
Ms Talaucher. *The Street Lawyer* by John Grisham.

Mr. Filoche. *Of Mice and Men* by John Steinbeck. There is something so raw about this novel... It cuts you deep and makes you think.



TEACHERS' TIPS

(continued from page 25)



Which bands, artists or songs are you found of?

Mr. Bonnard. Right now I like Doja Cat. And I always go back to Nivarna, Deftones, The Beatles, The Beach Boys, Nat King Cole... And it's possible *Video Killed The Radio Stars* is the best song in the world.

Ms. Talaucher. Pink

Mr. Filoche. Acoustic versions, pop music, Tracy Chapman and Antony/Anohni and the Johnsons.

What advice could you give to students who are having a hard time learning English?

Mr. Bonnard. 3 words: immersion, immersion, and immersion. Immerse yourself in the language with TV shows, movies, games, podcasts... That's how you'll really take off.

Ms. Talaucher. Watch series you know and love in English with English subtitles

Mr. Filoche. Never give up. There is no secret recipe: they must find their own way through. Before they begin anything they must befriend frustration: learning a new language requires you to accept not being able to understand everything and not being able to express everything you want to. Practising a new language is like discovering a new way to express yourself. It is an amazing opportunity to explore your personality! Stop thinking in your mother tongue and embrace English expressions, try to reuse them. It will then naturally come to you. Practice makes perfect!

Thanks so much to our teachers, Mr. Bonnard, Ms. Taulaucher and Mr. Filoche for the time they took answering those questions.



LIFESTYLE



SCREEN ADDICTION: HOW IT AFFECTS US, AND HOW TO FIGHT AGAINST IT

Phones, computers and tablets, originally made to communicate, have now become a way to be informed, entertained and even to shop online. These technological innovations are now indispensable and have increased a form of dependence among certain people.



Some celebrities like Ed Sheeran, Tom Holland and even pop singer Selena Gomez have decided to take a break from social media to spend more time with their family or to protect their mental health. In fact, the *Spider-Man* movie star said: “I get caught up and I spiral when I read things about me online and ultimately it’s very detrimental to my mental state”. Thus, he decided to delete Instagram and Twitter.

Numeric tools have many functionalities but with their development and mostly the appearance of social media and online games, a new addiction has developed: screen addiction.

This is the excessive and compulsive use of screens which releases dopamine.

Dependence is detected when a person constantly uses a phone, for example, and is feeling anxious and nervous or has an aggressive behavior without it.

According to Statista, in the United States, young consumers between 18 and 40 are more worried about the negative impact of using their phones on their mental and physical state than older ones. And it is potentially because older consumers spend less time on screens. What’s more, 46% of Americans take regular breaks away from screens to manage their screen time. However, people know that they spend time on screens, but are not aware of their addiction.

SCREEN ADDICTION: HOW IT AFFECTS US, AND HOW TO FIGHT AGAINST IT

(continued from page 28)

Dr Anna Lembke is an American psychiatrist and Medical Director of Addiction Medicine at Stanford University. She explains that being on a phone gives "the feeling of doing something" and that "it's an illusion." Anna doesn't have a phone, so she is not distracted and wants to be present for her family. But it's also complicated for her when she travels to work. However, she is still happy about her choice. This addiction has many consequences. Indeed, it increases procrastination and



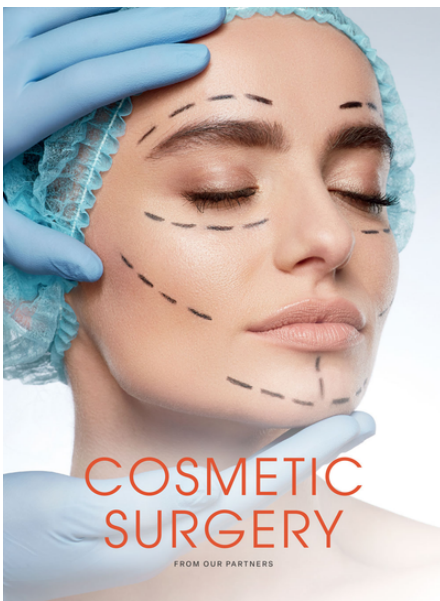
reduces concentration, which has a negative impact on students' learning. Furthermore, it causes sleep problems such as insomnia, headaches and social isolation which affected many people during covid.

