



Fyling Hall Matters

Friday 10th February 2017 (Issue 16)

Does Nutella Really Cause Cancer?

I believe that I can safely say that all of us will remember 2016 as a bad year. Countless inspiring and iconic celebrities tragically passed without any warning, newspapers constantly preached about the implications and consequences of leaving the EU and a certain someone won the presidential election over in America.

For many reasons I personally am glad to see the end of 2016 and I'm hoping that 2017 will be a much better year. But it's not got off to a good start. Only a few weeks into the New Year and tragedy has shown its face once more.

Newspapers and social media were in a frenzy with headlines reading 'Nutella causes Cancer' and 'Supermarkets stop stocking Nutella'. At first I thought this was some sort of windup, or reporters being stumped on what to write about next and deciding to scare the general public. Sadly this was not the case. As I dug a little deeper to uncover the truth, I found that the headlines were in fact correct, but possibly exaggerated slightly.

Recent research performed by the European Food Safety Authority (EFSA for short) found that when palm oil, a major ingredient in most chocolates, is refined at high temperatures it forms carcinogenic contaminants. EFSA claimed that when processed above 200°C, palm oil produces a carcinogenic chemical called glycidyl fatty esters. In order to support their claim, EFSA repeatedly exposed mice and rats to these chemicals. The results that they produced showed that exposure to the fatty esters increased the number of instances of tumours in the

tested rodents. Anyhow, let's get back to Nutella, you must be on the edge of your seat debating whether or not to immediately go and dispose of the jars of chocolate spread that take up all of the space in your kitchen cupboards!

Ferrero, the company that manufactures Nutella, has come under fire from the press seemingly more than other chocolate manufacturers. Despite all of the pressure that they are under, Ferrero are repeatedly defending the presence of palm oil in their products. The company states that they only use palm oil that has been processed in a safe way, that is, below 200 degrees Celsius. However, Ferrero have released no evidence to support this claim.

But wait, before you decide to become vegan and hurl jars of Nutella out of a window, hopefully this final paragraph can convince you otherwise. Thus far there is not enough scientific evidence to support the claim that Nutella causes cancer. It is important to remember that the research conducted by EFSA was performed on rats and mice. These animals, although mammals like us, have a vastly different anatomy to human beings, and to date there is no evidence of a link between the symptoms shown in mice and ourselves. Further still, products such as packaged bread, margarine and soaps, which you are exposed to each and every day, also contain palm oils.

So, to put your mind at rest, there is no need to give up Nutella for good, but as with all foods it should be consumed in moderation.

Callum Wallis

Words of the Week

	This week	Next week
Tricky:	spirited	outspoken
Trickier:	vivacious	clamorous
Trickiest:	ebullient	vociferous

The New School Climbing Wall!

Soon our old climbing wall is going to get an upgrade. It is going to get a re-paint and made to look glossy. We are getting new hand holders to make new runs all around the wall. To cover the new wall we are getting thick mats so we don't have to take them down all the time, this will make it easier when we have games lessons (PE lessons) so then we can play football, netball, indoor hockey and other sports without taking the walls down. We are also getting more staff trained to use the climbing wall. We will have a climbing club on Wednesday after school from 4:30 till 5:30.

Olivia Coates

The Rise of Xenophobia

It would be fair to argue that humans have become more open minded and accepting of other beliefs in modern times as humans have got to know each other more. However, with news that Donald Trump is implementing many of his extreme and seemingly irrational policies, like constructing a border wall with Mexico, adding to the ethnic intolerance which is felt, in a movement with racial discrimination at the heart of it, I fear this statement is not as true as we would like it to be. It's fair to say that humans will never truly accept each other and there will forever be distrust between our species; however hatred between ethnicities should not be tolerated. To look at racism more abjectly I have decided to look into where these feelings have arisen, and look for validity behind the claims.

To look at islamophobia, I have decided to focus on the United States of America: "the land of the free". It is difficult to know how a race is viewed by a country at any one point; however there is very little doubt that islamophobia has been prevalent in America following 9/11. The tragic terror attack, which claimed a total of 2799 lives, led to a spark in islamophobia which is ever-present to this day. This act of terror was also one of the main causes of the war in Iraq and Syria and the formation of the terror group ISIS or Daesh. From casual discrimination to targeted attacks, this persecution has had a devastating effect on Muslim communities. Despite a general consensus that less than 10 per cent of all crimes are committed by people of Islamic belief, many people are still afraid of or discriminate against anyone who they believe to be from any of the Islamic religions. The way that the media report terror attacks and confirmation bias may be to blame for this assumption

This hatred of Muslims (or anybody who is thought to originate from Islamic countries) has had a devastating effect on the world. As Donald Trump attempts to implement new policies, including the controversial travel ban, implemented in a "directed attack against terrorism", the hatred towards and isolation of these people inevitably leads to more terror attacks between Muslims and non-Muslims.

