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THE STUDENT OUTLOOK



THE MIDDLE SCHOOL
NEWSPAPER

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Interview with Mr. and Mrs. Griffiths

by Celine C.



Image from Canva

Many teachers of our school were here in ISSH for a very long time – 10 years, or maybe even close to 20. But one, or actually two, of our best teachers have been serving our community for a surprisingly long time. Here for a good 22 years, this is an interview with Mrs, and Mr. Griffiths, Sacred Heart’s amazing principal and teacher.

I have asked both Mr. and Mrs Griffiths 5 questions about their memories at Sacred Heart over the past years, and their future they are looking forward to. Below are the questions along with the answer Mrs. and Mr. Griffiths stated.

1. What is one of your most memorable experiences/ memories in Sacred Heart?

We honestly can't narrow this down as there are so many. We always enjoy watching students perform whether it be dance, music, sport or presentations. We get a great sense of pride seeing how students change as they move up through the school. Their achievements and skill development are pleasing to see. We love seeing how students from so many diverse cultures can get along and respect each other.

Mrs. Griffiths: I love the "traditions" like the special days and festivals. There is always something to look forward to. The excursions are exhausting but fun, and I especially loved the MS GIN conferences where I got to take students overseas.

Mr. Griffiths: I get a great sense of fulfilment when coaching volleyball and teaching Science, and seeing students develop their skills and gain a passion for those areas.

2. What are your favorite festivals/events at Sacred Heart?

Mrs. Griffiths: Don't make me choose a favourite! I love Japan Day and One World Day, and every year I look forward to the Christmas Concert. It's not that I don't like the other concerts,

it's just my favourite. Bingo I find to be very noisy (sorry), but Family Festival is a lot of fun.

Mr. Griffiths: I agree with Mrs. G, but I particularly love the events so many of our alums come back for and how they always comment about how much they love and miss their school (as will we).

3. What was your favorite year at Sacred Heart?

Mrs. Griffiths: I have enjoyed all my years at Sacred Heart. Some have been more stressful than others, especially the March 11, 2011 earthquake, and the years of the COVID Pandemic. However, even during those years the students have always made me enjoy coming to work and colleagues have been wonderfully supportive. One of my very favourite years here was the 2004-2005 school year. It was my second year in Japan and I was a K5 Assistant. I had never worked with children that young before apart from raising my own children. I loved watching the students as they struggled with trying to learn new skills and concepts and the joy on their faces as they mastered them. It was like you could see a lightbulb turning on inside their brains. However, the Middle School age group remains my favourite age group to work with.

Mr. Griffiths: Every year is a great year. There are often new challenges, always new and interesting students to get to know, and names to learn to pronounce correctly. Those are some of the joys of teaching.

4. What do you like about this school?

Everything! The students, the teachers, the parents all contribute to a wonderful sense of community and "family". We have never worked in a school where students are so enthusiastic about learning, playing sports, singing, playing instruments, dancing and finding enjoyment in school. We truly believe in the mission of our school and the 5 goals. We love the way the programs are geared to develop courage and confidence in girls, and we love how our alumnae come back to visit when they can, because this school means so much to them. The teachers genuinely care about their students, are passionate about their subjects and want their students to be successful. It has been an honour and a privilege to work with them.

5. What are you looking forward to in Australia?

Mrs. Griffiths: I am looking forward to spending more time

with my elderly mother and my family, walking our daughter's dog on the beach with Mr. Griffiths each morning, and restoring my garden and planting some vegetables. I also want to learn how to crochet, revive my High School level French and visit parts of Australia we haven't visited before.

Mr. Griffiths: Family, the beach, watching my football team play live, helping my daughter with her house renovations, and travel.

Of course, we are both really looking forward to being able to spend some extended periods of time in Europe with our grandchildren and spoiling them! We will really miss our life in Tokyo and Japan, and our jobs at Sacred Heart. It is going to take some time to adjust to a different way of life and get used to being "Australian" again.

Thank you Mr. and Mrs. Griffiths for the interview, and for your years of effort and hard work towards our school. We greatly appreciate it. We hope you live, laugh and love your new life in Australia.

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Humans: The Socializing Animals

by Euie H.



Image from Canva

Are you considered an introvert or an extrovert? What does your MBTI say about you? All of these things that supposedly define aspects of your personality have one thing in common:, how much you socialize with other people. Although some people may be more or less willing to interact with others, even they cannot resist joining in conversations with their friends. But, here is the question: Why are humans so social?

