

# BEST OF THE BETHS

EDITION #44



Best of the Beths, at its best.  
Celebrating the last year of success!

# THE BEST OF MAY 2026

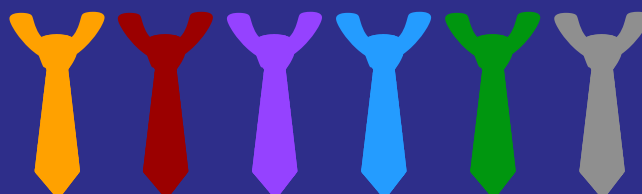


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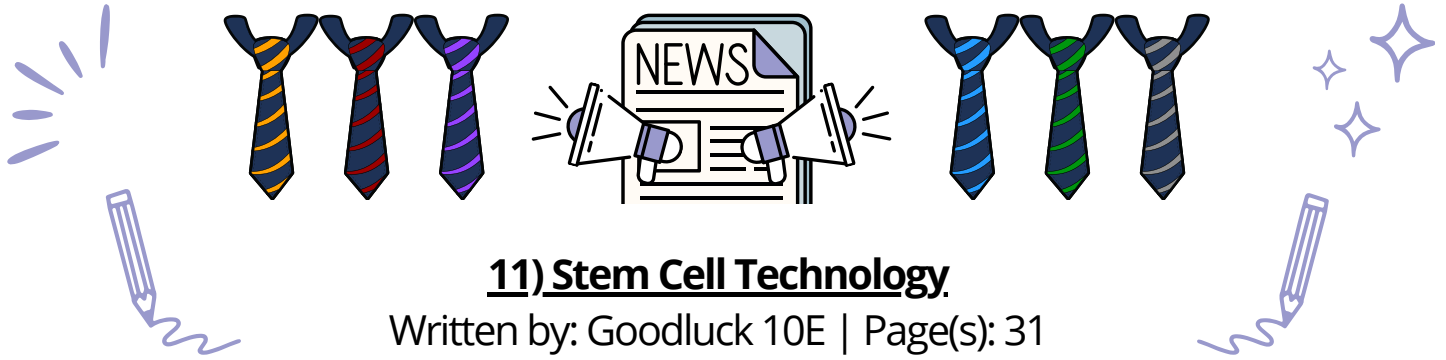
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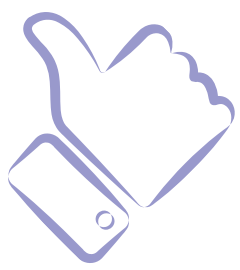
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 **\*Edited by Faeq Ojelade of 10B\*** 



# A YEAR AS THE EDITOR



\*FAEQ 10B' [EDITOR]\*

Hello readers, and welcome to the 44<sup>th</sup> installment of Best of the Beths, the newsletter that has been 'put together for students, by students' since September 2019! You'll be reading this by the time we have returned from the Summer half-term break, and I hope you enjoyed it, feeling refreshed and ready to go for just over 7 more weeks! I am Faeq (**pronounced:** Fi-EEK) of 10B, and this time I have something special for my article - it's been a while since it hasn't been motorsport-based (September'25), but here we are!

The 8<sup>th</sup> of May this year officially marked a whole 12 months since the April'25 edition went live across school. The reason I say that is because that was the day I cemented my place as one of the very few people to edit BotB. Fast forward to now, and quite a bit has changed. This article is going to take you through not only my time as the editor, but the successes that the whole team behind me have helped to create over the past year too - and we've had many! Now then, why don't we get into how all of this came to be?

## \*Initial Involvement: June-July 2023

Every story has to start somewhere, and my story in the newsletter does so when I was in Year 7. For most of the year I wasn't really interested in the newsletter, but that changed when Miss Stevens (my HOY and the organiser of BotB) promoted an opportunity for us to get involved with it ahead of the Sports Day edition in June. I decided to give it a go, writing my first article which was based upon the then-Year 7s' average track times (in short, I managed to obtain the results from the PE department).

But despite having submitted said article, by the time June'23 came out, I scrolled the contents only to find my article **missing**. Doesn't feel great when it (somehow) happens like that, does it? Perhaps understandably, I felt a little 'shafted' about it, but I would have my redemption in the end by officially making my debut the next month. Now that I think about it, that July article was actually a good way to kick off my career in BotB, and it was based on my personal experience as a Year 7 scholar (which I'm sure many of you will relate to! Why not find the July'23 edition on the school website and have a read?).

### My Experience as a Year 7 Student By Faeq 7B

For me, joining Beths as a student felt nerve-wracking, yet immense. Just like others within the community, the family they belong to would have some history with the school through older or younger siblings. To me, it seems as though there are these many expectations that I must live up to so I can fly the flag for my family.

Reflecting on how the year has gone, I feel like I am meeting many expectations already and I am slowly marching my way towards some more of them. Stepping into a new school can feel like entering a whole new world at the same time, but as life goes on, you continue to adapt to your new place. As a Year 7, you meet new people, yet make new friends as well, along with collecting many memories. During this year, I have been feeling more secure, not forgetting that I have also had to take on more responsibility, just like the 191 students around me. It can potentially be a struggle, but you have a wide variety of people around you that are willing to give you support.

I have been thinking about being organised a lot during this year. Others may interpret differently, but for me, it is part of the recipe for having as good a day as you can. The recipe also consists of behaving like you did in primary, or even exceeding that behaviour, and conducting yourself to a secondary school standard. That may seem easy, but it is harder than it may look. Being involved in many house competitions while representing Brampton seems different to an Eardley perspective. My older brother was here and achieved many things, including the prestigious Colours award. However, I feel proud of being in a mini community that forms a community that has not won the House Cup since 2014.

My brother has had an impact on the history of the school, and I feel like I can do the same as well. Heading into Year 8 next year, it feels as though it is "a fresh start. A new chapter in life waiting to be written. New questions to be asked, embraced, and loved. Answers to be discovered and then lived" in what will be a "transformative year of delight and self-discovery." I feel like the weight of my brother's 7 years here will be on my shoulders. Though it is possible for me to emulate him. No pressure.



You're looking at my first official article for Best of the Beths, based on my personal experience as a Year 7! Back then I was (as you can probably see) relatively small, but I still gained a fair few pieces of knowledge during the year. Reading back, it feels like a 'wise' piece even after three years, but you can have a read of it or yourself by finding the July'23 publication on the school website.

Go to 'News', then 'Newsletters' and scroll down to find a dropdown menu for Best of the Beths.

[IMAGE CREDIT: Best of the Beths, July'23]

## **\*(Permanent) Return: February 2024 to March 2025**

After Year 7, the newsletter basically dropped out of my mind, I suppose, for half of Year 8 until around February that year, when I thought of coming back to the team. I would reappear in the March'24 edition with a piece regarding my year group's House Football competition, and it was from the next edition that I would start integrating my informal passions (i.e. NASCAR) into my next few articles. From March'24, and this statement still stands today, I had appeared in every edition of the newsletter. Not just that, but I happened to become more of a dedicated member of the club, spotting mistakes the editors didn't and laying down a set of templates for the next edition at times.

It just happened to be that such tokens of kindness were noticed by Miss Stevens and the editors at the time, and they thought I would be perfect to lead the newsletter forward in that position. It was in early January of 2025 that I was approached for it, which I (of course) was willing to accept and see what I'd gain from it, and soon after I was taught how to edit the newsletter. We agreed for me to fully step into the editor position by April'25, setting up (possibly) the greatest 12-month period we have ever had in the history of this newsletter.

## **\*Editor of BotB: March 2025 to present**

Firstly though, during April'25's production, I started to devise a new look for the newsletter, maintaining the foundations that Edwin had left from before when the team started using Canva (November'23) while also making it more vibrant. The house ties were present on the front cover and contents as well as the edition number for the first time in five years, plus I added a few new clip-arts as well as a six-image collage to make it pop too. Eventually, we had enough articles for April to go ahead, and once it released on the 8<sup>th</sup> of May, I made history by becoming the first-ever KS3 student to edit BotB, despite the lack of contribution from that key stage with 'quality of writing' in mind.



Here we have the front cover and contents page of April'25, the first edition of many under this current era of the newsletter. Throughout my time as the editor, this has been the main look of the newsletter for 9 of the 13 editions, with a few adaptations for special occasions in the coming months.

**[\*NOTE: Zoom in if you need to!]**

**[IMAGE CREDIT: Canva]**

Things would get better from there, as we had a large influx of Year 9s coming in after a bit of promotion and that was a factor in making the May edition the largest since September'22 (funnily enough, when I came to the school). Furthermore, we'd have quite a few KS3 scholars volunteering for June's Sports Day newsletter, which still featured the newsletter's primary colours yet had a more sporty design for it (such as house shirts and more sports-centred clip-arts)! To cap off 2024/25, our July publication proved to be not just our longest of the year, but longest-ever in the history of the newsletter, giving the team great momentum entering 2025/26.

And so, we would start this year off with a special spin on the newsletter's modern format, adapting its 2019 colours (like we've also done this month) for a 6<sup>th</sup> anniversary edition. Our September 25 edition was actually quite impressive if you think about it, featuring a grand total of 23 individuals! Not just that, but it was the newsletter's first for that month since 2022 while also becoming the longest-ever publication at a grand total of 49 pages, already blitzing the record we set last time out. To conclude 2025, we'd follow that up with another 3 editions over 30 pages in length from October to December, with October 25 being our best success of the trio at a length of 43.



Towards the end of last academic year, I started considering a few alternate looks for the newsletter to mark special occasions, starting with our Sports Day edition in June, which featured a more sporty spin on the April and May 25 layout in terms of clip-arts used. Then, to celebrate the 6<sup>th</sup> anniversary of the newsletter, as I said, I decided to twist 2019's darker blue, white and greyish-lavender into our modern format for the first time of three this year (Jan'26 and this edition, May'26), with a slight colour tweak for the latter two which featured a little more lavender on the contents page(s).

**[IMAGE CREDIT: Canva]**

Our success to end 2025 meant that we could start 2026 by celebrating the 40<sup>th</sup> edition of Best of the Beths at essentially the same time as the New Year, which warranted the return of the celebration colours used in September. We would of course return to our regular livery for the next three publications in February, March and April, all of which were between 34 and 37 pages in size. And that's how we're where we are now, with the May 26 edition, the 44<sup>th</sup> instalment of the newsletter and ninth of this year.