There are solutions to deal with screen addiction such as removing applications, doing sport and relaxation to avoid screens. Furthermore, doing simple actions without a phone, for instance, not eating and sleeping with a phone will help. In certain cases, therapy can be considered.

(Also read Leila's article on the subject page 40)



WHY TEENS ARE TURNING TO COSMETIC SURGERY



Unfortunately, cosmetic surgery is becoming more and more of an interest for young people between 18 and 34. Young adults are the most interested in this form of operation to change the many complexes present on their body. These complexes are most often created because of social networks. Young influencers receive criticism about their physical shape and decide to change in order to receive more love on the networks. In coming years, new generations will be much more dependent on their phones. This means that young people will find it increasingly difficult to accept in the years to come if people with bad intentions continue to harass through social networks.

Cosmetic surgery is an operation that consists in redoing a part of your body that you do not like. For example, the most popular operations in the world are liposuction and breast augmentation. Liposuction is a surgery that consists in removing fat from certain parts of the body. And breast augmentation surgery consists in enlarging the chest. The United States has the most cosmetic surgery in the world. At least 3,462 people out of every 100,000 have tried plastic surgery in 2019.

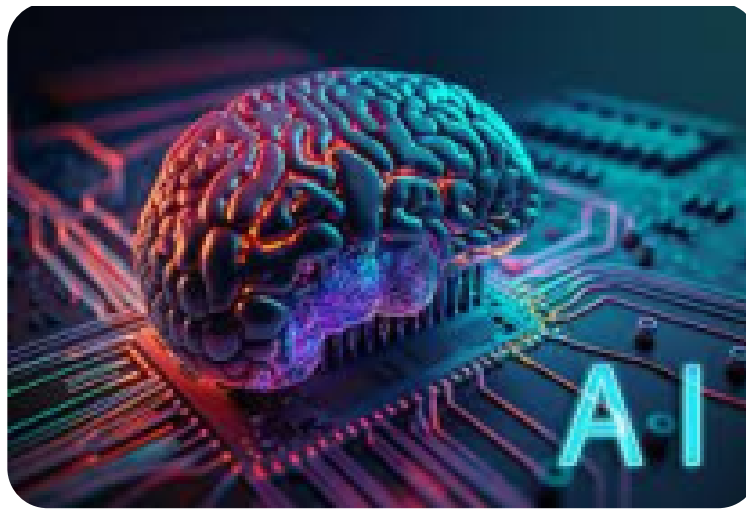
The woman who has most abused plastic surgery is Joan Rivers. She was born on June 8, 1933, in New York City, and died there in 2014. She was a famous American television host known for her controversial humor. During her lifetime she underwent 739 surgeries!



Joan Rivers, before and after

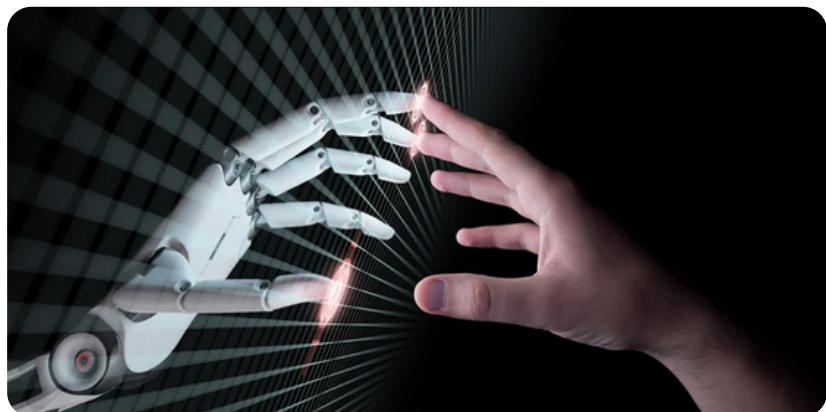
IS A.I. TAKING CONTROL?

On May the 2nd, 2023, Snapchat created My AI, an intrusive chat-bot. On November the 30th, 2022, OpenAI made Chat GPT. Then, Canva created its free generator of pictures: in 2 or 3 words, a masterpiece appears. Artificial Intelligence is everywhere. Is it taking over?