We have been social ever since the first humans. It used to be all of us, but nowadays, as the times change, there are some exceptions such as hermits, people living in nature, etc. And so, it would not be inaccurate to say that it is in our instincts to be a social animal. However, Psychology tells us that the phrase “social animals” is used to emphasize the social group formations and interpersonal relationships and how it is fundamental to our human nature. We rely upon each other, and band together to gain emotional strength. It truly isn't strange for us to fit the standards of being a ‘social animal’.

Humans could be considered an irregularity due to the fact that our brains are unusually bigger than other animals. Although most animals have brains the size relative to their physical bodies, such as lions having big brains and mice having smaller brains, humans' brains are especially large compared to our own bodies. According to thesocialcreatures.org, an anthropologist from the 1990s has said that in order for us to be able to process the cognitively demanding numerous social interactions and networks, we had to develop large brains. In short, we had to have sizable brains to connect with others.

As a result of forming groups and being socially connected, we have advanced, inventing the internet, creating modern medicine, etc. These inventions are merely the technological

side of it all. By socialising with others, we communicate and emotionally connect with each other, whether it is one-sided on social media, or with your close family and friends. We can also cooperate in order to do lots of things, such as group assignments, public work projects, etc. Socialising has helped us do all of these things, making it a reliable tool for our progress of work.

To conclude, humans have developed to be social for beneficial purposes. Moreover, we needed to come together to form a pack to live without the fear of being attacked. We were using our ability to socialise as a versatile tool for survival and a means of gaining strength over others. Being social also developed our personality, character, and how we tend to react to certain situations. We can benefit more from interacting and communicating with each other rather than being alone. I personally like to interact with other people, even if it can be a bit tiring sometimes. What about you? Do you like to socialize?

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Your Ultimate Guide to Hong Kong!

by Leah W.

As I asked all my classmates where they were going to go during the summer, I realised that no one had mentioned my home country: Hong Kong. Back when I lived there, I thought Hong Kong was a popular tourist destination. So to promote my country, here's my model plan (as someone who's lived in Hong Kong – I removed all of the unnecessary places to visits) for your next trip to Hong Kong!

Hong Kong Disneyland

A Disneyland without people – what a dream! Okay, I have to be honest, there are a fair amount of people. But it's nothing compared to the lines and crowds you can find in Tokyo Disneyland and Sea. Although compared to other Disneylands it may be small in size, there is still a great variety of rides.



If you enjoy riding on roller coasters, this is your chance! The Space Mountain in Hong Kong Disneyland is a tiny bit faster than the one in Tokyo, and the Big Thunder Mountain of Hong Kong, called “Big Grizzly Mountain Runaway Mine Cars” (don’t ask why the name is so long). This rollercoaster is just like Big Thunder Mountain, but it goes backwards (more thrilling!). If you’re up to it, come and ride the roller coasters in Hong Kong!

Must-Eat Foods

In my opinion, the best part of Hong Kong is indeed the food. Hong Kong’s food is a mix of different cultures, including Chinese and British influences.

1. 雞蛋仔 (gai dan zai) - Hong Kong Style Egg Waffle

This bubble-shaped waffle, invented in Hong Kong, is personally my favorite! I recommend the store called 媽咪雞蛋仔 (ma mi gai dan zai), found in Central (Central Market) and Causeway Bay. Although the original (plain) flavor may be argued as the best flavor, I personally believe that the chocolate chip flavor is also really good (I have a sweet tooth!).



2. 飲茶 (yum cha)

It is the Hong-Kong-ese tradition to enjoy dim sum. The restaurant I recommend to all of you is YUM CHA (I know, so self explanatory!). What makes it so special is that their signature dish has these cute little yellow blobs with eyes on them, which are actually custard buns. Be careful, though, since the custard inside is extremely hot. There are many other dishes that look very cute as well, so I hope you stop by for a visit!



them, which are actually custard buns. Be careful, though, since the custard inside is extremely hot. There are many other dishes that look very cute as well, so I hope you stop by for a visit!

3. 香港奶茶 (hoeng gong nai tsa) - Hong Kong Style Milk Tea

Surprisingly, many cultures in the region have milk tea, such as Taiwan. Anyway, back to my point, Hong Kong-style milk tea is different as it is sweet and rich in taste. It uses a stronger blend of tea leaves and only uses evaporated milk.