**\*Now, how successful have we been exactly?**

You have just read a bit to do with this question, but there has been a lot more going on behind the scenes that has contributed to our success so far. In fact, we've had a lot to the point where the last 12 months for BotB might (for now) be its 'Golden Age'. Why do I say this, especially when this has come under my own leadership? Let me explain!

When I came to this team, there wasn't a large presence of KS3, and this was mainly due to Miss Stevens' concerns over the 'quality of writing'. However, she (evidently) did let a few younger scholars in, and almost as soon as I became the newsletter's first student to edit it whilst in KS3, we had a relatively large influx of Year 7s, 8s and 9s coming to join us, some of which have opted to contribute in the long-term. Our newsletter team currently consists of over 40 students (though some are inactive), however up to 20 students come from Years 7 to 9 right now, which would equal (at least) 50% of the team.

So with that, it now gives the younger years more of a chance to master the arts of article writing and Canva creativity amongst some of the more experienced bunch (in terms of general secondary school exposure) in the team. It is this diverse network that we have which has once resulted in every year group being present in a single edition, that occasion being October'25. The enthusiasm and commitment that this team behind me has shown over the past dozen months has been nothing short of exemplary as well, resulting in some of BotB's longest editions, just like what's in the table below:

<u>Longest Editions in Best of the Beths</u>		
	<u>As of May 8<sup>th</sup> 2025</u>	<u>As of May 22<sup>nd</sup> 2026</u>
<b>1</b>	<b>September'22:</b> 37 pages	<b>September'25:</b> 49 pages
<b>2</b>	<b>March'22:</b> 34 pages	<b>October'25:</b> 43 pages
<b>3</b>	<b>May'22:</b> 31 pages	<b>January'26:</b> 43 pages
<b>4</b>	<b>December'22:</b> 31 pages	<b>July'25:</b> 39 pages
<b>5</b>	<b>October'22:</b> 30 pages	<b>September'22:</b> 37 pages
<b>6</b>	<b>May'24:</b> 29 pages	<b>March'26:</b> 37 pages
<b>7</b>	<b>October'24:</b> 29 pages	<b>December'25:</b> 36 pages
<b>8</b>	<b>June'23:</b> 28 pages	<b>April'26:</b> 36 pages
<b>9</b>	<b>January'24:</b> 28 pages	<b>March'22:</b> 34 pages
<b>10</b>	<b>March'25:</b> 27 pages	<b>May'25:</b> 34 pages

That's right, out of the twelve editions that have been released during my time as editor (as of this last update, therefore excluding May'26 for now), nine of them feature among the top-10 longest editions in the history of the newsletter! Notably, that includes all of our 2026 efforts so far (including February, which is in a three-way tie for ninth, and you'll know where May stands) along with the massive celebration that was September'25. To be fair, maybe these later editions are somewhat inflated with things like my bonus galleries, but even if we were to delete all of those we'd still have the same top three as we currently do anyway, so regardless it stands that we're reaching new heights.

And it isn't just quantity that we could think about here, why not consider the quality of our efforts too? From March'25 (Edwin's send-off as the editor) all the way to now, we have had an edition of the newsletter for every single month we have stepped onto school site. This is (by a fair margin) the longest conversion streak this club has experienced; and perhaps this comes from things like (as mentioned) our refined commitment, regular deadline reminders and overall improved management of Teams (which was still good, but there were areas to improve on which we evidently have).

Maybe I don't monitor statistics to do with BotB as much as I did a few months ago (at least), but from the main bits that you've read here, it may well be that there's no better time for this newsletter than the present. Provided we continue on this path, it may become even less of a doubt that May 8<sup>th</sup> 2025 serves as one of the most pivotal dates in the history of this newsletter club. And who knows? It might not even end there - maybe this era of BotB could be considered (at least, one of) the best we've ever seen...

## That's the end of the article!

That will do it for a recap of the last twelve (and a bit) months for Best of the Beths! As always, thank you for taking the time for reading my article, especially on this occasion - quite a bit of reflection and stat-searching had to be done, but I hope you enjoyed it. If there are any questions about this article or maybe even the newsletter as a whole, please feel free to contact either myself [@22B-Ojelade-Faeq](#) on Teams, through my Outlook email or in-person, or Miss Stevens, the founder and organiser of the club where appropriate.

In fact, it wouldn't be fair if I didn't thank her and Edwin for giving me the opportunity to lead this team forward over the past year. As Miss Stevens said in the Note of Thanks from last time and I will happily echo this: editing is a meticulous process in which I have had to read, edit, rearrange and finesse until it reaches the final vision of what you see before you every single month. This is not a mean feat, but I've enjoyed the sometimes humbling yet fun experience of doing this task as often as I do. I say all of this a lot, I know, but I'm also proud of the whole team behind me - I may be the editor, sure, but if you don't have a solid, committed group to back that, you aren't really going far, are you?

And who would've thought that a few simple tokens of help and kindness this time a couple years ago would eventually land me the role of editor and also a Jack Petchey award for my service too? Perhaps you never really know how anyone is going to pay you back for those, that is, if they even do. But here we are now, a whole year into my duty as editor for Best of the Beths, and I don't think I could have been in any better place than that. We've had (statistically, at least) a legendary first 12 months, and hopefully in the months and year or two to come, we can keep this rolling.

For now, though, thanks for reading my main article this month. But as you (most likely) know by now, my content often comes in twos, and I've got a bonus gallery based on the opening dozen rounds plus a couple exhibition events of the 2026 NASCAR Cup Series season coming right up. Hopefully, you enjoyed this article, though! 😊

[\***PRODUCER'S NOTE:** This article was last updated on May 22<sup>nd</sup> 2026. All facts and statistics within the article are correct as of that date, with many being subject to change in the future.]

# 2026 NASCAR CUP SERIES: FIRST THIRD (GALLERY)



\*FAEQ 10B<sup>2</sup> [EDITOR]\*

Here's my bonus gallery for May then! In terms of my NASCAR content this year, the most I've spoken about was the return of the 'Chase' championship format as well as a review of the NASCAR 25 video game! Now, for once I have decided to base even a few pictures on the opening dozen races (plus a few exhibition events) of the 2026 NASCAR Cup Series season. So without further ado, featuring drivers like Tyler Reddick, Denny Hamlin, Chase Elliott and (less notably) reigning champion Kyle Larson, here's how it has started out in a nutshell!



**EXH) BOWMAN GRAY:** Racing action for 2026 would start at the 0.25mi circuit of Bowman Gray Stadium for the Cup Series' pre-season exhibition event. It was a wild opening to 2026 too, with multiple cars getting turned around and battered about, for starters. We also had a bit of wet-weather racing after it started to rain during the halfway break of the 200-lapper, with the drivers essentially having to delicately skate around NASCAR's smallest circuit for a while!

[IMAGE CREDIT: [Getty Images and Cook Out Clash at Bowman Gray Stadium on Twitter](#)]



**EXH) BOWMAN GRAY:** But, as the laps wound down and the track started to dry, Ryan Preece for RFK Racing found his way to the front and would stay there for his first win in the Cup Series... though it didn't really count as it was only an exhibition. He was still emotional about it afterwards, though!

[IMAGE CREDIT: [NASCAR on Threads](#)]



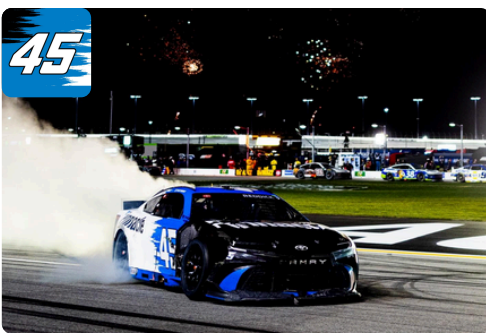
**R1) DAYTONA 500:** Come qualifying for the season opener at Daytona, it was Kyle Busch [right, #8] who took pole position ahead of the #19 of Chase Briscoe [left]. In short, the rest of the grid would then be set by the finishing order of Duels 1 and 2, which were won by Joey Logano and Chase Elliott respectively - in fact, those two would make up the second row.

[IMAGE CREDIT: [NASCAR on Threads](#)]



**R1) DAYTONA 500:** We had quite a dramatic finish to the 68<sup>th</sup> installment of the Daytona 500, with two multi-car incidents taking place, beginning with one in Turn 1 of the final lap before another in the tri-oval on the run to the flag [left]. It was Tyler Reddick who weaved his way through the chaos to score his first Daytona 500 win after a winless 2025 season, getting to celebrate it with 23XI-Racing team owner Michael Jordan in Victory Lane [right].

**[IMAGE CREDIT: Getty Images]**



**R2) ATLANTA<sup>1</sup>:** Such celebrations would continue the next week at Atlanta, with the #45 returning to Victory Lane despite missing a right-front fender [look carefully!] after being involved in an incident on Lap 224. In doing so, Reddick became the sixth driver in NASCAR history to win the first two races of the year.

**[IMAGE CREDIT: NASCAR on Threads]**



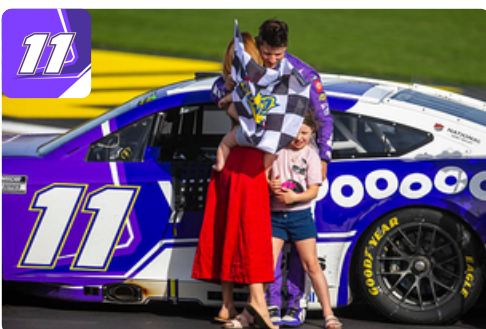
**R3) COTA:** That was before Reddick stepped into a league of his own by the end of the Texas Grand Prix, as he became the first driver in NASCAR history to start the year with a consecutive hat-trick of victories. With that, he took a commanding 70-point lead over 23XI teammate Bubba Wallace after just three races, with Chase Elliott another two markers behind.