Artificial Intelligence is a robot that imitates humans (their imagination, their knowledge). But can it *replace* humans? And what are its consequences? Initially humans created AI because they wanted to automate tasks and improve new technologies. Then, we can see two kinds of AI: the “weak” AI, which can do a specific action like Siri by Apple, or Chat GPT by Open AI. There is also the “strong” AI, which can do anything and has all the characteristics of humans. However, there aren’t many strong AI. According to the online newspaper Le Monde: Artificial Intelligence is poised to profoundly change almost every aspect of our lives.

So, we might think that the AI is going to replace us, but no. AI is only here to help or facilitate human tasks. In a few years, 80% of existing jobs will disappear. However, this will create other jobs, because it's necessary to have people who maintain, improve or repair the technology.



“I HAVE ALWAYS EATEN ANIMAL FLESH WITH A SOMEWHAT GUILTY CONSCIENCE” - ALBERT EINSTEIN

The US is the biggest consumer of meat after Hong Kong in the whole world, with 124 kilograms per year, which represents an increase of 40% since 1961. Obviously, this excessive consumption of meat has a lot of consequences on health and environment. Firstly, farming, representing 10.6% of the United States (US) greenhouse gas emissions in 2021, is one of the biggest causes of climate change. Indeed, meat production is worse than the car industry for the environment, with 14.5% to 18% of total global greenhouse gas emissions.



According to the seasons, a cow consumes 70 to 150 liters of water per day, which is a very big amount of water. What's more, a cow produces 400 grams of methane per day, the equivalent of a car that travels 20,000 kilometers in one year. Furthermore, beef production is one of the causes of deforestation in the Amazon rainforest, which is nicknamed “The Lung of the Earth” for it produces 20% of the world oxygen. Indeed, the US became Brazil's second buyer of meat with more than 145 millions of kilograms of Brazilian cattle last year. Besides, they buy more and more red meat. In addition, to feed animals, farmers burn the largest rainforest of the world to plant soy, which generates 2 tons of CO₂ released in the atmosphere per ton of burnt trees. Indeed, producing meat is dangerous for the environment, but also for people who eat this food in excess. First of all, it can provoke diseases such as obesity and bowel cancer, because of a chemical called “haem” (which is present in beef) that forms “N-nitroso” chemicals in the gut. Then, “N-nitroso” chemicals damage the cells in the bowel.