You would be right to say that in the past things have certainly been worse, however that does not mean that it is in any way acceptable. Discrimination of other cultures is embedded into human history, from the slave trade to the holocaust, and is still a major concern in modern day society, although not to these extremes. You may say that xenophobia is not such a problem still, especially in developed nations, however as many as 48% of people still see immigration to be one of the main concerns facing the UK, despite the fact that more British people leave the UK than enter it (from the EU). Britain has had a shameful history of its treatment of immigrants which started following the war as workers

who were essential for the growth of the economy and the formation of the NHS were heavily discriminated against and even attacked for simply being immigrants. This led to politicians who were openly discriminating against foreigners living in the UK coming to power, such as Enoch Powell with his "Rivers of Blood" speech, despite the fact that many immigrants came to the UK to help it recover after the British government incentivised their arrival. In fact many studies show immigration can really have a benefit on the economy.

So where does this hatred of other cultures come from? Is it down to distrust of the unknown and confirmation bias along with believing information from other sources, or is it just human nature to want a scapegoat? Throughout human history, many cultures have been actively persecuted with little to no justification. You just have to look at the persecution of the Jewish people or atheists or Christians. Groups like the Ku Klux Klan gained support in their oppression and mass murder as people sought someone to blame. This group was like so many other groups throughout history. Xenophobia is a part of our history, but that does not make it right.

People of many ethnic minorities face abuse daily, whether it is online or in their day to day routines, however the numbers of hate crimes (crimes committed against people based on their beliefs, ancestry or sex) are dramatically on the rise. According to the Federal Bureau of Investigation (FBI) hate crimes against Muslims increased by 67% in 2015 and crimes against all ethnic groups rising by nearly 7%. Reports of online abuse against minorities are also on the rise. Why is this the case? Do the media misreport the news to stir up racial hatred in order to attract more people's attention? I mean after all the actual number of terror attacks committed by Muslims are smaller in comparison to the number committed by other religions, despite the severe persecution of them. Are we just distrusting of those who look or act or behave differently to us? I cannot see the logic behind making judgements about an entire religion, given the huge amount of differing opinions and beliefs in a religion, for instance Muslims usually fall into the three main classes: Sunni, Shia and Sufi, whereas Christians split into Protestants and Catholics, and still people from these beliefs argue with each other about whose view is correct, which reinforces the idea that a religion or culture is too large to hate as a whole.

There may be a reason to disapprove of certain policies or views of an ethnic group but disliking an entire culture is just illogical and wrong. Nobody benefits from xenophobia, and it is harmful for everybody, but will it ever stop or shall it always be part of human history as it has been for so many years?

Jack Dudley

A Mathematical and Philosophical Enigma

Over the past 2 weeks, all of the students in Year 9 have been working in pairs in order to make a presentation on a famous mathematician of their choice. They all did some excellent research and choose mathematicians ranging from Pythagoras, born in 600 BC, to more recent mathematicians such as David Hilbert, the man famed for his expertise and teachings on the concept of infinity. The project linked very well with Mr Instone's assembly as he encouraged us to be more curious and think about the 'bigger questions'.

However, despite all round success, there still have to be winners! The prize for research and the best attempt at explaining the maths went to Manfred and Lily, for their work on Alan Turing. The prize for best presentational style and team work went to Toby and Jack for their presentation on David Hilbert. A bonus prize went to Diego for his solo presentation on Pythagoras. Well done to the entirety of Year 9 and get to philosophy club if you want to discuss more of the 'big questions' yet to be answered.



Year 9 students after sharing their research

Netball Match Report

On Tuesday 7th February, the under 13 netball team played Scarborough College. In the first quarter, Scarborough gained a small lead on us. But after a very motivating speech and a few tips from Mr Coates at the first quarter break, everyone pushed themselves harder for the 2nd and 3rd quarters.

At half time, we had a switch around of players and they both tried hard and did their best. In the end though, we had a strong defence, but their goal scorer was very accurate, and they pulled ahead. Woman of the match goes to Connie for excellent play and being supportive and encouraging.

Sophie Ferrer

Response to Reader's Comment

In a previous newsletter I wrote an article about how to lose weight after the festive period. In response a reader said that it shouldn't matter about losing some weight and that we should respect people who don't and embrace people who are healthy and their bodies. I totally agree with this statement and believe that the original message of the article was to encourage body positivity but also give advice on, if you would like to, have a healthier lifestyle.

Clementine Bentley

On This Day in ...

... 1969 the prototype of the Boeing 747 "Jumbo Jet" took to the air for the first time at the Boeing factory in Seattle. It is perhaps the world's most famous and best loved passenger airliner, and is 48 years old this week! Little did they know then, just how successful the prototype would be!

The 1960s was in many ways a significant decade, with increasing prosperity, reflected in rapidly expanding air travel.

We invite you to comment on the articles expressed in our newsletters. Please email news.team@fylinghall.org giving a reference to the article/journalist by name. We are open to new ideas, your suggestions and even a bit of criticism!

**"Don't count the days,
make the days count."**

Muhammad Ali

The Week Ahead

Wed	22 nd	2:30pm	Senior Football v Ampleforth (Away)
Thur	23 rd	2:30pm	U15 Netball v Red house (Home)
		6.30pm	Sixth Form Information Evening for Year 11 Parents and Pupils
Sat	25 th	9:30am	Trip to ice skating followed by bowling or cinema

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