**[IMAGE CREDIT: Getty Images]**



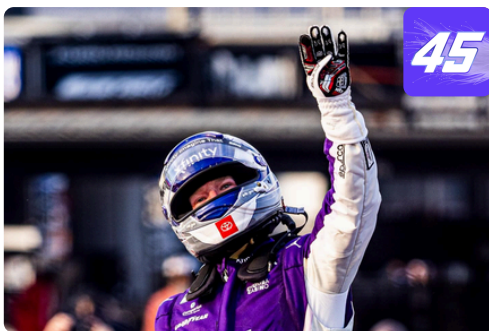
**R4) PHOENIX<sup>1</sup>:** Did you know? The Cup Series race at Phoenix took place a day after IndyCar stepped foot onto the venue for their own event, which was won by Team Penske's Josef Newgarden. Ryan Blaney would respond to this by charging through the field a few times to give Penske the victory on the Sunday as well, his second in succession in the desert.

**[IMAGE CREDIT: Action Sports Photography]**



**R5) LAS VEGAS<sup>1</sup>:** The site of Denny Hamlin's last win in 2025 was also the site of his first in 2026, as he held off the Hendrick Motorsports cars of Chase Elliott and William Byron to score another emotional victory. It came after he agonisingly missed out on the 2025 series title and his father, Dennis, was also killed in a house fire during the off-season.

**[IMAGE CREDIT: Getty Images]**



**R6) DARLINGTON<sup>1</sup>:** It wasn't long before Reddick would return to the top spot, as he finally conquered 'The Track Too Tough to Tame' for the first time in his career despite issues with a malfunctioning alternator in the early stages of the race. With this, he became the first driver since Bill Elliott in 1992 to win 4 of the opening 6 contests.

**[IMAGE CREDIT: NASCAR on Threads]**



**R7) MARTINSVILLE<sup>1</sup>:** For much of 2026's first few weeks, Chevrolet (including reigning champions Hendrick Motorsports) had been on the back foot compared to Toyota (and at times, Ford), getting to grips with their updated Camaro ZL1 package. However, they'd finally get their time to shine with Chase Elliott stealing the win at Martinsville from Denny Hamlin (who led 292 of the 400 laps) through strategy late in the race. Now a fun fact: Elliott's win was 11 years to the day where he made his Cup Series debut at the exact same venue, and that race was (funnily enough) won by Denny Hamlin (March 29<sup>th</sup> 2015)!

**[IMAGE CREDIT: WCNC and Getty Images]**



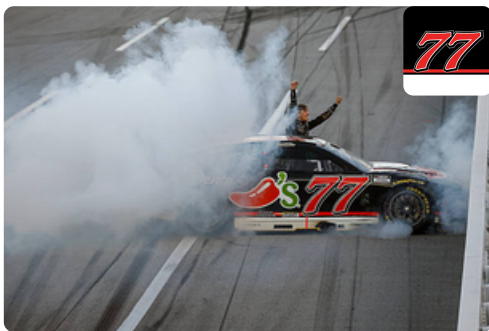
**R8) BRISTOL<sup>1</sup>:** At the 130<sup>th</sup> time of asking, Ty Gibbs would finally break through for his first-career win, fending off race dominators Ryan Blaney and Kyle Larson while later dedicating the victory to his father, Coy Gibbs, who passed away the night after Ty became the 2022 NASCAR O'Reilly Auto Parts (then Xfinity) Series Champion.

**[IMAGE CREDIT: Getty Images]**



**R9) KANSAS<sup>1</sup>:** Guess who's back... that's right - Tyler Reddick, once again. It was at Kansas Speedway where he would claim a fifth win in nine contests, despite having issues with his fuel system collapsing, colliding with fellow Toyota driver Christopher Bell, and falling behind defending champion Kyle Larson in overtime. In fact, it was Larson who (essentially) left the door wide open in Turns 3 and 4 on the final lap for the #45 to become the first driver since 7-time champion Dale Earnhardt Sr. in 1987 to win five of the first nine races of the year in NASCAR's top division.

**[IMAGE CREDIT: Getty Images and NASCAR on Threads]**



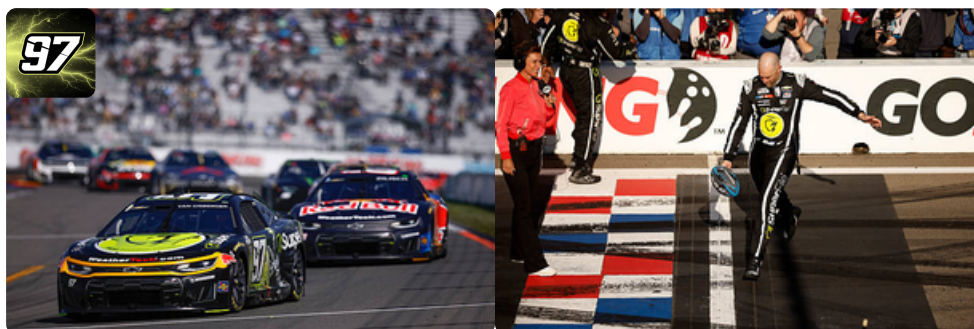
**R10) TALLADEGA<sup>1</sup>:** After Ty Gibbs' breakthrough, many eyes were on Carson Hocevar to be the Cup Series' next first-time winner, and he would do just that at NASCAR's biggest track. He'd follow it up with one of the most memorable celebrations in recent history, sitting on the edge of his door with his #77 Chevrolet slowly rolling by the crowd.

**[IMAGE CREDIT: Getty Images]**



**R11) TEXAS:** For the second time in the last three seasons, Chase Elliott tamed the treacherous turns (and mid-corner bumps) of Texas, leading a race-high 87 laps and again fending off Denny Hamlin to sign, seal and deliver his second victory of the year. Never before has Elliott notched a couple of victories this early into the campaign - the best he managed before this was 19 races back in 2022.

**[IMAGE CREDIT: NASCAR on Twitter and NASCAR.com]**



**R12) WATKINS GLEN:** Another road course race, yet another win for the Cup Series' man from down under (New Zealand, to be specific). It was an anticipated yet spectacular performance from Trackhouse Racing's Shane van Gisbergen, who didn't just win by 7.288s or lead 74% of the event, but also managed to slash down a gap of 29.2 seconds to race leader Ty Gibbs (who was saving fuel and tyres) in only 17 laps after making his final pit stop of the race (that's 1.718s per lap on average). It marked his seventh career victory, all of which have come turning both left and right. He'd follow that up with a celebratory burnout and usual rugby punt [right] into the grandstands the day after he turned 37 years old!

**[IMAGE CREDIT: Getty Images]**



**EXH) DOVER ALL-STAR RACE:** In a chaotic All Star Race that featured a pair of nine-car accidents (one of which triggered a red flag a mere thirty seconds into the event), it was Denny Hamlin who weaved his way through the carnage to lead 103 of the 200 laps in the final segment of the race and claim his second \$1,000,000 cheque in 20 tries.

**[IMAGE CREDIT: Getty Images]**



### 2026 NASCAR Cup: Points Standings After Rd12 (Top 10)

P)	#	Driver	Make	Points	Behind
1	45	Tyler Reddick	Toyota	567	LEADER
2	11	Denny Hamlin	Toyota	438	-129
3	9	Chase Elliott	Chevrolet	422	-145
4	12	Ryan Blaney	Ford	405	-162
5	17	Chris Buescher	Ford	375	-192
6	54	Ty Gibbs	Toyota	372	-195
7	77	Carson Hocevar	Chevrolet	342	-225
8	5	Kyle Larson*	Chevrolet	332	-235
9	6	Brad Keselowski	Ford	318	-249
10	23	Bubba Wallace	Toyota	313	-254

**•NOTE:** Kyle Larson (driver of the #5 Hendrick Motorsports Chevrolet) entered this season as the 2025 and defending NASCAR Cup Series Champion... and is also yet to win a race this year.

[IMAGE CREDITS: [Getty Images](#)]

### That's the end of the gallery!

Thanks for having a quick look at this gallery based on the opening third of the 2026 NASCAR Cup Series season. I haven't really focused on real-life NASCAR action in such depth for a while, so it was about time to return to that for you! As I said to end off my article, should you have any questions you want to ask, do feel free to contact me on Teams, or my Outlook email, or in-person should you wish to find me.

The opening dozen contests to this new season have definitely been interesting to watch, with Toyota (mainly with Tyler Reddick) asserting their dominance following last year's narrow title miss and Chevrolet still warming up with their updated Camaro ZL1. But we still have another 24 races to go, meaning there's plenty more questions to be asked. Can Reddick and Toyota maintain this early momentum? How will Chevrolet and Ford respond to this? And on another note (which I'd really like to know the answer to), when will reigning champion Kyle Larson finally break his winless streak of a whole calendar year, or, an entire NASCAR season? We'll have our answers over the next few weeks and months, but thanks for viewing my May'26 content! Goodbye for now! 🙌

[\***PRODUCER'S NOTE:** This gallery was last updated on May 22<sup>nd</sup> 2026. All facts and statistics within the article are correct as of that date, with many being subject to change in the future. Even so, from an article writer's perspective, I shall see you in the next edition of the newsletter! Take care.]



# UK LIFETIME SMOKING BAN



\*MOHAMMAD 8B\*

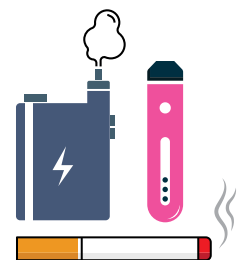
Hello everyone, and welcome to the 44<sup>th</sup> edition of the newsletter! Today, I'm thankfully NOT going to be talking about Trump (though the situation is still quite tense), and instead going to talk about a recent anti-smoking law that will affect probably everyone in this school and many more. So, without further ado, let's start!

## What is this law?

The Tobacco and Vapes Bill was first introduced in November 2024 and has finally passed through all parliamentary stages and received Royal Assent (a signature from the king that makes the law legal) on April 29th. This bill makes it illegal for people born after January 1<sup>st</sup>, 2009 to smoke or use vapes, even after they turn 18 all the way until death. The bill hopes to create the world's first smoke-free generation by restricting new smokers instead of banning current smokers from buying cigarettes. Some more things in the bill are a vape tax from October 1, 2026 (£2.20 per 10 ml of liquid) and a grant that allows the government and ministers to ban certain vape flavours and to regulate packagings and ads. It covers cigarettes, cigars, shisha, heated tobacco and some herbal smoking products.