“I HAVE ALWAYS EATEN ANIMAL FLESH WITH A SOMEWHAT GUILTY CONSCIENCE” - ALBERT EINSTEIN

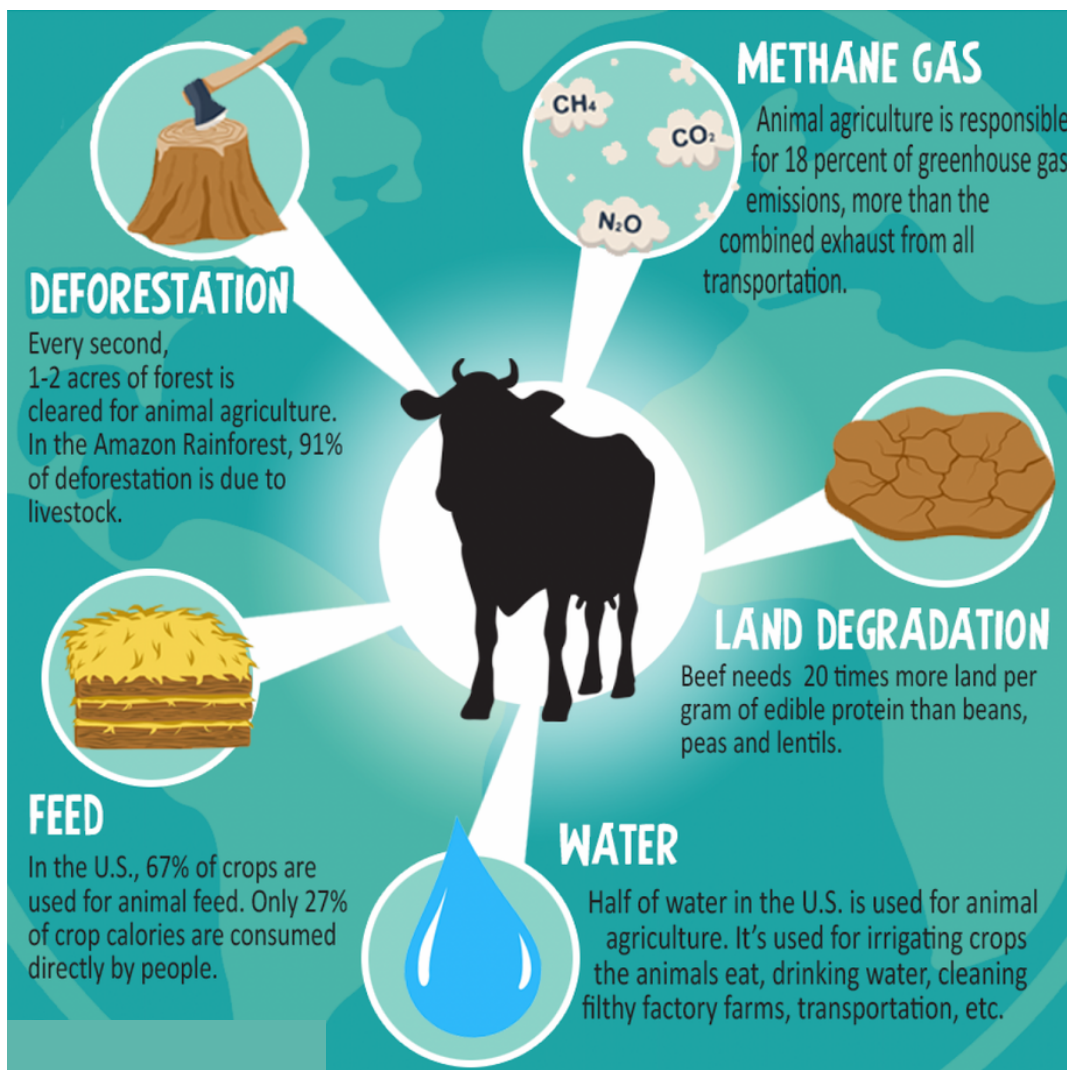
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Furthermore, high saturated fat levels in red meat can contribute to cause heart disease, which is the first cause of death in the USA.

Finally, according to the World Health Organization (WHO) studies, cooked meats could be carcinogenic because of the nitrite that they contain.

If meat has some disadvantages with respect to environment and health, we could replace it with vegetal proteins contained in pulses (beans, peas, lentils) or nuts and seeds.

What's more, contrary to some stereotypes that say eating meat is a sign of masculinity, since it allows to be strong, being vegetarian or vegan doesn't mean that you don't have enough proteins and strength. For instance, some very competitive and famous athletes feel better by being vegan like Formula 1 pilot Lewis Hamilton, as well as tennis players Serena Williams (vegan only during her intense training period) and Novak Djokovic, who once said : *“I do eat plant based and I think that's one of the reasons why I recover well”*.



SPORTS

2024 PARIS OLYMPICS: TEAM U.S.A. EXPECTED TO WIN THE MOST MEDALS

The forecast

Predictions of Gracenote project that the United States will win the most medals at the Paris 2024 Summer Olympics. If the American team does this, the USA will rank first for the eighth consecutive time, with 37 gold, 45 silver and 44 bronze medals.

China is expected to finish second (with 35 gold, 25 silver and 18 bronze medals)

Gracenote predicts 78 medals for China, 11 fewer than

the country's total in Tokyo two years ago. Great Britain is expected to improve, arriving third this time, with 17 gold, 24 silver and 25 bronze medals. However Gracenote predicts Great Britain will win fewer gold medals.

With Russia and Belarus banned from international competition, it is not possible to accurately assess the potential performances of Belarus or Russia. So the Russian and Belarusian competitors have been removed from the virtual medal table for the moment.



How athletes prepare for the event

- Athletes have 4 years of preparation but many of them have been preparing for this dream since childhood.
- You obviously need a good diet. Athletes eat a lot of protein, and hydration, often considered the most important factor, also helps prevent injuries.
- You also need a healthy lifestyle, for example good sleep.
- To succeed in this type of event you need a strong mind, so athletes learn to manage their stress, or even criticism.
- As this event takes place abroad, athletes must have good acclimatization and be able to easily manage the time difference or the climate which may be different from that of their country .