4. 蛋撻 (dan tat) - Hong Kong Egg Tart.

Although originally from Portugal, which then spread to Macau, then to Hong Kong, there are still some differences. The egg tart in Macau has a pie base, while the egg tarts in Hong

Kong have a tart base (I personally like the Hong Kong style better).

The Peak

The Peak is a popular tourist spot in Hong Kong, which refers to the mountain itself and the building that sits on top of it. Although it gets boring if you go there many times, it's a must-go if you're



in Hong Kong. Recently, the Peak Tram (the tram you can take to climb the mountain itself) has been renewed! I

recommend taking the brand new tram and have a look at Hong Kong's night view from that height. The Peak has the Sky Terrace 428, the highest viewing point in Hong Kong, as it is (as the name says) 428 meters above sea level. Hope you come and visit!

In conclusion, although Hong Kong may be small, it's still a great place to visit. Writing this article also helped be realise, again, that Hong Kong is rich in culture, as many different cultures and traditions are shared and brought to this country, which was once a port. I hope you all visit Hong Kong some day (or come back if you've already been?)!

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The Psychology Behind FOMO (Fear Of Missing Out)

by Ria O.



Image from Canva

The Fear Of Missing Out, or FOMO, as a lot of people would refer to it as, is the fear of being excluded or 'not experiencing enough'. Deemed as nearly inevitable, FOMO is something that most people have experienced before.

If you're not familiar with the topic, here's an example that you might relate to.

It's late at night and you're scrolling through TikTok or Instagram. After a little while, you come across a post of your friends hanging out together, a hangout you don't remember. You then feel sick to your stomach trying to understand what you could have possibly done to be excluded. Your mind travels through different possible explanations to why.

"Maybe they sent you a message and you just forgot to read it?"

"Or maybe there was some kind of glitch in the system that caused your friend's invitation to not reach your phone?"

"Or maybe..."

Your mind cannot seem to find a reasonable explanation.

You start to panic.

This is FOMO, or Fear Of Missing Out.

FOMO is very common amongst all ages, but Manyank Gupta and A has shown that it is more present around teenagers, or young adults, typically around the ages of 18 - 35. People around this age range are prone to trying to find their own place within groups. According to Simply Psychology, at this age, they are more likely to compare themselves with others.

And social media is no help. It always flashes the highlights of other people's lives, which can make you feel like you are the only one that is not living life to the fullest. Young people, who are still building their self-esteem and identity, are vulnerable to these types of things.

While FOMO may feel like just a temporary feeling, it can actually take a huge toll on both your mental and physical health. A study published by the National Institutes of Health found that FOMO can be the cause of issues like anxiety, depression and poor sleep. People who feel FOMO constantly try to stay tuned in on their phone, leading to excessive amounts of phone or screen time. The increased amount of screen time then can lead to less amounts of sleep, which can be a huge negative on your mental health. According to Mayank Gupta and Aditya Sharma, "FoMO is considered as a type of problematic attachment to social media, and is associated with a range of negative life experiences and feelings, such as a lack of sleep, reduced life competency, emotional tension, negative effects on physical well-being, anxiety and a lack of emotional control; with intimate connections possibly being seen as a way to counter social rejection." The more you scroll, the more you want to see, so it is a negative spiral.

FOMO is not a rare experience. We can all be a victim to it,

and we all have to deal with it, yet, it is important to recognize that the feeling does not control us in any way. The way that other people live their lives should not affect you so much in a way it forces you to try to do things that you may not actually want to. It is also important to recognize that it is a normal feeling, and therefore, there are many ways that we can manage it. For example, Simply Psychology suggests that limiting screen time and focusing on real-life relationships can make you feel more in-the-moment. Furthermore, FOMO is not an enemy unless it is ruining your health, and you do not have to constantly battle it. You could utilize the feeling as an opportunity to try something you've never done before, or build the confidence to ask to be included in something.

In conclusion, by trying to be more mindful of our own relationships with both social media and real-life people, we can keep the negative emotions like FOMO in check, and find out what truly brings us happiness.

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Summer Songs to Play in the Car

by Lyn S.