## When did/will it happen?

This bill was first proposed in parliament on the 5<sup>th</sup> of November, 2024 in Commons, as a new version of a previous bill introduced in March. In the UK, laws are first proposed in the House of Commons before being passed over to the House of Lords. There, small changes are made according to what the House of Lords deems fit before the bill gets passed back to the House of Commons where they make small changes, and this "ping-pong" keeps happening until both sides are happy with the bill, which happened quite a few days ago (weeks ago by the time you're reading this). It received Royal Assent in the final week of April, meaning that by the time you're reading this it has become law.



A few of the vapes/e-cigarettes that are being greatly affected and partly banned by this law

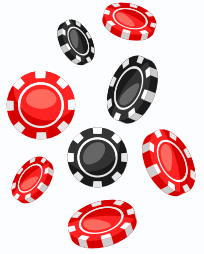
## **What is the public reaction to the Tobacco and Vapes Bill?**

While many people support this law as it reduces smoking related illnesses and relieves lots of pressure from hospitals and the NHS, some actually oppose it, saying that it is excessive and will only lead to a rise in illegal, black-market cigarette sales. Some individuals also think that restricting vape flavours and packaging is too “overreaching” and limit consumer freedom. However, lots more think that the bill is long-overdue and a big step towards banning smoking altogether, especially as we find out more about the harmful effects of using vapes and/or cigarettes/cigars.

That's the end of my article this month, and I hope you found it interesting. Personally, I believe that this bill is a very good one that should have happened much earlier, but that's just my view. Thanks for reading!



# POLYMARKET



\*TIANYU 12B2\*

## **What is Polymarket and how does it work?**

Polymarket is a decentralised prediction market platform that allows users to bet on the outcomes of real world events using real money. This mimics already existing betting methods such as football betting on matches outcomes that rewards users if their prediction was correct. However, polymarket does not limit its platform to just one form of betting, it has an infinite amount of possibilities ranging from betting on politicians and elections to the weather forecasts in different areas. Also, unlike traditional betting, it is run using cryptocurrency on stablecoins and rather than giving money to a single company or person it is where the user buys shares of an outcome. In essence, if you think something will happen you buy "yes" shares and if you don't you buy "no" shares. The prices range from 0 to 1 dollar and they reflect the probability of that outcome and the return you receive if the share "wins". For example, you receive 1 dollar for every share if the prediction was correct and 0 if it was wrong. Therefore, betting on unlikely outcomes will have cheaper shares and will return a higher percentage of money.

## **Why use crypto in Polymarket?**

Cryptocurrency is a vital component in how Polymarket works. Polymarket uses blockchain technology and digital currencies such as USDC which is a coin designed to maintain a value close to one US dollar. Polymarket is built on the Polygon blockchain network which allows the transactions to be processed quickly with low fees and makes every trade public and secure. This increases transparency because users can verify transactions independently rather than relying on a company to keep records, as traditional betting companies do. Furthermore, crypto allows the prediction markets to operate globally with virtually no currency conversion fees.

## **Risks and controversies**

One of the many risks and controversies on the platform would be the insider trading. If a bet was put up, for example, about a politician saying a certain word in their speech, then the politician in question would be able to place their own bets on the market since there are no regulations on who can place a bet on Polymarket. Along with this, cryptocurrency is difficult to trace which makes transactions harder to trace and makes the politician in question be able to get away with it easily.

Another risk would be the ethical concerns around certain prediction markets. Some critics argue that allowing people to profit from events such as wars, political crises or natural disasters may be morally questionable. Due to Polymarket's unregulated nature, users are able to post anything their mind desires even if it is unethical and morally wrong.

Finally, we see that the markets in Polymarket may also be affected by bias and false information as it may not use a totally reliable source. This makes it extremely difficult to determine if the market was fair or not. Therefore, unlike sports betting which has a definite outcome, markets in Polymarket may be manipulated through news sources producing wrong information.

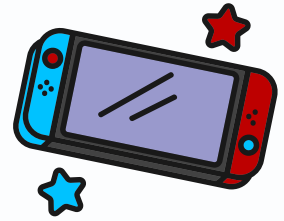
## **Conclusion**

In conclusion, Polymarket has many controversies surrounding it and may also be extremely risky. It also falls into a grey area where you can classify this as trading rather than gambling due to its "markets" system of placing bets. However, it could also provide a better reflection of the public general opinions since users are using real life money and carries a risk with their answer. Therefore, I believe that Polymarket may be a good tool for prediction and surveying public opinion. However, its markets not being regulated may be a risk but it could also be argued that this is what differentiates it from all the other gambling or trading platforms.

# POKÉMON LEGENDS ZA: GAME REVIEW



\*HAMZA 8C\*



Hello again everyone, great to be back here. I am Hamza, and I am here to talk about a game review of a Pokemon game, known as Pokemon Legends ZA. I know many people like Pokemon in general, some are neutral with it, and others are not really fond of it, but I am going to discuss the quality of this recent game, the story, and many more, so listen carefully:

## **The quality:**

This Pokemon game has very rich quality (in the Nintendo Switch 2) with 60fps/frames per second, allowing smooth movement in the game. However, on the original Nintendo Switch 1, it poses an amount of 30fps, which allows reasonable movement, but it is not as controlled and smooth as on the Switch 2.

## **The story:**

The game is set in Lumiose City, and this story is not like other Pokemon games we Pokemon fans all know and love but it poses a different story. Instead of the classic gym challenges and champions, this game holds an event known as the ZA royale.



You are able to choose a starter between Chikorita (grass), Tepig (fire) and Totodile (water), by a person by the name of Taunie (if you picked a male character) or Urbain (if you picked a female character), who then helps you get your bag back from a Pancham (I forgot to mention that in this game, you appear as a tourist and not as a citizen). Taunie/Urbain then leads you to a hotel run by AZ, a 3000 year old character from the Kalos games Pokemon X and Y, my favourites.

After a while, he or she introduces you to the ZA royale, where you have to go to Rank A from Rank Z to be granted the strongest trainer in Lumiose City. The only way to reach up ranks is through through promotion matches, which can only be played through Challenger's tickets, which THAT can only be obtained through defeating enough trainers in battle, which appear at night in red (There are battle zones, to battle trainers, and wild zones, to catch wild pokemon).

Seems simple as that, right? Well there's more. After climbing up some ranks, and a very painfully long tutorial by Taunie/Urbain, you forced to chase a black and green dog pokemon, known as Zygarde in its 10% form. It leads you to a rooftop, where something is about to happen, I am not going to tell you, not until later!

You are now even stronger, long story short. And you've got to face Vinnie. You're still Rank V. You have to beat him to get straight to Rank F (special treatment basically!). And then you've got to face more opponents in the ZA royale. When you reach Rank B, AZ is going to tell you a story, which I am not going to spoil for you, and then when you Reach Rank A, after some lectures with an 'unknown team', something happens to the tower where you and Taunie/Urbain must battle to see who will go to the tower and save it.

However, the game has a scripted ending that always lets Taunie/Urbain go to the tower and fail to save it (If you wanted to play this game, I've already told you the horrible ending, so don't get angry if it happens), causing you, Zygarde, and all your ZA royale opponents to save Taunie/Urbain and the tower. And then no one cares that you saved them, in the end... (I did a lot of talking there, sorry!). Overall, the story might not be the best, but it is the gameplay that makes this game unique to other basic Pokemon games.

### **The gameplay:**

The gameplay of this specific Pokemon game is not like the well known turn based battles we all know and love. The battles are now IN REAL TIME. You can dodge attacks, move around and your moves have cooldowns. This also means trouble (for some people), as now there is more strategy and placement involved. And did I mention, that to catch Pokemon, you've got to find them in a specific wild zone?



Wild zones are places put in the city, as part of an urban redevelopment plan in the story. There are 20 wild zones, in total when you finish the game. Each one contains different Pokemon, so you need to find the right zone for your wanted Pokemon. But you do not get into battle with one Pikachu in wild zone 3 (for example), if all the pikachu see you, you battle ALL OF THEM, and other Pokemon at the same time, if they see you, so stealth is crucial in this game. And I am sure you have been waiting for me to talk about one factor of this game that truly gives it the specialty of the game:

### **Mega Pokemon:**

If ANY of you guys have played Pokemon X or Y, you would know Lumiose City is a city in the game itself. AND YOU WOULD ALSO KNOW, that X and Y has Mega Evolution. So if Lumiose City is in the X and Y games, and so is Megas. Doesn't that mean, mega Pokemon are in Legends ZA. Well if you have thought that, you, my friend, are correct. Also, when I said something happens in the rooftop in the story section, that was something called Rogue Mega Evolution, where Pokemon go out of control and Mega Evolve on their own, and causing danger. You had to face a Rogue Mega Absol, by yourself, with nothing but a Mega Ring AZ gives you and a Lucario to use it on. (You don't get to keep the Lucario sadly). When defeating the Absol, you can mega evolve the Absol. Another thing to note, is that now this game contains NEW MEGA POKEMON, like the one in the picture above. That's a Mega Dragonite. It's okay, but I like others more.

### **The DLC:**

If you have this game, but want to know what the DLC is like, you've come to the right section. The DLC poses different Pokemon from different regions, which means cool new different Megas. I know many people like Staraptor. There IS a Mega Staraptor. I have even shown one in the picture:

There are even new forms of already existing megas. Remember the Rogue Mega Absol I mentioned earlier? There is a Mega Absol Z, which to be honest, looks AMAZING. I've also shown it in a picture. Megas aside, there are also cool Pokemon from regions like Kanto or Galar, like Mankey, or Rookidee.



But another factor of the DLC, that alone, could make the whole DLC worth it to Hoenn lovers, is the Hoenn starters, AND THEIR MEGAS. Yes, you heard me, there is a Treeko, there is a Mudkip, there even is a Torchic as well. Overall, the DLC is something all Pokemon fans MUST get.



### **Conclusion:**

There is a LOT MORE I could talk about, but I have already talked a lot, so I'll just wrap this game review up.

Overall, Pokemon Legends ZA is a game worth getting. I'll even rate it out of 10 in a moment. It poses terrific gameplay, varied quality based on what type of Nintendo console you have, and many features that just generally enhance the game itself and the DLC. The only part I would say could be improved is the story. Some parts of the story can be overwhelming or not make sense to some people, and the ending, is a little bit lazy in terms of making it, they could have made an ending where if you beat Taunie/Urbain, you could go in the tower, but the other parts of the game make up for it.