FRENCH WOMEN'S SOCCER IS BOOMING

“The average salary of female soccer players in France varies from 1,500 to 3,000 euros, compared to an average of 75,000 euros per year for players playing in Ligue 1.”
Nathalie Boy de la Tour, president of the Professional Soccer League

The differences between women's soccer and men's soccer are many. There is a difference in salary, visibility and opportunity. In recent years, more and more people have started watching women's soccer. The media are highlighting it more and more. The reasons for the current explosion of women's soccer are many. One of the most important is undoubtedly the efforts made by many players, supporters, managers and coaches to ensure that women's football is, once and for all, valued at its true value.



Women's enthusiasm can be seen on the pitch. More and more women and girls are inspired by the exploits of their idols and decide to start playing soccer. In recent years, we have seen a notable increase in the number of registrations in women's soccer clubs and associations. We also see that this sport is evolving because until 2018 no woman had received a Golden Ball. Ada Hegerberg was the first to receive one. In addition, the performances of the French women's team and national teams are more and more remarkable and there are more and more famous players.

In 2022, the number of women with a soccer federation license in France will rise to around 164,000, i.e. nearly 106,000 more women soccer players compared to 2011. We can therefore conclude that even if women's football took time to develop, female players are today on the right track to make themselves known and change the vision we have of women's soccer.



LEWIS HAMILTON: A PILOT, A CHAMPION, AN ACTIVIST

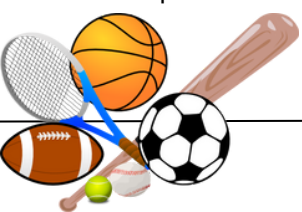
"My heart breaks for the innocent lives lost in Israel and Palestine"



Lewis Hamilton, the 7 times Formule 1 champion said on October the 20th in a Instagram story that the war between Israel and Palestine broke his heart because he knows that there are lots of innocents who died and who are dying. That's why he gave money to associations that help victims. Lewis supports a lot of causes. He speaks out against children's abuse, he fights for women's rights as well as LGBTQ+ rights, and he supports the Black Lives Matter movement. That last one holds a very important place in his heart because he is a Black man and he already had been a victim of racism. During his rise to become the best Formula 1 pilot of all times, the star suffered from racism because he was the first and only Black Formula 1 racing driver. But Lewis was determined to become the best, so he didn't care about how people talked of him.

Iron mind

He forged his iron mind during his childhood, which was a very traumatic period for him. He was bullied by his classmates because of his skin color. When he returned home, he never told his parents what had happened in school because he didn't want them to think that he was not strong, so he went in his room where he would burst into tears, in silence... For this generation, Lewis is an example in his success and in his actions. He never forgot his values and uses his platform to be a militant for a lot of very important fights, which probably inspires a lot of his fans to follow his example. He is also a role model for all the young Black people who want to start automobile sports like Formule 1. Maybe in a few years there will be as many white men as black men and if it happened, Lewis Hamilton would be probably the one who made it possible.



OPINION

WOMEN'S RIGHTS: AN OBLIGATION TO WHICH WE TURN A BLIND EYE

If all human beings are supposed to have the same rights, then why should I be afraid when I leave my house alone? Why is having a child an issue for a woman when she goes to a job interview, but not for a man? Why wouldn't a woman deserve the same salary as a man? What is hidden behind it? A gender? Why must we fight against inequalities in treatment, domestic distribution, sexist discourse, salary inequalities or even a mere lack of consideration?

On December 11, 2023, the Texas Supreme Court overturned an emergency order allowing a woman to terminate her high-risk pregnancy, in a ruling issued hours after her lawyers announced that she had left the state to have an abortion. Doctor says failure to terminate the pregnancy could cause the uterus to rupture in Kate Cox, who is more than 20 weeks pregnant with a foetus with a rare genetic anomaly, complete trisomy 18, which means that he will likely die before birth or live at most a few days, threatening her future fertility and life. She sued

Texas in early December and first won the right to an abortion from Travis County judge. Does this seem normal to you? Not for me. No, it is not normal to have to risk your life to have the right to abortion. Abortion is a right that all women in the world must have. All of them don't have the same means, mentality, the right age, the right context to best welcome a living being.