Image from Canva

With summer coming soon and many people going on road trips, here are some songs you might want to add to your playlist, and that are okay to listen to with your parents, because I know the stress of checking every single lyric before playing songs.

(E) = Explicit

Pop

"Espresso" by Sabrina Carpenter

I think this one explains itself without saying. This came out last summer, and every time I listen to those songs, I'm just taken back to driving in the car with the windows open

"So American" by Olivia Rodrigo (E)

This song is one of few romantic songs of GUTS, and I remember listening to this song by the beach, and to me, it's a perfect summer song.

"Last Friday Night" by Katy Perry

This song has been trending recently, and it's the perfect summer song!

"Busy Woman" by Sabrina Carpenter (E)

At this point, I just think any Sabrina song is a summer song, they're all amazing.

"Bad at Love" by Halsey

This song has been trending for a while, but I still love it. Halsey's vocals are absolutely amazing, and at the same time it is the perfect song for butchering in the car!

Revolving Door by Tate McRae (E)

I absolutely adore Tate and this song, and I'm sure many

people know it. This is a perfect summer song! If you want another Tate recommendation, try listening to "I Know Love!"

"party 4 u" by Charli XCX

I love this song so much, especially around 1:48. Many of you might know this song already, even if you don't recognize the title.

Rap

"Nokia" by Drake (E)

Another trending song right now, with great summer vibes.

"Dark Thoughts" by Lil Tecca (E)

An artist known to save the summer, Lil Tecca. I've recommended this song to all of my friends and they've all loved it, so I'm sure you will as well.

"Down with Me" by Lil Tecca (E)

Another summer hit by Tecca, and it is absolutely amazing.

"Surround Sound" by JID feat. 21 Savage and Baby Tate (E)

This song actually gives you chills. It really is a surround sound, and the third verse is amazing.

R&B

"That's What I Like" by Bruno Mars

I really like this song because I love its beats.

"BMF" by SZA (E)

Another amazing song to sing along to in the car, especially if you're going out with friends or siblings close to your age.

"Someone to Call My Lover" by Janet Jackson (E)

This song is also trending, and again, I'm not sure if it's a summer song, but to me it is.

"24K Magic" by Bruno Mars

Any old Bruno song is basically a summer song, let's be honest.

"Thinkin Bout You" by Frank Ocean (E)

No explanation needed; just listen to it.

"Breeze!" by Kali Uchis

My favorite song on Kali's new album Sincerely. Go check it out if you haven't yet – the transitions between songs are absolutely amazing.

"Pink and White" by Frank Ocean

Another great Frank Ocean song for the summer, a bit slow, but still great.

I hope all of you enjoy these songs. Since it's summer, even if you're not going out for a drive, you can always just go for a walk!

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Where and How AI Is Being Used Today (And Some Future Prospects)

by Miyu K.

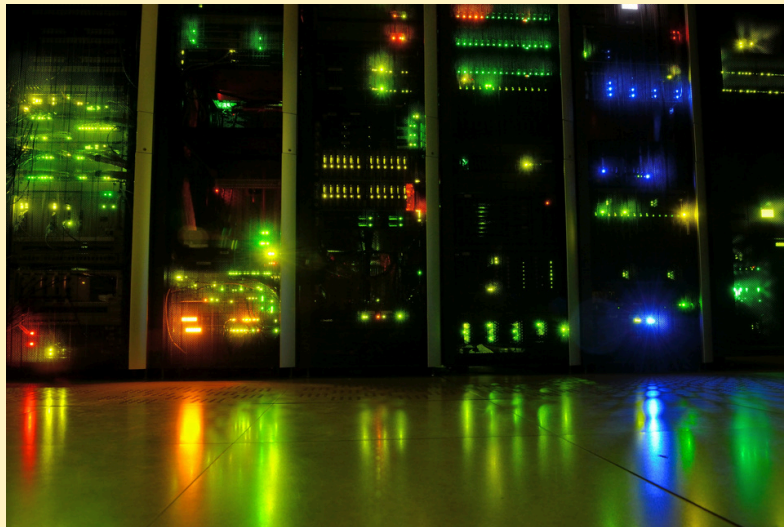


Image from Canva

Have you ever considered what type of technology helps operate facial recognition, digital assistants, and even text editing platforms? Well, yes these are all examples of artificial intelligence, an advanced type of technology that has caught the attention of many. AI operates by using information from the internet as well as any dataset it has been given, and continuously learns through the information that it has been given. In today's fast-paced world, many of us are unaware about how prevalent AI has become in our society. In fact, AI has significantly impacted much of our daily lives, thereby revolutionizing various aspects of our lives. In this article, I will like to explore some ways in which AI is being used today, along with its potential impact on our lives in the future.