If I had to rate it out of 10, my overall rating would be a solid:

**8.5/10**

It is a good game, but if you want my opinion, play other games like X, and Y, or brilliant diamond or Black and White 1 or 2. But it is a game that should be considered an option when celebrating your birthday, or having an event, or just generally choosing to buy a Pokemon game.

Anyway that is it from me, I hope to see you all again soon, and I will be back to talk more about games, events and much more. See you later!

# BLACKPOOL: YOUR NEXT HOLIDAY?



\*MUHAMAD 9W\*



So, during the Easter holidays, I went to the city of Blackpool with my family for 4 days. Blackpool is a seaside town around a 1 and a half hour drive north of Manchester. To say it was amazing would be an understatement as this small town completely blew me away.

Firstly, right outside my hotel, I had a view of a water park, theme park and a beach that stretched for miles. The theme park is called Pleasure Beach Resort and contains a large rollercoaster called "The Big One". This rollercoaster is one of the best in the UK as it is the longest in the UK (1675m), the 2<sup>nd</sup> highest drop in UK (65m) and the 2<sup>nd</sup> fastest in UK (74-85mph). Personally, I am certain that the best part was the first drop which dropped you 205ft down! The theme park was the first in Europe to introduce a fully inverting steel rollercoaster (Revolution in 1979).

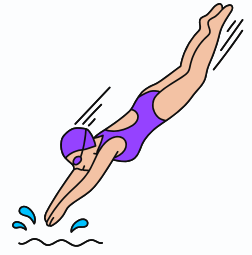
Secondly, the water park right out of Pleasure Beach Resort (Sandcastle Waterpark) has its own impressive feats as it is the UK's largest indoor water park and contains the world's largest indoor rollercoaster waterslide (250m). I think the ride takes about 2 minutes and takes you out of the park and back in. The rest of the water park is quite interesting but I'd advise going to Pleasure Beach instead as it is way more interesting and exciting.

Finally, the beach is quite nice with its 1km strips split between piers where you can watch the tide gradually recede as it gets later on in the day. On another note, if you're like me and you love food, Blackpool has its fair share of food like churros, donuts, ice cream and fish and chips. If you consider eating out, try the donuts as they will be the best you've ever had!





# HIGH-DIVING: MOLLY CARLSON



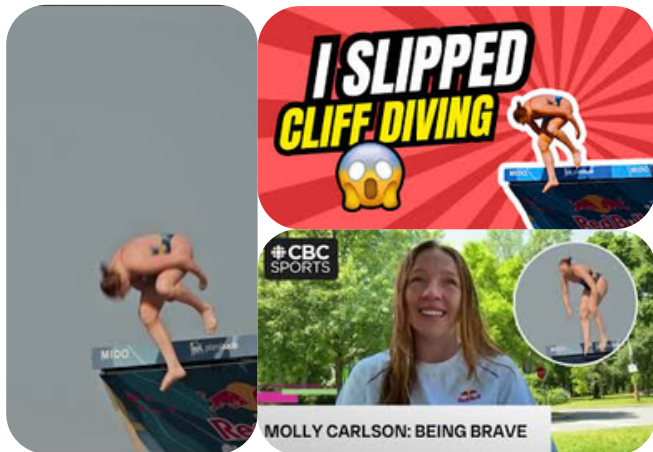
\*AARON7A\*

What is up my good'ol folks of Beths Grammar School! I'm Aaron if you didn't know already and you're diving into Best of the Beths. You have seen some articles before me, but here you are! I've got so many things for today, so let's **dive in!** Ok, I know, that was a bad joke. Anyways, let's introduce ourselves to... High-Diving! I'll probably be talking about this most articles after Year 7, but testing it to see if you all love it. Without further ado, let's jump in the pool and talk about Molly Carlson, the topic for this article!

## \*Who is Molly Carlson?

Now, I'm pretty sure everyone thought this, but... who is Molly Carlson? Luckily, I've got the swimming brain to tell you because I actually do swimming in my local area! Ok, enough yapping, so let's get this show on the road! Molly Carlson is a RedBull high-diving athlete who also has a boyfriend named: Aidan Heslop (**for more info on him go to page 2 of my article**).

As an unfortunate note, Molly Carlson struggles with anxiety and mental health **including** hyper-extended legs. For a solution, Molly tapes her knees in case those knees hyper-extend. However, despite this, she still manages to compete in tournaments and secure a place for her native country, Canada. Now, you may ask (not saying you would), did she sometimes fail her dives? Unfortunately, yes, there were some bad ones, including a famous one which I will show below:



In these three photos shown here (they are all videos which I snipped off the thumbnail), it is about Molly Carlson's slip. It shows her bravery even though she almost died off the platform. Remember this happened last year, so uh... man that was embarrassing.

[IMAGE CREDIT: [Tiktok: Molly Carlson](#), [CBC and Molly Carlson - YouTube](#)]

This is Molly Carlson's famous and tragic slip off a 22-meter platform. It's something traumatic you will see and a near-death experience. Just to confirm, 22 meters is roughly **7-8 storeys** which can be painful when hitting the floor with absolute force. This is why I said it can be a real near-death experience. This is **no** laughing matter.

### \*Molly Carlson: Fort Lauderdale Competition

To summarise, the competition Fort Lauderdale. Molly Carlson was competing there at April 18-19. Sadly, there wasn't any photos or clips of Molly Carlson that I could find on the web, so I'll just explain this out. From 16-19<sup>th</sup> April, the American Cup was held at Fort Lauderdale's Aquatic Center. Molly Carlson, the person that is in this article, had starred in the American Cup from April 18 to April 19. Here is a picture of what it looks like:



On the left, is 4 people which I do not know the names of (sadly) and on the right is the Fort Lauderdale American Cup 2026 poster. There is also a lot more events Molly Carlson is going to and hopefully I can later get the clips for it. I will also tag it as well before you ask.

**[IMAGE CREDIT: Instagram]**

### \*Molly's Boy: Aidan

Molly Carlson also has a boyfriend who is also a high-diver. I find that insane if I'm honest to you all. His name is Aidan Heslop. He recently had a documentary made by RedBull Cliff Diving themselves which in the thumbnail notes; '**444 days**'. It basically means Aidan Heslop himself had to recover for that many days. In case you didn't know, he's British. You probably have seen videos of Molly Carlson and Aidan also being involved in some of them and you may ask: 'But I thought Aidan was recovering?', which is true but I do not know in this case.



Here is some background on Aidan Heslop. He is a professional cliff diver (as stated before) who is the Canadian's boyfriend. He is a British folk, like some of us in Beths. He recently had filmed a documentary (for more info see the paragraph above) but yeah, that's mostly it.

**[IMAGE CREDIT: YouTube]**

### **That's the end of the article!**

Over my past 6 appearances, I had made (or at least tried) to make an outstanding article every month for every student who reads it or sees it. The number 6 is a very important number for me because of the 6<sup>th</sup> anniversary back in September last year. I thank Faeq and Miss Stevens for shouting me out on every one of these articles and I plan to make more under the upcoming editions that we shall bring!

As I'm existing here talking about things that aren't necessary, let me give me a quick sneakpeek on the next article from me (as I'm generous)! For June, I shall bring End of Year exams. I planned on something else, but the deadline would've passed already (if you know, of course).

Anyways, thank you for reading this 3-page article (taking a break from 4-5 paged articles because why not). Molly Carlson is yet to go to more competitions, but what will be the outcome of every tournament? Until then, that's a wrap!

**WRITER'S QUICK NOTE:** This was last updated on 14<sup>th</sup> May. Facts and some descriptions are correct as of that date. Until then, see you in future articles my friends!]



# UK ELECTIONS



\*JADEN 7W\*

## Introduction

As you might hear, the UK election for local elections is happening for some new councillors or even mayors! Before the local election the soon-to-be councillors are called candidates. The reason there are local elections is because there are people out there who might not agree with Parliament change to their county, so there are local elections to make people feel more at home.

## THE PARTIES OF THE ELECTIONS

Here are most of the parties of the local elections

- Labour - More funding for the NHs and for public service, affordable housing and action on climate change
- Reform- Reducing immigration and lower taxes
- Green-Climate action , protecting nature and social equality
- Conservative-Lower taxes businesses growth and stricter immigration policy
- Liberal Democrats-Electoral reform, support civil liberties and centrist



## The job of the local government

1. Being responsible for the bins and recycling
2. Being responsible for the school system
3. Being responsible for the roads and transport
4. Being responsible for the park

## Overall councillors totals

- Reform UK — 1,453
- Labour—1,068
- Conservatives --- 801
- Liberal Democrats --- 844
- Greens --- 587



This means the Reform have the most amount of seats so far and looks like Reform are winning. Thanks for reading my article.

# IMPORTANCE OF CELEBRATING SUCCESS



\*ISHAQ10B\*

## **Why should we celebrate success?**

We should celebrate success as it is fundamental to see your achievements throughout your life as it will boost your confidence in yourself and will boost your mental health.

## **What is success, and where can you find it?**

Success is the accomplishment of desired goals, purpose, or aims. You can find success through when you do really well on a test or when you play really well in a specific sport. e.g Aston Villa winning the Europa league or when Arsenal won the Premier League they celebrated success by drinking alcohol.

## **How does success helps you in the future?**

Success can help you in the long-term as success strengthens your self-awareness, skills, emotional resilience, and sense of purpose, all of which make it easier to achieve even bigger goals in the future.

## **Which role models have achieved success and how do they do this?**

### ***Nelson Mandela:***

Mandela succeeded through unwavering commitment to justice, even after 27 years in prison. His long-term success came from:

- A clear mission bigger than himself
- Emotional discipline
- Ability to forgive and unite people

He shows that success often requires patience and moral courage.



### ***Serena Williams:***

Serena dominated tennis for two decades because she:

- Trained with relentless consistency
- Adapted her game as she aged
- Used setbacks (injuries, losses) as fuel

Her success is a masterclass in long-term competitiveness.