And no, abortion is not murder!

In Louisiana, the decision by a three-judge panel of the New Orleans Circuit Court of Appeals would limit the use of mifepristone, a synthetic steroid that acts against receptors for progesterone, a hormone secreted by the body's corpus luteum the ovary, in the first seven weeks of pregnancy, Instead of 10, and prevent its distribution by mail. The abortion pill should also be prescribed by a doctor.



WOMEN'S RIGHTS: AN OBLIGATION TO WHICH WE TURN A BLIND EYE

(continued from page 37)

Anti-abortion groups seek to ban mifepristone, stating that although it's been in use for a long time, it is not safe. The Supreme Court temporarily preserved access to mifepristone, freezing lower court decisions, and the drug remains on the market for now.



Unprecedented attacks on women's freedoms

"Across the country, we have seen unprecedented attacks on women's freedom to make their own healthcare decisions", the White House announced.

And according to a press release, Joe Biden was *"firmly ready to defend the ability for women to access reproductive care"*.

Personally, this world scares me. It scares me to know that defending women's rights in 2024 has become an argument to get more votes, and not normality.

I don't plan to talk about politics in this article and that's why I'm stopping here.

To conclude, I would say that what you have read is only a tiny part of all my research. That's why I think it can be interesting for them. I only talked about the United States but there are many other countries where women have no rights, have very few, not enough, or do not have the same rights as men.

Everyone has to be aware of it, so we have to show it, prove it so that everyone understands that this is not a request that came out of nowhere on the part of a woman, it is their right, it is...

...OUR RIGHT!

THE BLEAK MIRROR OF SOCIAL MEDIA



Have you ever had the feeling that everyone is “controlled” or “rated” by their use of smartphones or social medias? Did this question remind you of the famous episode from the *Black Mirror* TV Show *Nosedive*? If you watched it, you could think that it’s exaggerated. But today, it’s beginning to be real...

Every day, medias tell us that social medias are bad, that teenagers are spending too much time using them, but they don’t talk about the real impacts on health. So, I think it’s important to tell the truth about it. Firstly, young people’s mental health is decreasing. It’s the most known issue. A lot of children, even if they don’t have the age to use those apps, see older people sharing photos or videos of them with filters. But some people can’t realize that they are not real. Then, they start having complexes on their own bodies. In certain cases, it can cause depression and other mental issues.

The attention span of a goldfish

However, there is a bigger problem. Attention span is decreasing very fast. In 2015, Microsoft’s research team reported that “*between 2000 and 2015, the average attention span dropped from 12 seconds to 8 seconds, just one second behind a goldfish!*” That means a 4 seconds loss in 15 years! What is the cause of this problem? When you use social medias like TikTok, you only see short videos. You are instantly satisfied because you don’t have to wait to see the main information of the video, so it generates a lot of dopamine. And because of dopamine, you want to watch videos for hours, it’s a vicious circle! Now when you have to read long articles or listen in class, it’s more difficult than before you installed the application. Today, it’s a real problem, but few people talk about it.

THE BLEAK MIRROR OF SOCIAL MEDIA

(continued from page 39)

There is another, well known, issue: cyberbullying. Everyone knows what it is: bullying online. But it's more serious than you think. It causes mental health problems, and some people can kill themselves because of it. There are laws to avoid it, but it's not enough. I think it would be better if medias would talk more about it.

Another underrated problem is fake news. According to UK newspaper The Guardian, the social media where you can find the most fake news is X (formerly Twitter). Nowadays, most teenagers use social medias to get their news. When it's just some false "fun facts" about something, it's okay, but when it comes to world conflicts like the war in Ukraine or the Israeli-Palestinian conflict, it's problematic. With social medias, information, true or false, can travel the world in several hours only! It can cause a lot of disinformation, and people won't believe the truth anymore.

Today, I hope that people, especially young people, are going to become aware of those problems. The most important thing to do is talk more about it, even on television or on social medias themselves, and maybe it will solve these problems, or at least reduce them. And I hope your attention span will last long enough to read my piece until the end!

(Also read Anaïs's article on the subject page 28)



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