Surprisingly, war has stimulated many advancements in the field of artificial intelligence. From drones equipped with AI that are able to detect the enemy's exact location to robots that attack the enemy without the operator nearby, there are countless gadgets that are being used in war today.

According to Forbes, Ukraine announced a semi-autonomous robot named the "Bad One", that very much resembles the figure of a dog. It moves in accord with the commands given by its operator. The dog-like robot crouches low to the ground, making it harder for the enemy to detect its movements. A notable feature of this robot is its thermal imaging camera where it is used to scan the area to look for any networks that could hold trenches that will protect their soldiers from the enemy.

What's more, AI also is used for humanitarian aid in Ukraine. In the midst of the war between Ukraine and Russia, millions of Ukrainian refugees have fled the country for their own safety. To aid those individuals, host governments and organizations such as UNHCR have relocated them to other safe countries to which they do not originate from. Now, comes the use of AI! According to roadvision.ai, to ensure the safety of roads and avoid accidents, AI is capable of scanning the road's conditions, assuring that the roads are in good condition to deliver supplies safely to those in need, such as the Ukrainian refugees. This can come in handy for drivers to

find the best routes and avoid entering dangerous zones.

In addition to the uses of AI on the battlefield, the healthcare industry is using AI to help diagnose diseases, and potentially design new drugs and treatment plans for patients.

According to Forbes, the renowned pharmaceutical company Bayer has recently (around 2020) been collaborating with other tech companies to produce a software that can detect and help diagnose rare diseases, and also ultimately tailor drugs to meet the different needs of individuals. The AI models are trained using various datasets to gather data about a patient's past medical history, test results, medical imaging (such as MRI, X-Rays), and doctor reports to then recognize possible patterns that may occur. Thus, the AI can potentially detect early signs of a disease (such as cancer), reducing the risk of a patient reaching advanced stages that could potentially be fatal.

What's surprising, you might be using AI at this very moment! According to marketinginstitute, Various social media platforms like Tiktok or Youtube are using AI algorithms that have the ability to scan your interests and likings to tailor personalized content for you. One of the most renowned uses is on the application Tiktok, with its recommendation system (the "For you" page) that displays videos to the users liking. In addition, according to mantu, an employment

platform named LinkedIn uses AI to personalize job recommendations according to the person's interest. As a result of employing AI technology, data collected shows that there was a 30% increase in job applications that were submitted on LinkedIn just from the algorithm! Hence, people are likely to find jobs specifically to their interests and specialization, increasing the potential to discover jobs suited for themselves.

“Robots might take over the world!” Yes, it's likely that many of you have heard or encountered this common phrase before. However, some do see this as a concern as, as AI continues to develop, it can pose risks of unemployment as AI takes over jobs. As stated by the World Economic Forum, beginner-level jobs have continued to set the foundation for rookie employees to advance in their careers for the past decades, but with the development of AI, an estimated 50 million jobs could potentially be replaced in the coming years. To add to this, AI technology can shift job salaries, as companies can employ AI for a cheaper cost than hiring a person. Furthermore, recent reports from [hiringlab.org](https://www.hiringlab.org) state that around 49% of job hunters of Generation Z strongly believe the value of their college education has been devalued due to AI technology. Concomitantly, as businesses continue to expand their commercial activities to developing countries, they can hire an individual with the

same work experience for a much cheaper salary, escalating the competition to secure a professional job in this generation. However, though it may seem that AI is replacing entry-level jobs more often, many companies also debate how they could make use of AI to help train and develop individuals to become professionals in their careers or field. All in all, developments in AI can lead to great shifts as to how people enter the workforce. In my opinion, with the help of AI companies could potentially train individuals without even a college degree or higher education level, further opening job opportunities for many.

This revolutionary technology has made significant shifts in the real world, whether it is with helping the soldiers precisely detect the enemy's location, to aiding those individuals in dangerous areas or as simply as to help diagnose patients with specific treatment plans. As AI continues to develop, more incredible discoveries could be made that could help many individuals in the years to come.

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