### ***Steve Jobs:***

Jobs built Apple by:

- Focusing on simplicity and user experience
- Maintaining extremely high standards
- Seeing possibilities others ignored

His story shows how a strong vision can reshape entire industries.



# PERSONAL GROWTH



Creativity



Training



Development



Planning



Motivation



Learning

# PERSONAL GROWTH

- progress curve



How you imagine it



How it actually feels

2026

# JANNIK SINNER: STRUGGLES & TITLES



\*ZUBAYR 7W\*

Jannik Sinner is the Italian tennis player who is Alcaraz's biggest rival and is 1 2/3 years older than the Spaniard. But unlike what I did for Alcaraz in March, this will only cover Sinner's journey so far in 2026.

## Australian Open

As you may know if you already read my February article, Sinner had a rocky start to the year in Melbourne. He came into the tournament strong, having won his previous tournament, the ATP Finals, and was the defending champion. He seemed to be at home in Australia and was rocking a new look. His shirt was a yellowish-mustard colour and would later be a scapegoat for his troubles. He breezed through the Grand Slam main draw and was expected to win the title again if he stayed on form. But in the semi-finals, he fell to the veteran from Serbia, Novak Djokovic in a thrilling 5-set match - 3-6 6-3 4-6 6-4 6-4.

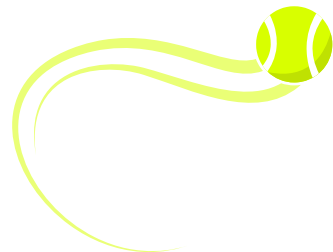
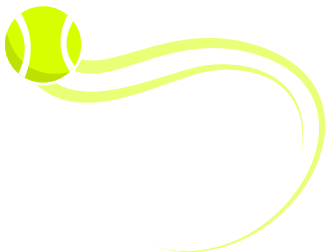
## Qatar Open

Then, the next month in February, Sinner entered the Qatar Open with hopes of regaining focus and confidence to prepare for the upcoming Masters 1000s which started quite quickly after the next tournament finished. And he proved to do just that, beating his first two opponents in straight sets without breaking a sweat. But in the quarter-final, he faced the young Jakub Mensik who proved to be better than Sinner in that match, beating the Italian, 7-6 (7-3) 2-6 6-3.

## Indian Wells Open (Sunshine Double Pt.1)

Now, I hope you read my April article because then you can just skip this part. If you haven't, keep on reading! The Sunshine Swing is made up of 2 Masters 1000s which are both in USA (Indian Wells and Miami) and the historical feat of winning both of these back-to-back tournaments is known as a Sunshine Double.

Sinner looked to be the ninth man to win the Sunshine Double but to do so, he would need to ensure that his biggest rival, Carlos Alcaraz, was stopped. Luckily, Sinner faced an easier half of a draw than Alcaraz. He perfectly managed to get to the final without losing a set, facing familiar foe Zverev in the semi-finals. To his surprise, Alcaraz was beaten by Sinner's to-be opponent, Daniil Medvedev. Sinner used his skill and brilliance to overpower Medvedev 7-6 7-6, winning his first title of the year in Indian Wells.



### **Miami Open (Sunshine Double Pt.2)**

Sinner came into Miami strong yet tired, having just won the final of Indian Wells 2-3 days prior to his first Miami match. But even then, his opponents were no match for him whatsoever and he looked like he might get to the final. And of course, with Sinner being Sinner, he delivered and beat Zverev yet again in the semi-finals. He easily got to the finals but with some shock, Alcaraz was nowhere to be seen. It turns out that the Spaniard lost in the 2<sup>nd</sup> round, leaving Sinner to face Jiri Lehecka but Sinner dominated the court winning Miami. It was historic as he became the 9<sup>th</sup> man to ever win the Sunshine Double. But also, he was the 1<sup>st</sup> to win the Sunshine Double without losing a single set.

### **Monte-Carlo Masters**

The transition into clay season would be crucial in Sinner's fight to No.1. He had significantly less points to defend than Alcaraz and winning Monte-Carlo could give him back the top spot. Sinner fought hard to become the best. But when I mean hard, I mean "brutally impossible to win against". he breezed past into the finals *again*, beating Zverev in the semi-finals *yet again*. The only 'challenge' he had was losing a tiebreak in the 2<sup>nd</sup> set to Tomas Machac but he still won the match. The finals though, would be another Sincaraz special. But as Sinner took the first set 7-6, Alcaraz could not gain the momentum to strike back and lost, giving Sinner the title of World No.1.

### **Madrid Open**

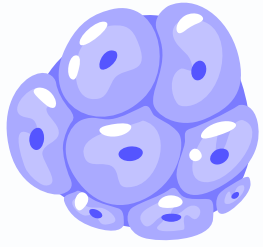
Madrid was a special yet heartbreaking tournament. Sinner started the tournament in top form but felt like he was lacking a fierce competitor. And that was because his biggest rival Alcaraz had sustained a wrist injury and was unable to play. Back in the top spot, Sinner was powerful and dominated the sport like never before. This was his 4<sup>th</sup> tournament in a row and he was showing no signs of slowing down. He faced challenger after challenger but they were beaten as quick as lightning, giving Sinner another final to play in. But who was his opponent? It was ..... Zverev. But just like before, Zverev was no challenge whatsoever and gave Sinner his 4<sup>th</sup> title in a row.

### **Italian Open**

The Italian Open marked a new milestone in Sinner's career. All he needed in this tournament was to win and he would win the Career Golden Masters (winning every Masters 1000). Luckily, there was no real threat and since he was on his home turf, he had the support of the Italian people. I assume that the support helped as he faced an easy draw and thrashed every single player except for Medvedev who forced a deciding set which Sinner inevitably won to move on to the final against Casper Ruud. Sinner ended up winning it all and became an important figure in tennis history.

### **Future**

Sinner's next tournament is Roland Garros, the French Grand Slam, and is the favourite to win it with no Alcaraz in the tournament. If he does win Roland Garros, he will also have completed the Career Grand Slam.



# STEM CELL TECHNOLOGY



\*GOODLUCK 10E\*

Some of us may have heard about stem cells in either biology or randomly online but don't really know what they are or the potential of them.

## What are stem cells?

Stem cells are undifferentiated cells that are able to differentiate into many different cell types. These cells are essential for the growth and repair of tissue after intense workouts for example. There are mainly three different types of stem cells they are: Embryonic Stem Cells, Adult Stem Cells and Induced Pluripotent Stem Cells. Embryonic Stem cells are harvested by taking the cells of a five-day-old embryo. Adult stem cells are usually harvested from blood stem cells found in bone marrow or skin cells. However, Induced Pluripotent Stem cells are mature adult stem cells that have been reprogrammed to behave similar to embryonic stem cells; in spite of this, on a rare occasion they may not differentiate into the cell type that is needed because of their epigenetic memory, meaning that they will remember being a heart or skin cell, instead of differentiating into the new cells required.

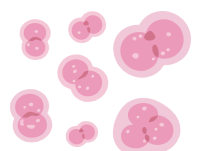
## Why choose these cells?

Embryonic stem cells are usually chosen because of their ability to change into most cell types ensuring that things like Alzheimer's and Type 1 diabetes are cured. Adult stem cells are chosen because they have a lower risk of rejection since they are directly coming from the patient's body. Induced Pluripotent stem cells have a wider range than your usual adult stem cells but do not live to the golden standard of the embryonic stem cells.

## Moral Insights

There are many moral barriers we face in the research into embryonic stem cells especially due to its controversial nature. Bear this in mind, a five-day-old embryo has to be destroyed in order for the embryonic stem cells to be harvested. This may seem like nothing special but to others this is extremely baffling. Let's take it into a Christian aspect, the life and potential future of a human being has been stripped away from them for their cells. God's plan for them has been tarnished just to harvest a few cells. From a wider perspective, the harvesting of these cells could potentially pose the idea of the commercialisation of the embryonic stem cells which devalues human life as it is treated as a commodity rather than something sacred.

This article just shows the basis of this controversial research but there are lots of resources highlighting all of the information about stem cell research. What do you think about it?



# WHY HEALTH IS SO UNEQUAL ACROSS THE GLOBE: A REVIEW OF 'THE HEALTH GAP'



\*ISAAC10A\*

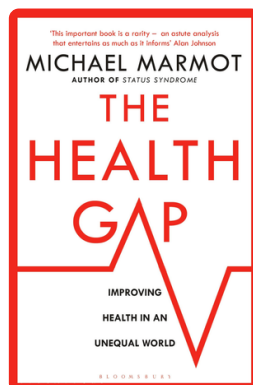
Professor Sir Michael Marmot (the author of 'The Health Gap') is a world-renowned epidemiologist best known for his pioneering research into the social determinants of health – the conditions in which people are born, grow, live, work and age. In 'The Health Gap', Marmot argues that health is linked to degrees of social advantage in every country, and that differences in health are not a simple matter of rich and poor.

In the first chapter, Marmot describes what he calls the 'social gradient in health' with a jaw-dropping fact – if you caught the Jubilee tube line in London from Westminster, for each stop east of Westminster you go, life expectancy drops by a year. He does this to emphasise that the social gradient in health involves everyone – rich, poor and in between. He later goes on to say that 13 out of 100 American 15 year old boys will live to celebrate their 60<sup>th</sup> birthday – double the Swedish value for the same metric, despite the USA being one of the richest nations on the planet. Marmot also mentions that the US ranks around 50<sup>th</sup> on male adult mortality out of 194 countries, debunking the myth that richer countries have the best health, thus supporting his theory of a 'social gradient in health'.

In Chapter 4, Marmot suggests that childhood experiences can also have an effect on health. He explains that poor early child development leads to worse performance in school, which means a lower status job, less money and worse living conditions in adult life – all which can damage health.

In Chapter 6, Michael Marmot explains how work can damage physical health – through lifting heavy objects or being exposed to noise or toxic substances and psychosocial health – especially jobs involving high demand and low control, high effort and low reward, social isolation, organizational injustice, job insecurity and/or shift work.

Ultimately, Marmot successfully justifies his theory of a social gradient in health. 'The Health Gap' offers a unique perspective to why health is so unequal between and within countries, making it an essential read for students wishing to understand why health varies between and within countries, and what can be done about it.





# FROM SETBACK TO SUCCESS



\*FARIS10W\*

Setbacks are an unavoidable part of life. Regardless of your talent, intelligence, or your work ethic, you are guaranteed to face a setback when aiming to achieve a goal. These can come in many forms, like losing a race, failing a test, being rejected etc. As a result of these sticky situations, people begin to feel frustrated, discouraged and thus not motivated to carry on with their journey, no matter how hard they have worked. However, the most successful people in this world reject this traditional mindset of giving up after an inconvenience. We shouldn't fear setbacks, but rather accept and appreciate them. Rather than interpreting setbacks as a sign of failure, I would like to show you all how to use these situations as opportunities to grow.

After experiencing a setback, establishing the reality is essential. Acknowledge the emotional impact ; often frustration or disappointment, allow your brain to experience these feelings. Giving your brain time to interpret the setback is crucial in order to prevent impulsive actions that could have larger consequences.

After regulating your emotions and allowing yourself to express your frustration, review this setback. Put aside external factors, like bad timing, and reflect on mistakes that were in your hands, leading to this setback. For instance, after failing an exam, review the cause of this fail. Perhaps you didn't put enough time into preparation. Perhaps you didn't read the questions carefully. Adapt your mindset from 'Why is this happening to me?' to 'What is this trying to teach me?'. Instead of victimizing yourself, take every setback as an opportunity to grow, and learn.

Now, what use would knowing your mistakes be if you can't apply your knowledge? After successfully reflecting on what went wrong, ensure to actively apply this knowledge into further situations. For example, if you failed a test due to poor time management, ensure that you follow an organized study timetable. To truly learn from your mistakes, find specific solutions. Knowing your mistake but not actively trying to find a solution will only result in committing it again, which hinders personal growth.



The next and final step to succeed from a setback is arguably the most difficult part (at least for me!). This part is consistency with the process. In order to truly taste success, one must face regular setbacks, not just one. Michael Jordan, the world's most profound basketballer, famously stated that he had missed over 9,000 shots in his career. He had stated that 'he had failed over and over again' which led to his worldwide success. Therefore, in order to achieve true success, facing multiple setbacks, and being consistent with learning from them is major in order to succeed. However, it isn't simple to stay consistent and deal with many setbacks - but there are various ways in order to stay motivated. Remember the reason as to why you started ; I have found that remembering my personal reason has kept me focused on my goals, and deal with setbacks without quitting.



All in all, I hope that you have learnt the cycle of dealing with setbacks. Rather than focusing on perfection, focus on progress. Always achieve to be better than the person you were yesterday. Remember ; setbacks are natural. Nothing can stop them from coming. However, your response to them can affect whether you are reaching success, or whether you are reaching to fail again.

# INTERVIEW WITH THE Y8 CRICKET CAPTAIN



\*DAANISH 8C\*

Hello everyone and welcome to another edition of Best of the Beths! Over the past few weeks I've had the great privilege of playing alongside Aniketh Hanasoge, our Y8 School Cricket Captain. Throughout our matches so far, watching him in action has been truly inspiring. His dedication, commitment and most importantly leadership in the game has been invaluable and has guided our team to countless victories. In this article, we'll dive into Aniketh's journey, his thoughts on the game and how he has developed into the talented player that he is today.

## **When he first began playing Cricket:**

So for starters, when asking Aniketh about his journey as a player, he told me that he began playing Cricket at just the age of three. The feeling of holding a bat and ball in his hand just felt right to him and apparently brought an (in his words) "Exuberant smile" on his face.

## **What inspired him to get interested in Cricket:**

When speaking about what inspired him to pursue the sport further, Aniketh explained that ever since watching his first IPL Match featuring Virat Kohli and Chris Gayle, he became completely "Magnetised to the game". Their energy, skill and passion encouraged him to work harder and develop his own abilities as a player.

## **His ups and downs:**

Like many other players of the game, Ani's cricket journey has not always been straightforward. He described it as having changed "drastically up and down" over the years. However having said this, one of his proudest moments came when he attended his first trial for Kent County and successfully earned a place. He told me that he felt "ecstatic" after receiving the news, a moment that clearly stands out in his journey so far.

## **Challenges as Captain:**

As a captain, Aniketh also spoke honestly about the challenges that have come with leadership. He explained that one difficulty includes having being paired with teammates who may not have the same level of experience as him. Despite all of this, he believes that it is his responsibility to "grind through and get the best out of everyone." This mindset shows not only his skill as a player but also his maturity and determination as a captain.



### **Becoming School Captain:**

Interestingly, Ani told me that there was never a single moment where he believed that he would become captain. Instead, he explained that it just “came naturally”, especially through leading other teams to consistent victories. His calm attitude and natural leadership abilities have definitely earned the respect of all of us.

### **His biggest supporter:**


Finally, when I asked Aniketh who has supported him the most throughout his cricketing journey, Aniketh immediately credited his parents, especially his dad. He explained that his father has encouraged him more than anyone else and has always supported him throughout every stage of his development, whether that be dropping him to trainings, helping him with net sessions or just generally giving advice.

### **Final Thoughts:**

Speaking with Aniketh has truly been a pleasure for me as it gave a fascinating insight into the dedication required to succeed. From beginning at just three years old to captaining the school team today, his journey shows how passion like his, hard work and dedication can really lead to great achievements. Ani, if you're reading this, a huge thank you to all the work that you put in and good luck for the remainder of the season as well as plenty more seasons to come.

With that, I thank you all for reading this article and I hope to see you next month.

Signing off,  
Daanish

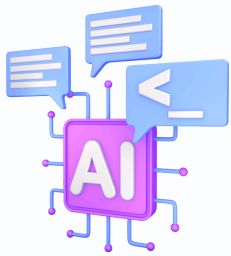
BATTER	RUNS	BALLS	4's	6's	SR	
A Hanogage 	c E Lockhart b R Robin	76	58	10	0	131.03

One of Aniketh's greatest innings a few days ago when playing against Simon Langton for the School team. A score of 76 off 58 including a fabulous 10 fours.

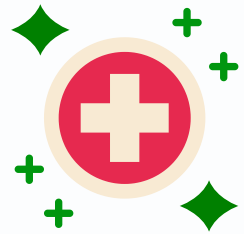
BOWLER	OVERS	MAIDENS	RUNS	WICKETS	WIDES	NO BALLS	ECON
A Hanogage	2	0	3	1	0	0	1.50

Aniketh's superb bowling in the same match conceding just 3 runs in 2 overs with a wicket. This effort helped us win by 87 Runs.





# THE USE OF AI TO FIND FASTER CURES

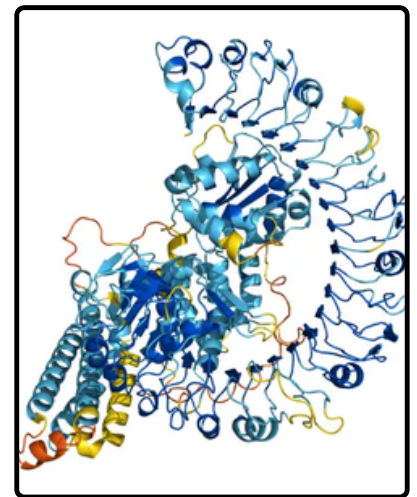


\*KAVIN 9H\*

## How does AI help?

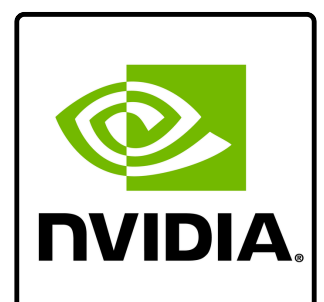
Normally, doctors have to test multiple different chemicals in laboratories to create a new drug. However, AI can analyze several pieces of chemicals in one sitting which can provide a huge shift in medical history. It can quickly compare and recognize patterns in chemicals and can save days of research times. AI can also rapidly look at X-rays, CT scans, and MRIs much faster than humans. It also learns from each scenario so it becomes much more efficient every time. Compared to human doctors, AI won't miss precise details which could provide a higher chance of patients surviving.

AI is now helping doctors find the structure of proteins as previously they would've had to rely on modern machines which could obstruct the reliability of the shapes of protein. Through the use of AI developed by the Google Deep Mind and Alpha Fold uses deep learning to predict protein structures from genetic data in hours instead of years. It was trained on massive databases of known proteins and learned patterns about how amino acids fold into 3D shapes. This matters because the shape determines how a protein behaves and how medicines can attach to it.



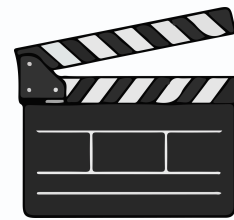
Researchers and companies are already using Alpha Fold to design cancer and immune-system drugs. Isomorphic Labs, is preparing human trials for AI-designed medicines. One study showed AI helped discover a possible liver-cancer-related drug target called CDK20 in 30 days after testing very few chemicals, whereas normal discovery can take years and thousands of experiments.

Another Example is the company NVIDIA. NVIDIA partnered with pharmaceutical companies and hospitals to build AI systems that can simulate how diseases work and predict which chemical compounds might become successful medicines. This can allow scientists to find cures without testing multiple possibilities. AI is the simple solution where it can narrow and save hours of research. This is important because creating a new medicine traditionally takes over 10 years and billions of dollars. AI tools from NVIDIA are helping researchers shorten that process, reduce costs, and potentially bring life-saving cures to patients much sooner.





# 2026 CINEMA CON



ARYAMAN8C

Last Month, a large event known as CinemaCon was held in Caesar's Palace, Las Vegas. For those of you who don't know, CinemaCon is an event in which many large movie companies present their upcoming projects and talk about what they are working on. In the following paragraphs, I will summarise what main stuff was announced. And there is a LOT.

## Sony Pictures

Starting off with Sony, and the company made some huge announcements. The first ones concerned *"Spider-Man: Beyond the Spider-Verse"*, and they showed an opening scene from the movie, that picks up exactly from where the predecessor left off, and it shows Earth - 42 Miles doing a villain monologue (surprise!), whilst our Miles tries to escape and argues how to pronounce "Morales". It also featured Screenshots from the movie. They also showed a scene from *"Spider-Man: Brand New Day"*, in which Peter sneaks into MJ and Ned's party to try to reconnect with them ( They do not remember him due to Dr Strange's spell in *"Spider-Man: No Way Home"*). He finds pictures of Spider-Man on the wall, inferring Ned is trying to uncover his identity. However this is unsuccessful as he thinks Spider-Man is Flash Thompson or his old high school teacher. Some new posters were also shown. Finally, a *"Resident Evil"* reboot was announced and *"Jumanji 3"* was teased.

## Warner Bros.

*Warner Bros.* announced many movies, which I am going to keep brief... They made announcements concerning *"Dune: Part Three"*, *"The Lord of the Rings: The Hunt for Gollum"*, *"Mortal Kombat II"* and *"Evil Dead Burn"*, all of which were shown clips and trailers were shown. For DC, *"Supergirl"* and *"Clayface"* had new scenes shown and they announced that *"Man of Tomorrow"* would start filming soon. Finally, we got an update on the *"Minecraft Movie"* sequel, the *"Cat in the Hat"* and a new Movie named *"Digger"* featuring Tom Cruise.

## Walt Disney Pictures

We firstly got a new look at Pixar's new movies, them being a new original movie named *"Hexed"* and *"Toy Story 5"* ( This franchise should have ended at 3 >:| ). For Lucasfilm, we got brand new footage and details concerning *"The Mandalorian and Grogu"* and we got a clip for the *"Moana"* Live action remake. The biggest announcements were for Marvel. We were shown a brand new trailer for *"Avengers:Doomsday"*, depicting scenes like The Avengers fighting the X-Men in scenes where Shang-Chi and Gambit fight and others. The trailer also hints toward the movie's main character being Thor, as we see him making a speech to unite the Avengers, Thunderbolts, X-Men and Fantastic Four. Quote; "I fought with many warriors in my time. They were far stronger than all of us put together, and they died... Everything that they sacrificed for will be for nothing if we do not stand together... Mark my words, we are going to need a miracle."

The trailer ends with Doctor Doom stopping stormbreaker with two fingers and Steve Rogers', in his Infinity War look, summoning Mjölfnir. Doom also voices over the trailer. This was actually the only trailer to ever be so hyped that it was played twice.

### Paramount Pictures

There was over 15 announcements from Paramount! So I'm just going to limit this just a bit. Tom Cruise confirmed his return for "Top Gun 3", "Sonic the Hedgehog 4" (Which has just wrapped filming) confirmed Jim Carrey as Dr Robotnik to return in the movie. There was also announcements for "Street Fighter" and we got a confirmation for a new installement in the "Scary Movie" series, featuring Anna Faris, Regina Hall, and the Wayans brothers. They also previewed Johnny Depp in "Ebenezer: A Christmas Carol" and a movie adaptation of Tomi Adeyemi's Children of Blood and Bone. Finally, they emphasized that the studio will deliver a minimum of 30 movies a year across its merged entities, with streaming releases set 90 days after theatrical runs.

### Universal Studios

Universal also made some key announcements, firstly, Christopher Nolan gave us an update on his new movie, "The Odyssey", emphasising the story of Odysseus as a legendary tale that has been told for 3000 years. This film stars Matt Damon as Odysseus, Zendaya as Athena, Tom Holland as Telemachus and much more. "Disclosure Day" was also previewed. It's directed by Steven Spielberg, this project was previewed with an introduction from star Colman Domingo. Illumination gave a section on "Minions and Monsters", a 1920s set animated film that is EXACTLY what it sounds like. Also Jack Black briefly appearing to support the slate. Finally, we got announcements for "Violent Night 2" a dark, gritty Christmas movie where Santa is stripped of his powers, working at a decaying New Jersey mall. He must find his Christmas spirit again and battle attackers, with Mrs. Claus stepping in to help.

Well, that was almost everything, (I had to leave some stuff out) and that is a lot of intake of information... for movies... umm...  
Anyways, thanks for reading this article, and I hope this has not only entertained you, but also gotten you excited for the new projects!

-Aryaman



# PREMIER LEAGUE, ARSENAL



\*SHUVAM7A\*

Hey guys, it's Shuvam and as you can see I am writing about Arsenal, a team who have finally won the Premier League after 22 years. It seems I haven't written an article in ages, and for some background information, my birthday was on May 19<sup>th</sup>.

Anyways, let's talk about Arsenal, they are a team who their head coach is Mikel Arteta who funnily enough used to be Pep Guardiola's assistant. For a few years they have always sat in 2<sup>nd</sup> place which I felt bad for their fans. But this year it's different, as Arsenal have finally broken through to win their first Premier League title since 2004. Arsenal have had many good players like Gabriel, Saliba and Saka. Their team needs to attack more, being in a Champions League Final against PSG. Now let's look at their transfers they might be able to get.

**Khvicha Kvaratskhelia** ----> Arsenal £85 -£120 million +  
**Anthony Gordon** -----> Arsenal £75- £100 million

Some of you guys might say that they wouldn't be able to pull anything like this of but I believe otherwise because if they win the Champions League alongside their already-cliched EPL title, many players would fit into the environment that they have. Let's look at some of my Transfers they should be doing. They really really need RB and LB improvements because even if they are in the final Dembele and Doue and Khvicha will take advantage of them really badly. Anyway, enough of the hate on Arsenal, it's just that if they lose/bottle the Champions League, that wouldn't be good for Arteta. And if you have seen Xabi Alonso, he has just been appointed as the new manager of Chelsea.

If you guys don't understand, what I am trying to say, is that imagine what he can do with the resources (basically oil money) - he could lowkey make a team that could destroy everyone.

Club	MP	W	D	L	GF	GA	GD	Pts	Last 5
1 Arsenal	38	26	7	5	71	27	44	85	✓✓✓✓✓
2 Man City	38	23	9	6	77	35	42	78	⊖✓✓✓⊖
3 Man United	38	20	11	7	69	50	19	71	✓✓⊖✓✓
4 Aston Villa	38	19	8	11	56	49	7	65	⊖⊖⊖✓✓
5 Liverpool	38	17	9	12	63	53	10	60	✓⊖⊖⊖⊖
6 Bournemouth	38	13	18	7	58	54	4	57	⊖✓✓⊖⊖
7 Sunderland	38	14	12	12	42	48	-6	54	⊖⊖⊖✓✓
8 Brighton	38	14	11	13	52	46	6	53	✓⊖⊖⊖⊖
9 Brentford	38	14	11	13	55	52	3	53	⊖✓⊖⊖⊖
10 Chelsea	38	14	10	14	58	52	6	52	⊖⊖⊖⊖⊖



Arsenal are a really good team if they play attacking football and press, but they don't even have a good striker who is playing great in and out, like, look at Haaland. With what they have right now they need some flair like a Brazilian talent which could be found anywhere.

Well guys, this has been really short because of my EOY (End Of Years) which I apologise for. Anyways, wish me luck as we are playing cricket against a team which hasn't been confirmed yet but hopefully we win. Bye guys and if you are new to the school (basically new Y7s) talk to me - my Teams is [@25A-Paudel-Shuvam](#) and my form room is B8 currently, otherwise C4 is where you might find me. Well, see you guys later, and also good luck Y11s!

**[\*EDITOR'S NOTE:** This article was last updated on May 21<sup>st</sup> 2026. All facts and statistics within the article are correct as of that date, with many (potentially) subject to change either by May'26's release or in future. Congratulations on your EPL title, Arsenal fans!]

# BEST OF THE BETHS

EDITION #44



## A Note of Thanks



**Thank you for reading the 44<sup>th</sup> edition of Best of the Beths!**

Another special occasion, another massive celebration. It was on the 8<sup>th</sup> of May last year where the April'25 edition of our newsletter released, but it wasn't just a typical release. It wasn't just a release that cemented myself (**Faeq of 10B**) as one of the few editors of BotB, it was also a release that lit the fuse for (statistically) the greatest 12 months this club has ever had. This time, we celebrate an era that has elevated our consistency, taken diversity to further levels with a larger KS3 presence and has featured many of the longest editions in BotB history. In fact, in that regard, May'26 now sits joint-second in length alongside both October'25 and January'26.

Being the editor for a year has not only meant that I've had to rearrange and finesse until it reached the final visions that you have seen before your eyes, it's also meant more responsibility in the monthly running of the team to help bring home the results we have delivered. With that, I'd like to thank (as always) Miss Stevens and Edwin for giving me this opportunity in the first place, and I also want to thank our team of writers for their astounding commitment to everything we have done over the past year - we wouldn't be near where we are now without them and I'm proud of all that they've managed to create and achieve during our time together.

Of course, we had to recap the last year for BotB to justify the use of our celebration colours for the final time this academic year before getting into other things, like the start of the new NASCAR Cup Series season! In other news, we had a look at things to do with the UK, including the recent elections and a potential future holiday! Not just that, but we explored the technologies behind betting, stem cells and AI to find cures as well as success - whether that be celebration or how to rebound towards it after setbacks. And to top it off, we looked at this year's Premier League Champions, for whom after 22 years of gloom, their cannon has finally gone boom once more!

# BEST OF THE BETHS

EDITION #44



Yet again, we had a lot to explore with you, but that will do it for our coverage this month! Hopefully you enjoyed reading this one, but if you haven't had your fill of the newsletter just yet then please feel free to click on my trademark red button for more of our past publications (including ones from this academic year). Just scroll down to find our dropdown menu, and they'll be there waiting for you to pick them up and have a look!

Before I sign off, I'll also take a quick moment to thank all of you readers for the support you've shown during the past year; it's meant a lot to me to be the editor of this newsletter and talk with many of you about it, and I hope you're eagerly anticipating the near future for this newsletter! Hopefully as well, more of you get to come in and experience being part of the team; as the stats show, there's no better time for this newsletter than the present, and if you're passionate about something then this platform is the best place to empower your voice! So why not join in soon?

For now though, thank you for reading Best of the Beths, the newsletter that's been produced 'for students, by students' since 2019, and the newsletter at its best. Until the next one (which will hopefully be June'26), it's goodbye from us! 🙌



Want some more? Click this button, which shall send you to the 'Newsletters' section of our school website for more editions of Best of the Beths. Enjoy them for now!

**\*Note written by Faeq Ojelade of 10B, Editor of Best of the Beths\***  
with

**\*Regards from the Best of the Beths Newsletter Team! See you again soon!\***